

Safeguarding Matters



Welcome to our newsletter

covering key safeguarding and duty of care issues

EduCare's key mission is to help deliver a safer environment for children, young people and adults at risk by sharing essential knowledge and encouraging best practice.

This newsletter has been designed to provide you with regular safeguarding and duty of care updates. We hope you find it useful, we would love to hear from you if you have any comments or feedback.

✉ online@educare.co.uk

🐦 [@EduCareNews](https://twitter.com/EduCareNews)

Keir McDonald MBE | EduCare CEO



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Safeguarding in Autumn

Jo Eames | EduCare's Content Specialist

The summer affects many people in different ways; families are affected by the change in routine during the school summer holidays, organisations have to juggle staff cover and individuals have to maintain focus whilst the rest of the world are seemingly away on holiday.

With September comes a renewed focus as the onset of cooler weather and the changing of the season shifts our mindsets.

Many of our education customers see the start of the new academic year as an opportunity to start anew and so Autumn seems a great time for everyone to review current practices and make changes, if necessary.



Here are our safeguarding recommendations for the Autumn:

1. Look for changes in behaviour

Changes in a home environment during the extended break may impact upon a person's wellbeing or development. It is important to be vigilant and take note of any changes in behaviour that cause concern.

2. Communicate

The long summer holiday can impact people in many ways, for example, financial difficulties in providing regular meals outside of the school provision may raise concerns about child neglect. It is important to know who to raise any concerns with, or who you can ask for advice, support or a second opinion.

3. Record staff training

Assess your staff records including any temporary staff who have joined over the summer break. New staff will need to evidence their previous training records to ensure inspection obligations are met. Review training against your own induction policy with regards to Fire Safety training or Data protection.

We are launching a new **Mental Wellbeing course in the Autumn** which has been written with YoungMinds, the UK's leading charity championing the mental health of young people.

**REGISTER
YOUR
INTEREST
TODAY**



Seasonal Affective Disorder (SAD)

Autumn can worsen anxiety and depression.

According to the NHS, Seasonal Affective Disorder is thought to affect about one in 15 people in the UK between the months of September and April. The BBC have written an article that looks into SAD; why it affects us and what we can do to beat the blues.

[Read the article](#)

Good Childhood report

The Children's Society have published the Good Childhood report which has shown that children and young people's happiness is at its lowest since 2010.

As well as examining the latest trends in wellbeing over time, and exploring gender patterns in wellbeing, this year they also looked in detail at how multiple experiences of disadvantage are linked to children's wellbeing.

[Read the report](#)



Prevention Concordat for Better Mental Health

Public Health England has published a Prevention Concordat for Better Mental Health which underpins an understanding that taking a prevention-focused approach to improving the public's mental health is shown to make a valuable contribution to achieving a fairer and more equitable society.

[Read more](#)



Raising awareness of safeguarding and duty of care issues

World Suicide Prevention Day	10	September
Sexual Health Week	11 - 17	September
ADHD Awareness Month		October
International Day of Older Person	1	October
Dyslexia Awareness Week	2 - 8	October
World Mental Health Day	10	October
Global Hand Washing Day	15	October
National Stress Awareness Day	1	November
Anti-Bullying Week	13 - 17	November
Children in Need	17	November

New courses from EduCare

We continually refresh and expand our safeguarding training packages - providing additional content to enhance learning as well as updating existing courses to ensure our learners stay current and compliant:

Child Protection: Induction – a new single module course that has been developed for support staff and volunteers

Dyslexia Awareness, ADHD Awareness and Autism Awareness – three new courses being added to our portfolio developed in partnership with SEND specialists Connect

Child Protection in Dental Practices – co-written by an experienced Dental practitioner

Mental Wellbeing – written in conjunction with YoungMinds

Infection Control for Dental Practices – content reviewed and updated by an experienced Dental practitioner

Child Protection Level 3, Child Protection in Sport and Child Protection Refresher – content to be updated to include new data from statistics: children in need and child protection and guidance from Children and Social Work Act 2017

Customers who have purchased our Education, Health, or Sports and Leisure training packages automatically get access to new and updated content, and are informed as soon as any changes are made.

PARTNER PROFILE



Robin Watts,
Former Metropolitan
Police Detective

EduCare work with leading experts to create our range of high-quality safeguarding and duty of care training courses.

Robin Watts of RAW Training Ltd works with us on our essential safeguarding courses.

Robin was a detective in the Metropolitan Police for over 30 years. 10 years of this was spent in the child abuse arena, investigating serious crimes committed against children by people that they knew.

He believes that explicit and strong safeguarding procedures are a huge inhibitor to a potential child abuser looking to gain access to children.

Read his full profile

“IT’S IMPORTANT TO SHOW CARE AND RESPECT”

YOUNGMINDS

Hannah Kinsey of YoungMinds highlights the need for openness and honesty when discussing mental health and wellbeing.

What do we mean by mental health/wellbeing?

When our mental health is good, we feel positive about ourselves, enjoy being around others and feel able to deal with life’s challenges. We all go through times when we feel worried, confused or down. But when it starts to feel difficult to do everyday things like hanging out with friends, getting work done or doing the things we normally enjoy, this could mean we have a problem with our mental health.

How does the social stigma affect those experiencing mental health problems?

If people feel that they will be judged for admitting or talking about the fact they struggle with their mental health they are far less likely to seek help or discuss their problems. The stigma and misunderstanding that still exists around mental health can make people experiencing mental health

problems feel ashamed and feel that they have to hide their issues.

What support makes a difference?

People tell us that one of the most important things that professionals can do is provide a safe space for them and listen to them non-judgmentally. Acknowledge their emotional distress and work with them to identify their own support networks and navigate their way to resources and people who can help. It is important to show care and respect and encourage a positive culture of support.

What can staff do to help?

It is vitally important that people feel confident talking about mental health issues so training in mental health and resilience is a good place to start. The earlier these things are brought up and addressed, the better in terms getting a positive outcome. In

education it is hugely helpful for the whole school community; including pupils, teachers and parents, to have a better understanding of how to build and promote resilience and positive mental health and emotional wellbeing.

Hannah Kinsey is training and consultancy manager at YoungMinds, the UK’s leading charity championing the wellbeing and mental health of young people.

YoungMinds are working with EduCare on an e-learning course on children and young people’s mental health.

Register your interest in the Mental Wellbeing training course



Keeping Sport Safe

Baroness Tanni Grey-Thompson's much publicised report on Duty of Care in Sport has been well received by many key organisations in Sport. As well as recommendations to government, the majority of changes recommended throughout the report focus on improvements and adjustments that need to happen within National Governing Bodies.

With the proposed creation of a Sports Ombudsman, all National Governing Bodies (NGBs) will have to account for the Duty of Care they provide to their athletes.

As we see in schools and healthcare, the evidencing of Safeguarding practices and processes to inspectors almost becomes as important as the delivery of the care itself as funding will be impacted if no demonstration is presented: "Duty of Care should be a mandatory condition of future funding and all funded sports bodies should demonstrably apply it."

One of the seven main recommendations of the report is that all NGB boards should have a named Duty of Care Guardian who "should have an explicit responsibility and leadership role to engage with participants across the talent pathways and in community sport, and to provide assurance at board level.

This assurance should be evidenced in a public statement from the Duty of Care Guardian in the NGB's annual report."

All NGB boards should have a named Duty of Care Guardian.

The report states that "National governing bodies of sport (NGBs) and education institutions should encourage talented young athletes to be involved in other appropriate sporting activities for fun, and to give them open options if they do not join or continue on a talent pathway to elite sport."

A recommendation of the report is that funding models are linked to how many athletes have dropped off the talent pathway and that retention rates will now need to

be published. NGBs will need to look at how they communicate and engage with athletes to ensure their retention rates are optimised.

How NGBs speak to their athletes with regards to selection has been raised in the report:

NGBs should "develop good practice guidelines about methods of communication relating to selection and deselection. For all levels of the pathway this should also include being clear about what a participant has to do in order to return to any programme or squad system."

An important part of the Duty of Care of athletes is to ensure their transition into the working world is managed well. The report recommends that this is linked to funding: "It should be a condition of the Athlete Personal Award (APA), available to people on talent pathways in Olympic

and Paralympic sports, as well as funding provided to the NGB, that attendance at career events is supported by the NGB wherever possible. They should provide appropriate information on events to participants and they must reasonably release athletes from training for these opportunities."

Equality and Diversity training has long been implemented across all sectors and this has now been recommended for Sports:

Governing bodies and clubs "have a responsibility to stamp out discriminatory behaviours, practices and cultures. Equality and diversity training, including unconscious bias training, should be mandatory in all of the new training pathways being developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and employers in the sport and physical activity sector and be a requirement for all NGB athlete facing staff."

The Equality and Diversity training course from EduCare is included in EduCare for Sport®, the online Safeguarding and Duty of Care e-learning service for the sports sector. The course is accredited by the Police 'Secured By Design' service.

Mental Health is a key section in the report with the following recommendations made:

- NGBs to include mental health issues in the content of coaching and other sport related courses which filter down to clubs.
- Government to promote and resource the Sport and Recreation Alliance's "Mental Health Charter for Sport and Recreation" so that it can support NGBs in addressing mental health issues.
- NGBs to strengthen links with NHS mental health teams, mental health charities and community groups. Links should also be considered through UK Sport and Sport England.
- NGBs and sports clubs should provide clear signposting to confidential support services outside of the sport (for participants, coaches and performance staff).
- All NGBs to implement the Business in the Community/ Public Health England Toolkit for Employers on Mental Health by 2020, followed by an audit of implementation in 2020.

EduCare's Mental Wellbeing training course will be released later on this year.

Practical Duty of Care recommendations are also included in the report, particularly on the skills and equipment needed to deliver effective First Aid.

The First Aid Essentials training course from EduCare is included in EduCare for Sport®, our online Safeguarding and Duty of Care training package for the sports sector. Produced with West Midlands Ambulance Service NHS Foundation Trust, the course aims to give the confidence needed to react in an incident when someone urgently needs help.

An important part of the Duty of Care of athletes is to ensure their transition into the working world is managed well.

If you are a National Governing Body of Sport and require advice on any aspect of your organisation's Safeguarding or Duty of Care processes, please get in touch with EduCare. As the UK's leading provider of Safeguarding and Duty of Care training, we are more than happy to offer help or advice.



Kidscape's vision is for all children to grow up in a world free from bullying and harm, with adults who keep them safe and help them to reach their full potential.

Our mission is to provide children, families, carers and professionals with advice, training and practical tools to prevent bullying and protect young lives.

We do this through...

- Working directly with children, parents, carers and professionals in delivering high-impact programmes
- Giving advice and information to children, families and professionals
- Providing training and consultancy to professionals working with children and young people
- Raising awareness of bullying and how to stop it

Kidscape is proud to share our expertise preventing bullying and safeguarding children and young people through Educare's e-learning service

www.kidscape.org.uk



BANG Edutainment delivers projects for young people designed to build their motivation, skills and experiences. They focus on young people in Brent, London who are considered "at risk", experiencing negative outcomes or on the pathway to offending.

Their programmes improve outcomes in emotional resilience, self-esteem, confidence, educational attainment and family circumstances. BANG also delivers activities designed to improve employability and life skills in partnership with local schools.

BANG Edutainment did not have an accessible and cost effective way of delivering quality core training to both staff and their rolling programme of volunteers. They looked for courses on an ad hoc basis for small groups of staff as and when they had sufficient numbers. As part of their continuous drive for quality and excellence, the organisation decided to obtain London Youth Quality Mark status. EduCare allowed them to have access to all the key induction training modules and more.

"We chose EduCare as it was recommended to us by the schools we work with as a quality, accessible and cost effective solution to our training needs. EduCare was able to understand our business quickly and suggested that their education package would have been the best fit for our business.

"What made the solution unique and right for BANG was that the EduCare courses can

be accessed by our staff and volunteers remotely and could be completed in their own time. Managers are able to clearly see the progress made on each module to support or plan staff development.

"BANG's experience with EduCare has been extremely positive and we've recommended the training solution to other charitable organisations working with young people, supplementary

schools and London Youth to pass on to their members.

"As a small charity, we know we punch above our weight in many areas and EduCare has enabled us to continue to embed continuous learning across our teams and raise standards."

Carol Allen
Operations Manager,
BANG Edutainment Ltd
www.wearebang.com

What is the Prevent Duty?

Following the tragic events in Manchester and London earlier this year, the Prevent duty has come under the spotlight once again. It is important that people who work with children and vulnerable adults understand what the Prevent Duty is and what their obligations are.

The Prevent strategy has three specific objectives:

1. Respond to the ideological challenge of terrorism and the threat we face from those who promote it
2. Prevent people from being drawn into terrorism and ensure they are given appropriate advice and support
3. Work with sectors and institutions where there are risks of radicalisation

There is Prevent duty statutory guidance for England and Wales, and separately for Scotland, issued under section 29 of the Counter-Terrorism and Security Act 2015. It places a duty on specific bodies to have 'due regard to prevent people from being drawn into terrorism'.

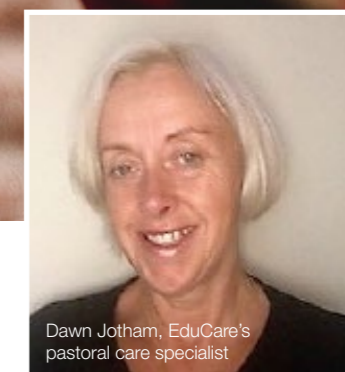
EduCare have published a free resource online that will take you through:

- What Prevent is
- What extremism and radicalisation are
- Who may be vulnerable
- How messages are spread
- How the Prevent Duty may affect you



Download for free today
www.educare.co.uk/prevent-duty-resource

HOW TO ENCOURAGE TEENS TO MAKE SAFE CHOICES ABOUT RELATIONSHIPS



Dawn Jotham, EduCare's pastoral care specialist

Internet Matters are a not-for-profit organisation that has a simple purpose – to help keep children safe in the digital world.

Following a report revealing that 700 children have been excluded from school for sexual misconduct, Internet Matters asked their team of experts to give their advice on how to help children make safer choices about sex and relationships on and offline.

Dawn Jotham, EduCare's Pastoral Care Specialist, gave this feedback:

It is becoming increasingly more difficult for parents to be able to monitor their children; in regard to who they are mixing with, what they are doing and what they are

being exposed to. For example, there is an increase in 13-14-year-olds thinking that sexting is normal and that learning about sexual relationships via pornographic sites is also the norm.

Good quality education on sex and relationships is key.

What can parents do?

Firstly, don't be afraid to talk to your children and encourage them to talk to you. Conversations should be honest and non-judgemental; trust from an early age can then be encouraged.

What can schools do?

Having good quality sex and relationships education is imperative and should be delivered by staff that are comfortable in doing so. Schools should also think about utilising all staff, charities and agencies to come in and help deliver PSHE lessons as pupils may feel uncomfortable with their maths teacher delivering relationship advice.

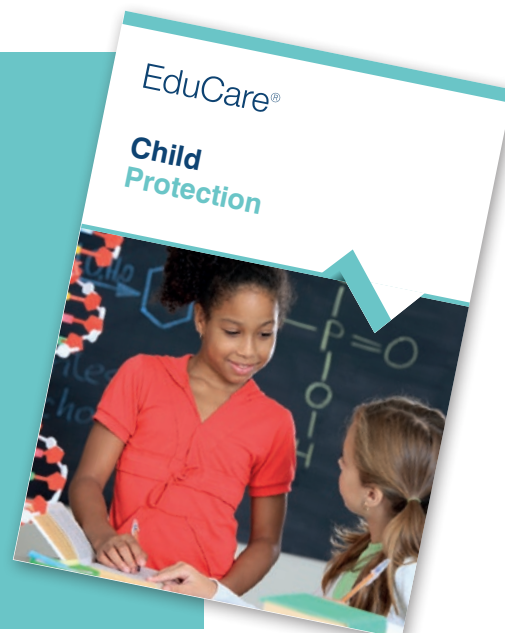
Overall, children should be made to feel comfortable and listened to from an early age.

For further information visit www.internetmatters.org

EduCare® CHILD PROTECTION

This course will provide a thorough insight into Child Protection, covering the essential facts to contribute to the health and welfare of children and young people helping them to grow up in a safe and supportive environment.

At EduCare we ensure that all of our training courses are written and endorsed by experts. This course is accredited by Kidscape and Family Lives, leading experts in child protection.



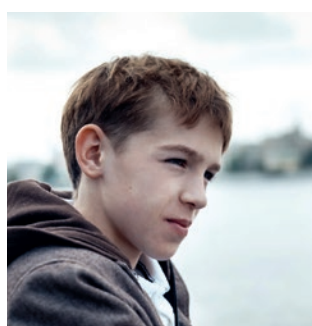
COURSE OBJECTIVES

This course provides a thorough understanding of child protection to anyone whose paid or unpaid work or leisure activity brings them into contact with children and young people.

COURSE OUTCOMES

After taking this course you will:

1. Understand what forms child abuse can take and the effects it can have
2. Recognise signs that may mean a child is suffering abuse and how to respond if a child confides in you
3. Learn the processes for reporting abuse
4. Understand the child protection system
5. Identify good practice guidelines



Why choose us?

“ We put our Group Leaders through the Child Protection programmes. For us, the main benefits of EduCare were that it covered the NVQ requirements and was a useful, flexible training tool to reach people who need the information but could not always attend a training session. ”

Yvonne Richards, Training and Development Manager, Kidscape

KEY FEATURES

- Level 2 course (as graded against the nationally accepted levels and equivalent to GCSE grades A* - C)
- Five modules with multiple choice questionnaires
- Five Continuing Professional Development (CPD) hours with a personalised downloadable certificate
- Endorsed by Kidscape and Family Lives
- Accredited by Secured by Design and meets the national Police approved standards
- 70% pass mark
- Optional narration of each module for accessibility
- Additional resources for further learning and printable modules for future reference

**For more information
please contact:
01926 436 211**