



October 2025

Learn. To Change.

Safeguarding Newsletter



The Safeguarding Team



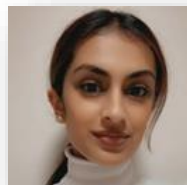
Mark Soady

Designated Safeguarding Lead (DSL)
& Apprenticeships Head of Learner Services



Clare Stuart

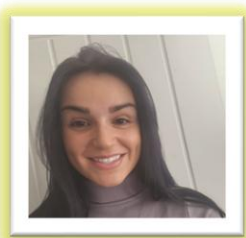
Deputy DSL & Safeguarding Team Leader



Jaspreet Hothi

Prevent Lead & Safeguarding Specialist

Safeguarding Specialists



Alana



Jamie



Tina

Safeguarding support options, ways to access support at QA if you are worried for yourself or someone else:

- Call us on **07808 050273** or email [**safeguarding@qa.com**](mailto:safeguarding@qa.com)
- Complete a Safeguarding Self-Referral Form if the concern relates to you. [**Safeguarding Self-Referral Form \(Learners\) QA Ltd**](#)



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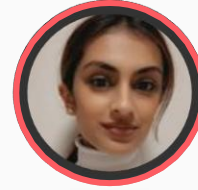
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Prevent



Jaspreet Hothi
Prevent Lead &
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Youth Diversion Orders (YDOs)

What Are YDOs?

Youth Diversion Orders are civil orders designed to intervene early with young people (aged 10–21 in England, Wales, and Northern Ireland; 12–21 in Scotland) who are at risk of engaging in terrorism-related activity.

They were introduced as part of the Crime and Policing Bill, debated in Parliament on 29 April 2025, and now needs to pass through the House of Commons and then the House of Lords to become law.

Why were YDOs introduced?

- Youth radicalisation has tripled in recent years, with 13% of MI5 casework involving under-18s.
- Many young people are radicalised online, often without aligning to a specific ideology.
- Existing tools like TPIMs (Terrorism Prevention and Investigation Measures) were not suitable for young people.

What Are YDOs aims?

YDOs aim to:

- Divert young people from radicalisation and terrorism.
- Avoid criminalisation by offering rehabilitative support instead of prosecution.
- Enable police intervention before a young person's behaviour escalates to criminal levels.

Police can apply to the courts for a YDO if there is evidence (on the balance of probabilities) that the young person has:

- Committed a terrorism-related offence, or
- Acted in a way likely to facilitate such an offence.

Talking point:

How do Youth Diversion Orders compare to detention or juvenile court?



Talking point: What opportunities do they provide for personal growth and reintegration?



British Values

Tips on how to practise Mutual Respect in uncertain times when people feel vulnerable or hold strong opinions

Mutual Respect helps us to stay connected and feel safe.



Create Safe Spaces

Let others speak without fear of judgement



Acknowledge vulnerability

Recognise when someone is struggling

Say: "It's okay to feel overwhelmed, you're not alone"



Celebrate differences

Share something unique about yourself

Respect other backgrounds beliefs and experiences



When you disagree but want to stay respectful

"I see it differently, but I respect your opinion."

"That's an interesting point; I have another perspective."

"Can we explore both sides of this?"



When a comment feels uncomfortable or inappropriate

"I'm not sure that's okay to say, can we think about how that might affect others?"

"That comment could be hurtful, let's keep this space respectful."

"I don't feel comfortable with that, can we talk about it?"



Supportive phrases to use:

"Thanks for sharing, that's a brave thing to say"

"I hadn't thought of it that way"

"I appreciate your honesty"

"Let's keep this space respectful or everyone"



Talking point: Can you think of a time when you had to navigate a challenging conversation during a period of uncertainty, and what helped you approach it effectively?



Regional Safeguarding



02/10/2025

Manchester
Incident

Please contact the safeguarding team if you have been impacted, feel unsafe or just need a space to talk .

Scotland

"In Scotland, communities are increasingly working together to foster belonging and challenge prejudice - with new laws helping to clarify what respectful behaviour looks like."

In 2023-24, there were 5,992 charges reported with at least one hate crime element - up 1.5 % from the previous year.

Northern England

"In the North, local authorities and community groups are strengthening reporting pathways and building resilience where diversity is growing - aiming to make every neighbourhood safer by design."

In the year ending March 2023, there were **145,214 hate crimes** recorded in England and Wales - about a **5 % decrease** from the prior year.

The Midlands

"In the Midlands, thanks to cross-sector partnerships between police, councils and local organisations, reporting is improving - enabling earlier support and greater community confidence."

For the year ending March 2024, ~93 % of hate crimes were either public order or violence against the person offences.

London & Southeast England

"In London and the Southeast - areas of high population density and diversity - the challenge is turning reporting and awareness into sustained culture of mutual respect, supported by visible local initiatives and champions."

In one study of East & Southeast Asian (ESEA) people in the UK, **45 %** said they had been targets of hate crime in the past year - yet only ~10 % reported it to police.

Southwest England

"In the Southwest, local schools, youth services and community networks are playing a vital role in embedding respectful culture early, especially as the region becomes more ethnically and culturally diverse."

Among children aged 10-15 in England & Wales: **92.6 %** say they go online daily or almost daily; **30.1 %** say they use it "almost all the time."



Wellbeing

October Wellbeing: Finding Light in the Darker Days 🌙

As October settles in, the mornings feel darker, the evenings draw in sooner, and the cooler weather signals a shift in energy. For many, this seasonal change can impact mood, motivation, and overall wellbeing. It's important to recognise this and gently build habits that keep us feeling balanced.

🍁 Wellbeing Tips:

Make the most of daylight ☀️

Try to get outside during daylight hours, even just for a short walk at lunchtime. Natural light & exercise helps regulate your body clock and boost mood.

Create a cosy evening routine 🕯️

Dark evenings can feel heavy – turn them into a chance to slow down. Warm drinks, blankets, a good book, or mindful activities like journaling or puzzles can help you unwind.

Nourish your body 🥗

Seasonal fruit and veg like squash, apples, and root vegetables are comforting and full of nutrients. Balance comfort foods with lighter meals that energise you.

Stay connected 📞

It's easy to retreat indoors as the evenings darken, but staying in touch with friends, family, or colleagues keeps loneliness at bay and lifts your spirits.

🍁 A Spook-tacular Reminder: Stay Safe This Halloween! 🧛

Halloween is all about frightful fun — but let's keep the scares where they belong (in the costumes, not in real life!). Here are some boo-tifully simple tips to keep your night full of treats, not tricks:

Don't be a phantom on the roads 🚦 – if you're driving, skip the spirits (the liquid kind, not the ghostly ones). Arrange a designated driver or broomstick taxi.

Mind your potions 🍹 – cocktails can be creepily strong. Pace yourself so you don't wake up feeling like Frankenstein's monster and stay vigilant of your drinks.

Stick with your coven 🧙

Don't ghost your phone 📱 – keep it charged so you can summon an Uber faster than a vampire at sunrise.

Hold your pumpkin 🎃 – stash your valuables and pick a mask you can actually see through. Being the headless horseman looks better as a costume than a reality.

Cosy night in and candy? Top haunts for all ages:

[The Top Halloween/Fall Movies/TV series of All-time.](#)



This month also sees **World Mental Health Day** on 10th October, see the link for more tips:
[World Mental Health Day 2025 | Mind](#)





Safeguarding?

What is Safeguarding?

Safeguarding is the process of protecting people's health, well-being, and human rights, and enabling them to live free from harm, abuse, and neglect. It's especially important when working with children, young people, and vulnerable adults.



Safeguarding means protecting your right to live safely, free from abuse, neglect, exploitation, or harm. It's about making sure you feel safe and supported whether you're learning at work, online, or in training environments.

It covers: Physical safety, Mental health and Emotional wellbeing Protection from bullying, Discrimination, or Abuse, Online safety, Support with personal challenges.

Safeguarding applies to everyone!

Why You Shouldn't Be Put Off by Safeguarding.

We get it! words like "**safeguarding**" can sound serious or even intimidating. But here's the truth:

- **It's not about judging you.** It's about supporting you.
- **It's not just for emergencies.** It's there for everyday wellbeing too.
- **It's not a sign of weakness.** Asking for help shows strength and self-awareness.

Safeguarding is here to help you thrive not just survive.

Whether you're struggling with stress, worried about someone's behaviour, or unsure about something online, you deserve to feel safe and heard.



What to Do If You're Worried

If something doesn't feel right, trust your instincts. You can:

- Speak to your **Safeguarding Team at QA** or your **Tutor, DLC or Skills Coach**.
 - Use your organisation's **reporting channels**
 - Reach out to support services- links are at the end of this newsletter.
- Just talking to someone is a powerful first step.***

Remember:

- ✓ **Safeguarding is for you**
- ✓ **You're never wasting anyone's time**
- ✓ **You deserve to feel safe, respected, and supported**





News of the Month

Powering the Future: *UK–US Tech Prosperity Deal Unveiled*

As part of the US President's State Visit, the UK and US have unveiled a new **Tech Prosperity Deal**, strengthening collaboration on the world's fastest-growing technologies, including AI, quantum, and nuclear.

Alongside this, America's leading technology and AI firms including Microsoft, NVIDIA, Google, OpenAI and CoreWeave have announced **£31 billion of investment** to expand the UK's AI infrastructure.

What are the benefits of this?

- The US-UK pact will accelerate drug discovery by using AI and quantum technologies, aiming to develop treatments more quickly and cost-effectively.
- AI is to be used for targeted treatments, including work on cancer, rare diseases, and chronic conditions, using trusted and secure datasets like the UK Biobank.
- Quantum computing will help simulate molecular interactions far more accurately, potentially speeding up how fast new drugs are discovered.
- Millions of patients may benefit from faster access to life-saving treatments and improved care.



Talking point;

Should governments spend billions on high-tech research, or focus more on hospitals and doctors right now?

Read more here ↓

[US-UK pact will boost advances in drug discovery, create tens of thousands of jobs and transform lives - GOV.UK](#)

Learner Feedback



Jaspreet's support over the past year has been extremely helpful and consistent. Her monthly check-ins always came at the right time, and I felt listened to and genuinely supported throughout. She created a safe and encouraging space where I could talk openly without judgement. Jaspreet balanced being empathetic with being informative, she not only reassured me but also gave practical guidance that helped me reflect, manage challenges, and take small steps to protect my wellbeing. Her encouragement has made a real difference to how I've handled difficult periods.



Over the past two months, Alana has been incredibly supportive while I worked through a difficult personal situation. She not only guided me but also provided practical help and a genuine ear whenever I needed to talk. She helped me feel less alone and had a direct impact on me to be able to move forward. I truly couldn't have asked for better support, and I feel very grateful for everything she has done. Thanks, Alana :)



Helpful Links

If you find that either yourself, a learner or a loved one is struggling with either their mental health or other life circumstances please have a look at these helpful links:

Personal Challenges

Mind - support for mental health and informative resources on mental illness

<https://www.mind.org.uk/information-support/helplines/>

SANE - a leading UK mental health charity improving quality of life for anyone affected by mental illness -

<https://www.sane.org.uk/>

Hub of Hope - [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)

Samaritans – 24/7 support online or by phone for those struggling – Open Christmas Day

<http://www.samaritans.org/>

Respect Men's Advice Helpline - [Domestic Abuse Helpline for Men | Men's Advice Line UK](#)

[\(mensadvice.org.uk\)](https://mensadvice.org.uk/) (Targeted at men)

National Domestic Abuse Helpline - [Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#)

(Targeted at women)

Work

ACAS - [Acas | Making working life better for everyone in Britain](#)

Accommodation / Homelessness

Shelter – Support for Homelessness – [Get help from Shelter - Shelter England](#)

Citizens Advice - [Citizens Advice](#)

[Help if you're homeless or about to become homeless - GOV.UK](#)

[Support for those at risk of homelessness | The Salvation Army](#)

Financial

MIND (Cost of Living Support) - [If this speaks to you, speak to us: cost of living – Mind](#)

Turn2us - [Tackling Financial Insecurity Together | Turn2us](#)

Step Change - [StepChange Debt Charity. Free Expert Debt Help & Advice](#)

[Citizens Advice: Financial Guidance](#)

Concerned about a child harmed or at risk of harm? A child is anyone under the age of 18

<https://www.nspcc.org.uk>

[Childline | Free counselling service for kids and young people | Childline](#)

Prevent – extremism and radicalisation, criminal activity

<https://www.gov.uk/guidance/making-a-referral-to-prevent>

[Independent UK charity taking crime information anonymously | Crimestoppers](#)

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