

Bracknell Forest Safeguarding Board Bulletin No 3

Bracknell Forest Safeguarding Board News



Bracknell Forest Safeguarding Board

Bulletin No. 3

5 May 2020



Message from the Independent Chair and Scrutineer - Brian Boxall

The Bracknell Forest Safeguarding Board continues to coordinate the safeguarding responses by statutory agencies, and to collect and circulate information.

This week I chaired a meeting with representatives of the wider partners which include Healthwatch, Involve, care homes, the Probation service, schools and others. It is clear across all services that staff, be they paid or voluntary, are doing a great job in supporting the most vulnerable during these strange times. Whilst there is uncertainty as to what the future will look like, there will be a need over a significant period of time for this work to continue. The Board will continue to support this partnership work.

As I stated last week, the main difficulty faced by partners is not being able to undertake face to face contacts with those who may be at risk. So the main message remains - that of vigilance by members of the community and for them to [report](#) any safeguarding concerns they may have. This is especially the case for those who have had to self-isolate. Whilst many are being provided with provisions, we need to continue to remind them the importance of looking after themselves (see below the importance of hydration).

This newsletter again contains links to vital information/messages produced by the Board and partner agencies. We are aware that not everyone has access to the online resources so please print off and display any posters or leaflets that may be relevant to your service. Board leaflets are available on our [website](#).

The additional key messages identified at the meeting were:

- Maintaining Safe and Well Visit referrals to the fire and rescue service and awareness of potential threats of arson and also instances of hoarding/self-neglect

- Awareness of the Berkshire Care Association's (BCA) twice-weekly conference calls for providers
- Continuing to be aware of domestic abuse and reporting it where necessary

Further information on these areas can be found below.

#Coping Guides

Our colleagues from the NHS (East Berkshire Clinical Commissioning Group) have now released their second guide - [#Coping Young Person's Guide](#). The guide contains lots of useful self-help apps and websites and a range of resources, including helplines, to support young people with their mental health.

Threat or Risk of Arson/ Safe and Well Visits

During Covid-19, Royal Berkshire Fire and Rescue Service (RBFRS) are requesting that agencies become extra vigilant with regards to arson especially with domestic abuse on the increase. If anyone becomes aware of the threat or risk of arson they should contact Thames Valley Police (TVP) immediately on 999 or 101 (depending upon urgency). To discuss further contact the RBFRS Safeguarding Manager Liz Warren on 07585 991621 during office hours.

RBFRS has re-evaluated its Safe and Well procedures during Covid-19 restrictions. They are still accepting referrals and are risk assessing each case. If the risk of fire is high they may conduct a visit or if assessed as a lower risk take actions to reduce the risk further. This could include dropping off fire safety equipment to a property or giving fire safety advice over the phone. In all cases a re-visit will be completed where appropriate when restrictions have been lifted. To make a referral or find out more visit the [RBFRS website](#).

Hoarding Disorders

Partner agencies are being asked to look out for anyone affected by hoarding disorders who are often socially isolated. These individuals may not be receiving support or regular home visits during this time and despite initially making good progress, this may now be deteriorating. The NHS has published a page on [hoarding](#).



Berkshire Care Association (BCA) weekly calls to update care providers

BCA is holding twice-weekly online zoom meetings on a Monday and Thursday at 2.30pm until 10 August to provide advice and information for care providers. Representatives of the CCG and public health are present at each meeting to offer support on matters including infection control. These meetings are for care

home and children's homes representatives, domiciliary care providers and social care providers. Membership of the Berkshire Care Association is not a requirement – anyone can join the call. The regular agenda looks at PPE updates, government guidance and the local picture.

If you wish to be involved then you can join the Zoom meeting contact the BCA via their [website](#).

Domestic Abuse

Domestic abuse will NOT be tolerated!

If you are a victim of domestic abuse, help and support is available 24/7

In an emergency: **always call 999 if you can't speak, call 999 and dial 55.**
In a non-emergency: **Call 101 or make a report online on our website.**

Charities are ready to help:
National Domestic Abuse Helpline: free, open 24 hours a day on 0808 2000 247. **Victims First:** www.victims-first.org.uk
Berkshire Women's Aid www.berkshireromensaid.org.uk 0118 950 4003

More information is available on www.thamesvalley.police.uk



During the Covid-19 pandemic, professionals and volunteers may come into contact with individuals and families they haven't met before.

If you see something, are told something or something doesn't feel right you need to report it.

Call Bracknell Forest Adult Social Care on 01344 351500.

Don't ignore it, report it.

For more information visit bracknellforestsafeguarding.org.uk



The latest [Domestic Abuse Newsletter](#) contains updates from local organisations supporting those affected by DA and news in this area from the past few months. More resources for practitioners and the public can be found on the [It's Never OK!](#) website.

Modern Slavery

Modern slavery is a harmful and hidden crime and its victims may be especially isolated and hidden from view during the coronavirus outbreak.

The [Government webpage](#) sets out what modern slavery is, how to recognise the indicators and how to refer suspected cases of modern slavery to the appropriate services.



Non-accidental Injuries to Babies



There has recently been an increase in cases of very young babies (under 12 weeks) presenting with injuries in other areas of Berkshire. These are potentially deliberate, sustained and/or repeated injuries and also injuries from shaking.

It is likely that parents of new babies are experiencing increased levels of stress during lockdown without access to their usual support mechanisms of family and friends. This increases danger to very small babies when parents are trying to cope with issues such as crying, feeding issues, lack of sleep as well potentially looking after older children full-time. This is a stress any parent can experience and is not isolated to families who have pre-existing issues or vulnerabilities – in short, this could be any baby in any family.

We urgently need to encourage all agencies to be proactive when in contact with new families and to consider ALL babies to be potentially at risk and that they may need more regular contact. [ICON](#) have produced information that parents may find useful at this time.

Stop, Look, Care Framework

STOP LOOK CARE is a framework designed to support health and care workers across Frimley Health and Care Integrated System. It enables them to feel confident in the care that they are delivering, supporting care plans, monitoring them and/or recognising signs of deterioration in a person's wellbeing. It can also be used to support care and be a reference guide for families and personal assistants.

Resources including a PowerPoint awareness raising pack can be found on their [website](#).

Coronavirus (COVID-19): looking after people who lack mental capacity

The government has produced [guidance for health and social care staff](#) who are caring for, or treating, a person who lacks the relevant mental capacity.


Department for Work and Pensions (DWP) Update

DWP have responded to the huge influx of new benefit claims since the Coronavirus lockdown by redeploying their workforce to the 'frontline' to process claims and ensure that payments are generated on time.

[Register](#) to receive their newsletter 'Touchbase' which is sent out each week to keep you up to date on changes around [employment and benefits support](#).

Importance of Hydration

The NHS have produced a poster highlighting the importance of remaining hydrated whilst self-isolating.



Every Sip Counts...

Guide to staying hydrated during isolation

The facts

- Your body is 60% water.
- Dehydration happens when your body loses more water (e.g. through sweating or passing urine etc.) than you take in.
- 1.5 litres of water is removed from your body every day as urine.
- Dehydration can affect your brain function and prolonged dehydration can lead to short term memory loss and heat stroke in the warmer months.
- Dehydration can cause E. coli infections such as urine (water) infections.
- To prevent dehydration, you should drink 8 glasses or cups (2 litres) of fluid daily.
- You should drink more than 8 glasses (or cups) a day if it is hot or you are exercising.
- Babies, children and older adults are more at risk of becoming dehydrated.
- You are more at risk of dehydration if you have diarrhoea, vomited or have drunk too much alcohol.
- Certain watery fruits and salad items (watermelon, cucumber, citrus fruits, berries, tomatoes etc) as well as some foods such as yoghurts, soup, ice cream/lollies and jelly contain water.



Symptoms of dehydration

- Feeling dry / thirsty
- Dark coloured, strong smelling urine
- Feeling dizzy or tired
- Not passing much urine in a day
- Constipation
- Confusion or more confused than usual for those with dementia
- Dry mouth and lips
- Headaches

The solutions

- Be aware of the extra water you lose when drinking alcohol. For every alcoholic drink you consume, have a soft or non-alcoholic drink in-between to stay hydrated and prevent a bad hangover.
- Make sure you have a bottle of water on hand when you are exercising.
- Drinks that are great at keeping you hydrated include: water, squash, fruit juice, smoothies, herbal tea, milk etc. Drinking tea and coffee are great ways of keeping you hydrated but best to stick to decaffeinated.
- Keep hydrated in warmer weather, drink plenty.

© Leeds Community Healthcare NHS Trust, April 2020

We are grateful to organisations who have sent information to us for dissemination across the extended partnership groups. We have included some of these messages within this bulletin, other communications have been shared through the Board's use of social media and we would urge that agencies and individuals further promote these via their personal and corporate networks.

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

Facebook www.facebook.com/bfsafeguarding

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

[BF Safeguarding Board website](#)

[Contact us](#) • 01344 352000

© Bracknell Forest Council



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