

Bracknell Forest Safeguarding Board

Welcome to our latest newsletter

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



Do you collect feedback about safeguarding issues from the people you work with?

The BF Safeguarding Board would like to hear from you if you have any examples of the voice/lived experience of those you work with. You can send anything you have either to [BFSB](#) or [use this form](#).

We would also like the following information:

- any [safeguarding activities](#) or events via our web page or email us
- any services that can be added to our [online referral routes](#)
- any articles that we can include in our next [newsletter](#)

Presentations from our East Berkshire Safeguarding Forum

In November 2022, the East Berkshire Safeguarding Boards hosted an online event to look at how we can help minimise the detrimental impact of the cost-of-living crisis and identify what support is available to help those that need it. A [copy of the presentations](#) can be found on our website.



How to make a 'good' referral

The BFSB's Quality Assurance Subgroup undertook a piece of work to look at the quality of safeguarding referrals coming into both children and adult services. One of the resulting actions was to provide information on how to [make a good quality referral](#). Work provided by children's services and the BF

Learning and Development Group have produced separate slides for child and adult referrals which can be used as a separate reminder of what to be aware of or as part of training.

FGM Day of Zero Tolerance (6 Feb)

February 6 is observed as International Day of Zero Tolerance for Female Genital Mutilation (FGM). It involves changing or harming the female genitalia for non-medical reasons and is acknowledged on a global scale as a violation of human rights and the integrity of females, as defined by the World Health Organization (WHO).

Oxford Against Cutting delivers training for professionals, lessons for school children and workshops for community groups of all ages. They have [web cafes](#) which are safe spaces online where they hear from survivors and experts. Participants can listen in anonymously, or take part in difficult conversations, in a non-judgemental space.



WEB CAFE SERIES FEB-MAR 2023

- 10th Feb** - FGM and Life Stages - With Savera UK
- 24th Feb** - 'Honour'-Based Abuse in African Communities
- 3rd March** - Pornography, Body Image and Smart Phones
- 10th March** - 'Honour'-Based Abuse - the ripple effect in communities
- 17th March** - 'Honour'-Based Abuse, Body Image and Smart Phones
- 24th March** - Labia Pulling / Stretching (forms of FGM)

ALL SESSIONS: 12PM - 1PM ON FRIDAYS
ZOOM MEETING ID: 895 7209 5828
PASSCODE: 397220
WWW.OXFORDAGAINSTCUTTING.ORG



Sexual Abuse & Sexual Violence Awareness Week is the UK's national week to raise awareness of sexual abuse and violence and to provide an opportunity for any organisation or individual to engage in dialogue. The Sexual Abuse & Sexual Violence Awareness Week occurs on the first full week of February. [Rape Crisis](#) describe sexual violence as a term used to describe any sexual activity that happened without consent.

Fire risk when using emollients

Royal Berkshire Fire and Rescue Service (RBFRS) report that within the last financial year there have been a number of fire fatalities and serious incidences across the county which have involved the use of emollient products. These products, which include creams,

ointments, sprays and body wash formulations are used by millions of people every day to manage dry, itchy or scaly skin conditions such as eczema, psoriasis and ichthyosis. They may contain paraffin or other ingredients such as shea or cocoa butter, beeswax, lanolin, nut oil or mineral oils which can leave a flammable residue when they soak into fabrics. Over 60's who smoke and have reduced mobility are those most at risk, so their families and carers should be alert to the inherent fire risk and be mindful if smoking or using sources of heat and flame such as lighters, matches, electric/halogen heaters, gas hobs and candles. [RBFRS have produced a leaflet](#) which can be shared within anyone at potential risk. If there are any questions or queries in regards to the emollient leaflet, then please feel free to contact a member of the RBFRS Safeguarding Team:

Liz Warren | Safeguarding Manager | warrene@rbfrs.co.uk

Darci Hellend | Safeguarding Support Officer | hellendd@rbfrs.co.uk



Safe and Well Visit

A Safe and Well Visit is a free service that RBFRS provide to eligible residents. These visits are tailored to individual needs, relating to health and wellbeing, as well as fire risk reduction. A Safe and Well visit will take place in the home and can be arranged at a convenient time. Find out if you or someone you know [qualifies for a free Safe and Well visit](#).

Adults at Risk Programme

RBFRS also provide a training package [Adults at Risk Programme \(ARP\)](#) for those involved in the care of adults in the community. It lays down the minimum recommendations for the protection of adults who are at risk from fire. To find out more about the courses and whether they are suitable for your organisation, contact the Prevention Team at prevention@rbfrs.co.uk.



Winter water safety

The Royal Life Saving Society (RLSS) share their [winter water safety](#) advice if you are walking or running alongside water such as:

- Teach children not to go on the ice
- Don't go on the ice to rescue a dog
- Keep dogs on their leads
- Only use well-lit areas
- Keep back from the edge

They also provide information on what to do when things go wrong.

Social Prescribing

The [Bracknell Forest Social Prescribing Service](#) supports residents (aged 18+) who may be feeling low, isolated or lonely and would benefit from improving their health and wellbeing. Social Prescribers provide 1:1 personalised non-medical support built around “what matters to you” and can put you in touch with local services, groups and activities. Social Prescribers can provide support for up to 3 months depending on individual need, this can be through telephone, face to face in the community or in your home. Self-referrals and professionals’ referrals are accepted for this service.



Carers Voice Project

Bracknell Forest Safeguarding Board and Signal Carers Service want to raise awareness of safeguarding, so carers know what to do, if they, or the person they care for, is abused or neglected. The aim is to create information for carers and the professionals that work with them so that situations

can be resolved early or avoided.

Following discussions with carers we want to use your real-life stories to raise awareness! We want to focus on positive stories about how people manage well and are supported to make their own choices and have control about how they choose to live their lives. We would also like to provide learning for professionals on what could be done better. We can anonymise your stories so please share them with us! Please give SIGNAL a call on 01344 266088.

Hourglass Calling Card

[Hourglass](#) is a charity focused on the abuse and neglect of older people, and they staff a free-to-call helpline which is a lifeline for older men, women and their families suffering from the five forms of abuse: physical, psychological, financial, sexual or neglect. They have started to work within the Thames Valley area and can provide a community response including face to face support, IDVA focusing on elder domestic abuse and localised expertise. Contact Head of Community Services timbuttle@wearehourglass.org and Community Response Officer (IDVA) rebeccaewing@wearehourglass.org or call their helpline on 0808 808 8141.

1 in 5 older people are abused in the UK every year.

HOW TO GET IN TOUCH

Call our 24/7 helpline **0808 808 8141**

Text message our helpline **07860 052906**

Email us **helpline@wearehourglass.org**

Talk to us live on our INSTANT MESSENGER at **www.wearehourglass.org**

Get information from our CHATBOT at **www.wearehourglass.org**

Get information from our KNOWLEDGE BANK **knowledgebank.wearehourglass.org**

Hourglass is the only charity in the UK dedicated to calling time on the harm and abuse of older people and we are here to help.

SAFER AGEING

Hourglass
Safer ageing · Stopping abuse

Our helpline is entirely confidential and free to call from a landline or mobile. The number will not appear on your phone bill. Our lines are open 24/7 – including evenings and weekends and bank holidays. You can also interact with us via our Chat Bot and Instant Message or get useful information from our Knowledge Bank. Find out how to get in touch 24/7 www.wearehourglass.org/hourglass-services.

Email, text and instant message options are currently only available during business hours.

Text messages from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records, but will not be identified as Hourglass.

Please email us at enquiries@wearehourglass.org for more details and sign up to our newsletter to get regular updates.

Hourglass is the working name of Hourglass (Safer Ageing), a charity registered in England and Wales (reg. no. 1140543), and also in Scotland (reg. no. SC046278). Hourglass (Safer Ageing) is registered as a company in England and Wales under number 07290302.

Phone Scams: Don't Get Caught Out

A series currently on Channel 5 highlighting various [phone scams](#), including an influencer's account hijacked to rob his followers, and a woman who was scammed while looking for love.

Safe Sleeping Products

Lullaby Trust provide [safer sleep advice](#) on how to sleep babies to reduce the risk of sudden infant death syndrome (SIDS) which is commonly known as cot death. Their advice is based on strong scientific evidence and should be followed for all sleep periods, not just at night.

They also provide some guidelines to help parents make an informed decision when they come to choose [sleeping products](#) for their baby.

NHS Frimley, via [Frimley Healthier Together](#), are championing resources to prompt parents and carers to think, plan and share [“Who’s in Charge?”](#) when children are present, and alcohol is being consumed by the responsible adults around them. This campaign follows on from the successful #SafeSleep #Whosincharge campaign they launched during Summer of 2022.

NSPCC ‘Speak Out, Stay Safe’

The NSPCC are looking for new volunteers from all over Berkshire to be [Speak Out. Stay Safe Schools Service Volunteers](#). They would visit local schools twice

a month and give their age-appropriate Speak Out Stay Safe assemblies and workshops to primary school pupils.

NSPCC Schools Service Coordinator (Berkshire), Richard Rhodes is on hand to facilitate the ['Speak Out Stay Safe' programme](#) for primary schools and to signpost educational and safeguarding professionals re NSPCC resources. Tel: 020 3772 9891 richard.rhodes@nspcc.org.uk

The NSPCC is empowering every adult to know what to do if a child needs help, and where to go if you need support yourself by accessing their [Listen up, Speak up 10-minute digital training](#).



Making Every Contact Count (MECC) is a behavioural change approach which helps individuals to work differently with people to address their health and wellbeing. Changing the way we interact with people can improve

their self-efficacy and help them identify ways to improve their health and wellbeing.

This brief intervention training is focused on helping people to think about making a change by raising their awareness of issues, offering encouragement and being supportive of change, and signposting to further support agencies. You might work in a care or health related role, or you may be supporting people in your role with non- health issues such as debt management, housing, welfare, employment, etc, which are ultimately having a negative impact on their wellbeing. This training is for everyone who wants to make a difference to the individuals that they support.

All participants who complete the 3-hour course will receive a Royal Society for Public Health (RSPH) certificate in MECC.

Tuesday 28th March 9.30am-12.30pm via Zoom

To book please email Joanne.Pittard@bracknell-forest.gov.uk

Neighbourhood Watch Newsletter

This edition of the [Neighbourhood Watch Newsletter](#) includes advice on how to steer clear of romance fraud this Valentine's Day, as well as three major cybercrime predictions for 2023, and details of a new app for reporting hate crime against the LGBTQ+ community.



Parents against child exploitation (PACE)

[Pace](#) appeared on [BBC Politics North](#), alongside two Pace supported parents who bravely shared their experiences for a special programme about county lines.

Parents highlighted the devastating impact criminal exploitation has on families, the lack of support they received from services and the desperate need for change. We heard from a parent whose child suffered as a result of the debt her son owed to a criminal gang and the additional dangers he was exposed to by being placed in unsupported accommodation.

Suicide Prevention Consultation

The [Pan Berkshire Suicide Prevention Strategy - Consultation Survey](#) has been generated to gather views on the Pan Berkshire Draft Suicide Prevention. Alongside this is a range of public and professional consultation events across Berkshire to ensure that all Local Areas can feed into the draft and help refine it across all six local authority areas and progress sign off by each LA. We hope that you will join in revising, strengthening and sharing the Strategy across Berkshire to make it stronger and more impactful.

This survey asks questions related to the Suicide Prevention and may be difficult for some respondents - People feeling distressed by this subject are advised to reach out for support to people in their lives who they can discuss this with or seek support via NHS 111 or local Voluntary and Community Services including the Samaritans (116 123) or Amparo www.amparo.co.uk.

The Wayz Youth Centre

[The Wayz](#) is a safe and positive place for young people aged between 8 and 25 to attend, engage in a range of activities and opportunities. There are numerous projects available in order to cater for a wider cross section of young people.

You can find us at:

Website <https://bracknellforestsafeguarding.org.uk>

Facebook www.facebook.com/bfsafeguarding

Twitter <https://twitter.com/BFSafeguarding>

[BF Safeguarding Board website](#)

[Contact us](#) • 01344 352000

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