

Bracknell Forest Safeguarding Board

The warmer weather is definitely with us again and so are our warnings on water safety! Unfortunately there is a need to continue to highlight the dangers and we ask that you would think where and how to cascade this important advice. The newsletter also includes a wide range of safeguarding issues for children and vulnerable adults such as:

- Integrated Care Boards (ICB)
- Adulthood bias
- Childhood trauma
- Suicide prevention
- Safeguarding culture in care homes
- Training opportunities and much more.....

We would like to get [your views on this newsletter](#). just a few quick questions!



The UK Water Incident Database and Health and Safety Executive states that on average, around 250 will lose their lives to drowning in any year; that's one person every 1.5 days. Many more will survive, but with life-changing injuries.

There are many organisations providing essential water safety advice. The [Royal Life Saving Society](#) (RLSS) top tips:

- Look out for lifeguards: If you're looking for a place to cool off always find a lifeguarded swimming site.
- It's colder than it looks: Water at open water and inland sites is often much colder than it looks, cold water can affect your ability to swim and self-rescue.
- Don't go too far: Always swim parallel to the shore, that way you're never too far away from it.
- It's stronger than it looks: Currents in the water can be very strong. If you find yourself caught in a rip tide – don't swim against it – you'll tire yourself out. Swim with the current and call for help.
- Bring a friend: Always bring a friend when you go swimming so if anything goes wrong you've got someone there to help.

They are on a mission to reach as many primary aged children with important [water safety lessons](#) and use the acronym "Be SAFE near water and Stay Aware From the Edge". They also have a [lifesaver toolkit course](#) which anyone including children can complete.

Open water swimming has become very popular in recent years but the Canal and River Trust are keen to point out that it can also be dangerous. Some risks are obvious, but there are also potential hidden dangers. These include submerged debris, reeds and unexpected cold-water shock. Their advice is to make sure you have licensed supervision and support from a club. Their [summer water safety](#) includes videos on the dangers of outdoor swimming. Slough Borough Council have produced a [video](#) following the death of a young man in Jubilee River.

The NHS Frimley Integrated Care Board (ICB) produced an animation a few years ago which highlights the [danger of leaving babies and young children unsupervised](#) near water and open windows, particularly when parents and carers can be distracted.

Choose clubs and activities safely this summer

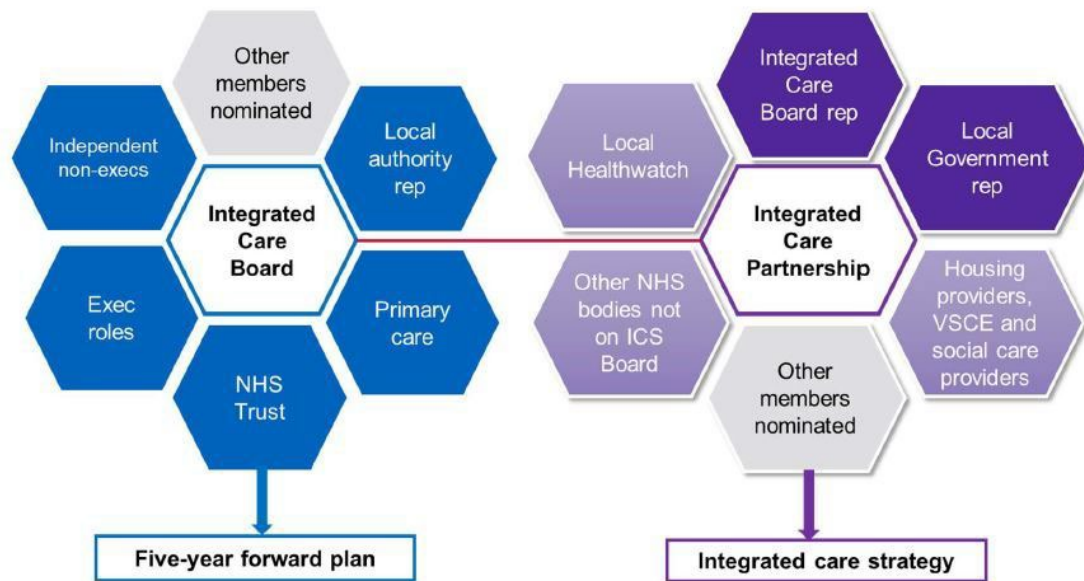
Trying to find things for your children to do this summer? Read our [leaflet](#) to help identify safe, good quality services and support when choosing childminders, play groups, uniformed clubs and groups, sports clubs, private tutors, charities, faith based activities and other hobbies.



Integrated Care Board (ICB)

ICBs have replaced Clinical Commissioning Groups (CCG) from 1 July 2022 and are focused on core NHS services, with responsibilities including NHS funding, commissioning, and

workforce planning. Integrated Care Partnerships (ICP) have a broad focus, covering Integrated Care System (ICS)-wide strategy, public health, social care, and wider issues impacting the health and wellbeing of the local population. Further [information on ICS](#) can be found on NHS England website.



Babies, children and young people to be integral part of Health and Care Bill

The [Babies, Children, Young People and Families in Integrated Care Systems](#) document was published in May 2022. This document explains what Integrated Care Boards and Integrated Care Partnerships are, and what the Health and Care Act means in practice for babies, children, young people and their families. It explains the commitments made by the government in the Houses of Parliament and set out the next steps the government will be taking to implement the Act.

Adultification bias

The news of the Black schoolgirl who was strip searched by the Metropolitan police after being wrongly suspected of carrying cannabis, triggered widespread condemnation. The details of what happened to Child Q – as she is described in the report – provide important learning. Concerned parents, academics and anti-racist activists have explained that what happened to Child Q can be seen as an example of ‘adultification’ – where a child is perceived to be older than they are, and as such is not treated with the care and protection that should be afforded to minors.

A 2017 study found that from the age of five, Black girls were viewed as more adult-like throughout all stages of childhood in comparison to white peers. This increased at age 10-14, where they were perceived as more mature, more sexually aware and less innocent.

Her Majesty’s Inspectorate of Probation has published a report [‘Adultification bias within child protection and safeguarding’](#) that aims to raise awareness of adultification bias. The report covers areas including: defining and understanding adultification; the different contexts in which adultification often occurs; and how the PIA (professional inter-adultification) model can help to counteract such bias.



Childhood Trauma

The [UK Trauma Council has created a guide](#) sharing research into how brain changes following trauma can affect a child's social world. The guide illustrates the importance of social relationships for mental health and explains that children with a history of maltreatment could face social difficulties such as bullying. Recommendations include: prioritising the social experience of children and providing support for parents, carers and professionals.

The Association for Child and Adolescent Mental Health (ACAMH) has released a new episode of its podcast in which Professor Panos Vostanis [discusses trauma and child refugees](#) as well as approaches to take when working with child and adolescent refugees who have experienced significant trauma.

Suicide Prevention

CALM launches a major new [suicide prevention campaign](#), which features an installation of smiling portraits in London, aims to raise awareness around suicide and explain that "suicidal doesn't always look suicidal"

The Samaritans have advice on [what to do if you think someone isn't okay](#).

[Bracknell Forest Public Health Portal](#) has details of local support to help cope with everyday stresses and strains.



Avoiding falls in older people

As people get older falling is quite common, and although most falls don't cause serious injury they can cause distress. Age UK has some [useful information to help people stay steady](#) on their feet.

Dehydration in older people

While hospital food and malnutrition is often in the news, [dehydration is also an important concern](#) as it is associated with poor health outcomes such as increased hospitalisation and mortality.

Training Opportunities

Risk Framework Training

There is another opportunity to attend the [multi-agency Risk Framework training](#) on 12 September at 1.30pm (via Teams). As well as highlighting the benefits of using the Risk

Framework, this training will also share case studies around hoarding, and will highlight the hoarding protocol.

The multi-agency Risk Framework provides guidance on how to manage cases relating to adults where there is a high level of risk, but where the circumstances sit outside the statutory adult safeguarding framework. Feedback from recent sessions:

“The training was informative, the case studies were interesting and the people presenting the training came across as very knowledgeable and approachable”.

“Great training definitely recommend “

“Brilliant presentation and in a bite size format easy to follow.”

“Thank you very informative and particularly liked how you linked in actual cases.”

To book contact Bfsb@bracknell-forest.gov.uk

MECC training Session 2

For those who have already attended MECC session 1, Public Health are piloting a follow-on session on Tuesday 21st June 2pm-5pm (online Zoom). The MECC model is based on Healthy Conversation Skills to encourage conversations around healthy behaviours (i.e. smoking, diet, physical activity and alcohol).

The session will include a recap of session 1 plus:

- Putting Healthy Conversation Skills into practice: opportunity to practice your skills within a safe environment, bring along your own examples of conversations you would like to explore.
- SMARTER goal setting: understanding the SMARTER tool in more depth using healthy conversation skills to support an individual to make a change.
- Behaviour change techniques: we will look at a range of tools used to support behavioural change and explore when these might be used.

To book contact Joanne.Pittard@bracknell-forest.gov.uk

Application of MCA for 16-17 year olds

Do you work with young people in a health or social care setting? Attend the virtual Mental Capacity Act (MCA) conference by Health Education England, in conjunction with North West MCA Project, to increase your understanding of MCA and its application to 16 and 17 year old. To book your place, click [here](#).

Healthwatch annual report

Find out what [Healthwatch Bracknell Forest](#) got up to in 2021-22 and read about their plans for the future. In what has still been a challenging year as the pandemic continued, they have continued to put residents at the heart of the health and social care services they receive.

If you need the report in another format or would like to discuss anything, please email nicholas.durman@healthwatchbracknellforest.co.uk or call 0300 012 0184.

We'd love to know what you think about our newsletter. Please [click here](#) and answer a few quick questions!

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[BF Safeguarding Board website](#)

[Contact us](#) • 01344 352000

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Bracknell Forest Safeguarding Board • Time Square • Market Street • Bracknell • RG12 1JD