

# SAFECHOICE

Keeping you up to date with safeguarding news and tips

Summer 2021

## FREE Safeguarding training

Have you signed up for our sector specific safeguarding training? We have introduced new advanced sessions with sector focused content on safeguarding policies and practices.

Book now through the Learning Hub, or contact your Skills Coach for more details.

## Meet the Team

**Martin Keightley** - Childcare Designated Safeguarding Lead

Based in the South of England, Martin has worked across the education and residential childcare sector for a number of years. He has a wealth of experience and has a passion for keeping safeguarding at the forefront of the agenda.



**Simon Beech** - Adult Care and Business & Management Designated Safeguarding Lead

Based in the North West, Simon's focus on safeguarding started during his time as a police officer, and has continued in this area working with adults at risk and providing support to our ex-armed forces.

## Role of a Designated Safeguarding Lead

- Providing advice and support to apprentices, employers and staff
- Investigating reports and making referrals where required
- Transferring safeguarding knowledge and understanding

**Safeguarding**

If you have any safeguarding concerns please visit our website or call our support line on **0330 0183 531** - available 24 hours a day, seven days a week.

**Champion**

## Safeguarding focus: E-safety

With online scams and fraud on the rise, we all need to be cautious and aware of what information we provide whilst using electronic devices. Here are some tips for staying safe and secure online:

- **Be careful what you post**

The internet does not have a delete key! Any comment or image you post online may stay online forever- there is no way for you to retract a remark you wish you hadn't made, or an embarrassing selfie you took at a party. Don't put anything online you wouldn't want your parent or a prospective employer to see.

- **Keep your personal information professional and limited**

Potential employers or customers don't need to know your personal relationship status or your home address, so avoid sharing too much personal information.

- **Privacy settings**

Marketers love to know all about you, but so do hackers! Both can learn a lot from your browsing and social media usage. Take charge of your information - ensure your privacy settings on Facebook for example have the relevant privacy safeguards enabled.

- **Be careful what you choose to download**

Cybercriminals will try and trick you into downloading malware to steal information - this can be disguised as an app or a link - if you're not expecting it, think again about trusting it!

## What is safeguarding?

Safeguarding is protection from abuse, maltreatment, maintaining good general health, and mental wellbeing, and most importantly responding to concerns by taking action and reporting any issues. You all have the right to feel safe where you learn and work. Other people should not hurt or abuse you in any way or threaten to hurt or abuse you.

## Why do we need to safeguard?

We all have a responsibility to ensure the safety, wellbeing and protection of those around us, and during the Covid-19 crisis, there has been additional pressures on families and workers. Abuse can take many different forms and we all have a duty of care that extends to ensure that we understand the signs of abuse, and how we raise concerns.

## Be vigilant for the signs of abuse

- **Physical injuries**
- **Changes to eating habits**
- **Struggling to cope with emotions**
- **Self-harm**
- **Changes to social habits**
- **Changes in mood**

### What can I do if I'm worried about a child?

If you are worried about a child, you should report this to a senior person onsite, or to your GP Strategies safeguarding contact who will inform the designated lead.

### What can I do if I'm worried about an adult?

We have a responsibility to safeguard adults who are care and support needs, are experiencing, or at risk of abuse or neglect and are unable to protect themselves because of their care and support needs. Many of these adults are either cared for by family members, or by residential and nursing care services.

## Useful contacts

### GP Strategies

T: 0330 0183 531 (available 24/7)  
E: [safeguardingreporting@gpstrategies.com](mailto:safeguardingreporting@gpstrategies.com)

### ChildLine

T: 0800 1111 (free) - the ChildLine number won't show up on your phone bill if you call from a landline or from most mobile networks

### Action on Elder Abuse

T: 0808 808 8141

### Action Fraud (Financial):

T: 0300 123 2040

### Mental health

The Covid-19 pandemic and lockdown has severely impacted on many young people and vulnerable adult's mental health. Please remember, no one has to face a mental health problem alone. If you need to speak to someone, please contact:

### Mind Infoline

T: 0300 123 3393 (9am-6pm Mon-Fri) - for confidential mental health information services

### Mental Health Foundation

W: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk) - offers a range of free guidance and advice

### Samaritans

T: 116 123 - providing confidential, non-judgemental emotional support

## Sharing confidential information

If you wish to share information with GP Strategies staff members, and the staff member feels that what you tell them puts you or any other young person at risk of harm; they will have to pass it on to the designated person who may have to take it further to support you or others and keep everyone safe. Please be assured that they will only tell those who need to know.

If you have any questions or concerns related to safeguarding, please contact our support line on **0330 0183 531** or email [safeguardingreporting@gpstrategies.com](mailto:safeguardingreporting@gpstrategies.com)

GP Strategies – committed to equality and valuing diversity

