

SAFECHOICE

Keeping you up to date with safeguarding news and tips

July-September 2022

Welcome to the Summer edition of SafeChoice

FREE Safeguarding training

Have you signed up for our sector specific safeguarding training?

Book now through the learning hub, or contact your Skills Coach to book on the next session!

Abuse Alert – following on from our domestic abuse article in our last publication.

Don't forget if you need a **Safe space** these details may help you. Safe Spaces are also available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK. Once you are inside, specialist domestic abuse support information will be available for you to access. Many Safe Spaces are also prepared to respond to the 'Ask for ANI' codeword, to provide victims with a discreet way to access help calling the police on 999 or specialist support services.

Find your nearest Safe Space.

You can find further information on the Gov Website:

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help#recognise-domestic-abuse>

Mental Health Awareness

Protecting our own mental health and those of others can be easier than you may think. Every day simple activities, and help us to feel ok, and better able to cope with life.

Just by adding simple activities into your daily routine – just like brushing your teeth every morning, can be fun!

While many of us feel more able to talk about our mental health and wellbeing, we are yet to see a big enough shift in the narrative around

mental illness, particularly for some of the most stigmatised conditions and symptoms.

Mental Health - some signs to look out for:

- Anxiety and panic attacks
- Anger
- Depression
- Eating problems
- Hoarding
- Loneliness
- OCD
- Phobias

You can find out more details from:

Mind website: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/>

Rethink mental awareness: <https://www.rethink.org/get-involved/awareness-days-and-events/mental-health-awareness-week/>

Take the NHS your Mind Plan quiz: <https://www.nhs.uk/every-mind-matters/>

You can download some hints and tips from the Mental Health foundation:

<https://www.mentalhealth.org.uk/sites/default/files/2022-07/mhf-our-best-ever-mental-health-tips-backed-by-research.pdf>

Emotional Health

Emotional health is not the same as mental health – while the two terms are often used interchangeably, emotional health focuses on being in tune with our emotions. Having good emotional health is a fundamental aspect of fostering resilience, self-awareness, and overall contentment.

Why is working on your emotional health important?

- Resilience to stress – according to research, emotional distress makes you more vulnerable to physical illness
- Higher self-esteem – Good emotional health helps you see the best in yourself despite the challenges you may face
- Energy – having a positive outlook energises you and helps you to focus and think more clearly, whereas poor emotional health can lead to exhaustion

Examples of good emotional health include:

- Recognising upsetting emotions as they arise – this enables you to process them in healthy ways, such as the way you approach someone who has hurt or angered you
- Identifying your own self-judgements – turning your critical inner voice into an opportunity for self-love and compassion
- Curiosity – asking yourself – why did I react this way?

What is safeguarding?

Safeguarding is protection from abuse, maltreatment, maintaining health, and mental wellbeing, and most importantly responding to concerns by taking action and reporting concerns.

You have the right to feel safe where you learn and work, and we all have a duty to ensure those around us are safe.

Other people should not:

- hurt or abuse you in any way
- threaten to hurt or abuse you

Why do we need to Safeguard?

We all have a responsibility to ensure the safety and well-being and protection of those around us regardless of their age, disability, gender reassignment, race, religion or belief, sex, or sexual orientation.

Families and workers are undergoing a number of additional pressures in the current climate, including, COVID, inflation, plus the uncertainty of the Ukraine & Russia. We all have a duty of care that extends to ensure that we understand the signs of abuse, and how we raise concerns.

Keep your eyes open for the signs of Abuse

- Physical injuries
- Self-harm
- Changes to social habits
- Struggling to cope with emotions

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 your GPSTL contact who will inform the designated safeguarding Lead

Useful Contacts:

- GPSTL - Email: safeguardingreporting@gpstrategies.com Tel: 0330 0183 531 (24/7)
- ChildLine Telephone: 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.



Adults at risk

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.

What can I do?

Useful Contacts:

- GPSTL - email: safeguardingreporting@gpstrategies.com 24/7 hotline: 0330 0183 531
- Action on Elder Abuse helpline Telephone: 0808 808 8141
- Financial: Action Fraud: 0300 123 2040

If you wish to share information with GPSTL 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.

Mental Health

Mental health remains a key aspect in the recovery of the nation post-Covid, and with other on-going factors. Our mental health is key to this recovery, and for GP strategies Training we want you to know that you are not alone – 1 in 4 people will experience a mental health problem this year. Your attitude to mental health could change someone's life.



Useful Contacts:

- Samaritans: 116 123 – providing confidential, non-judgemental emotional support.
- Mind Infoline: 0300 123 3393 (9am-6pm Mon-Fri) – for confidential mental health information services
- If you are a carer, Carers Direct: 0203 904 4520 or Carers Trust: <https://carers.org/help-and-info/carers-services-near-you>.
- The website www.mentalhealth.org.uk/ offers a range of guidance and advice through free to download publications.

GP Strategies – committed to equality and valuing diversity

