

Safeguarding Newsletter



The Safeguarding Team

Meet the Team!



Mark Soady

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Prevent Lead &
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Safeguarding Specialists



Alana



Sarah



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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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Prevent



New Voting Trends and Potential Radicalisation Risks

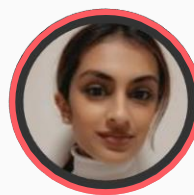
As the conversation around lowering the voting age to 16 and expanding access to democratic participation grows, it's essential to also consider how these changes intersect with radicalisation risks.

Key Risks to Consider:

- **Online Political Influence and Manipulation:** Younger voters often get political information from social media, where misinformation, echo chambers, and extremist content can flourish. Platforms like TikTok and YouTube are fertile ground for targeted ideological grooming, making digital literacy a crucial safeguard.
- **Polarisation Through Misinformation:** Lower voting ages could unintentionally amplify polarised dialog, especially if education isn't strengthened alongside. Narratives like "the system is broken" or "your voice doesn't matter" can pave the way for radical beliefs to take hold.

For more information:

<https://www.gov.uk/government/news/16-year-olds-to-be-given-right-to-vote-through-seismic-government-election-reforms>



Jaspreet Hothi
Prevent Lead &
Safeguarding
Specialist

Pros and Cons for the new voting age:



Pros:

- **Early Engagement**
Builds lifelong voting habits and strengthens democratic participation.
- **Consistency in Rights**
At 16, you can work, pay taxes, join the armed forces, and consent to medical treatment. Why not vote?



Cons:

- **Emotional & Cognitive Maturity**
Some argue that not all 16-year-olds have the life experience or judgement needed for political decisions.
- **Influence & Vulnerability**
Teenagers may be more susceptible to manipulation/radicalisation by social media, peers, or political agendas.

Did you know?

In Scotland's 2014 independence referendum, 75% of registered 16- and 17-year-olds turned out to vote - **higher than most age groups.**

Talking Point: Would a younger electorate make politics more representative and inclusive?



British Values



Girl in union jack couldn't give 'British' speech



Courtney Wright was stopped from giving a speech about being British at her school's Culture Day - because she wore a Union Jack dress.

The school later apologised, but the incident raised big questions about how we express national identity in a diverse society.

"I just wanted to talk about what being British means to me..... I didn't think wearing the flag would be a problem."

**Read more [here](#)



British Values:

How they can be demonstrated in apprenticeships and the workplace.

Democracy - Apprentices might vote on changes to their training schedule or give feedback on how sessions are delivered. This helps build confidence and a sense of ownership.

Rule of Law - Health and safety laws protect apprentices in the workplace. Knowing these laws helps them stay safe and speak up if something isn't right.

Individual Liberty - An apprentice choosing a career path that reflects their interests and values, or expressing their identity through fashion or beliefs, is exercising individual liberty.

Mutual Respect & Tolerance of Different Faiths and Beliefs -In a diverse apprenticeship group, showing respect for different opinions, backgrounds, and communication styles helps everyone feel included and valued.

An apprentice might work alongside colleagues who celebrate different religious holidays. Being open-minded and supportive creates a respectful and inclusive workplace.

Talking Point:

How can education settings and workplaces balance cultural sensitivity with freedom of expression?

If you were giving a speech on what it means to be British, what would you say?



Regional Safeguarding



Click the pins to see regional news

Scotland

£24.8 million in cyber fraud losses were recorded across Scotland in 2024–25, with phishing, impersonation, and investment scams most common.

The Scottish Business Resilience Centre (SBRC) has warned of rising ransomware attacks targeting small organisations and local authorities.

Northern England

Manchester and Leeds saw significant increases in reported online fraud — romance scams, online marketplace fraud, and crypto scams.

Durham and Cumbria have reported sharp rises in fraud anxiety among older adults, especially those living alone.

The Midlands

Fraud losses in Birmingham and Nottingham were among the highest in central England, with average personal losses exceeding £6,000.

The East Midlands Cyber Resilience Centre flagged a 42% rise in phishing campaigns targeting health and care sectors.

Southwest England

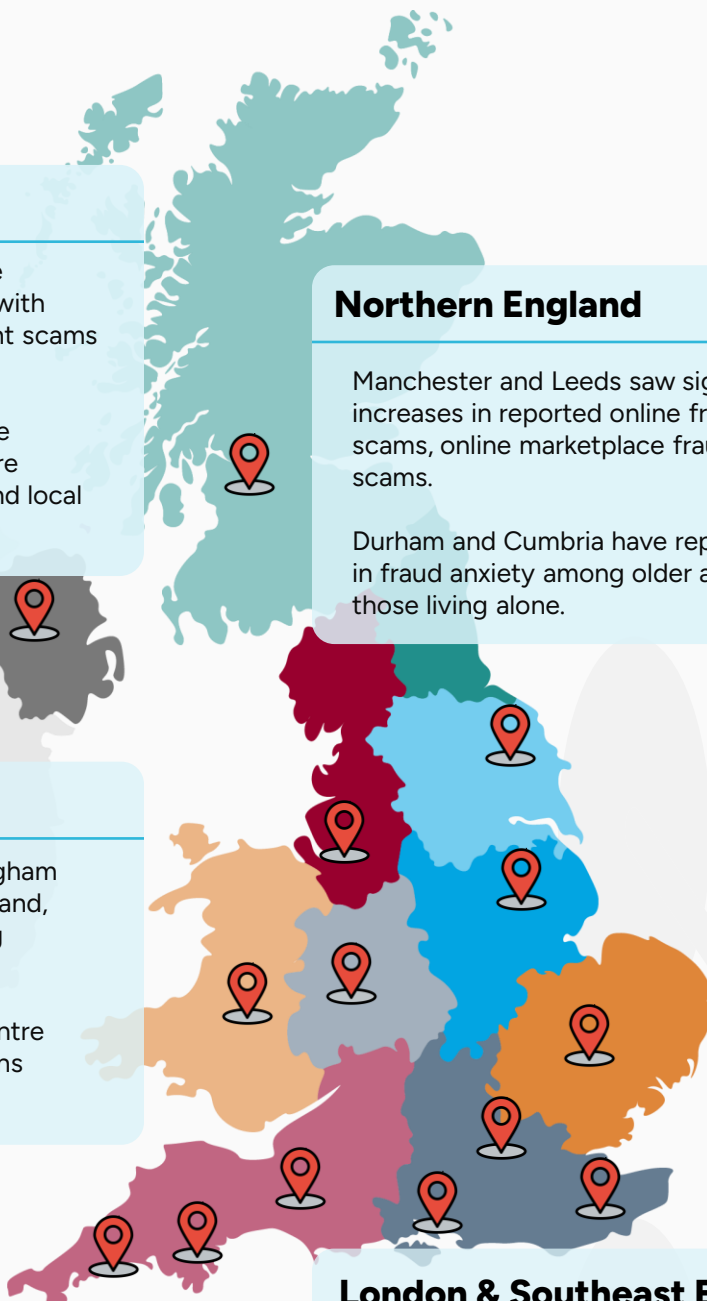
Romance fraud is a persistent risk — Devon & Cornwall Police recorded over 1,000 fraud/cyber incidents in 2024–25.

Total estimated losses topped £110,000, especially affecting over-50s and people living alone.

London & Southeast England


London citizens and businesses lost approximately 91.2 million over a six-month period to September last year.


Mobile device theft has surged — London now accounts for 42% of all UK phone thefts, often linked to follow-on financial fraud.





Wellbeing

 **If You're Staying Home, Because Self Care, Doesn't Need a Passport..**

 **Create your own escape:**

Make your space feel like a retreat—think fairy lights in the garden, cold drinks in the fridge, and a playlist that feels like holiday.

 **Unplug with purpose:**


Take digital breaks just as you would on holiday. Log off, go offline, or switch your phone to 'Do Not Disturb' for an hour or two a day.

 **Try something new:**

Take a class, explore a local park, or simply read a new book. Fresh experiences can give you that 'holiday buzz' without going anywhere.

 **Make time to rest:**

Just because you are at home doesn't mean you should be constantly productive. Rest is still rest - even in your own postcode.

 ***"Nothing beats a Jet2 holiday—and right now you can save £50 per person ... That's £200 off for a family of four."*** We're sure you've all heard this line—and probably read it in *that* voice from the TV too!

Whether you're flying off with Jet2 or soaking up the sunshine at home, August is the perfect time to recharge.

"Alexa Play Jess Glynne – Hold My Hand....." 

 **If You're Going Away...**

 **Stay present:**

Don't let your itinerary become a checklist. Choose slower, meaningful experiences over cramming everything in.

 **Keep cool & hydrated:**

Jetting off with Jet2? Pack sunscreen, stay hydrated, and listen to your body in the heat. Don't underestimate the power of siestas!

 **Travel mindfully:**

Limit time on social media and use your phone as a camera, not a distraction. Let your mind take in the scenery too.

 **Let go of pressure:**

Your holiday doesn't need to be 'perfect' or social media-worthy. A slow walk, a quiet coffee, or a moment of laughter can be the highlight.

For more wellbeing guidance head over to the learner portal

[Your wellbeing](#)



Safeguarding

International Overdose Awareness Day 31st August 2025



A Day to Remember. A Day to Act.

Every year on 31st August, communities around the world mark International Overdose Awareness Day (IOAD) - a global event to raise awareness of overdose, reduce the stigma of drug-related deaths, and honour the lives lost.

Learn More & Get Involved

www.overdoseday.com for resources, stories, and event listings.

What is an overdose?

'An overdose occurs when a person has more of a drug (or combination of drugs) in their body than the body can cope with.

All drugs can cause an overdose, including medication prescribed by a doctor. It is important to know the right amount and the right time to take your medication.

It is also vital to know what drugs should not be mixed (polydrug use), and to seek help if you feel you are not in control of your drug use'. To learn more read [here](#)

Why It Matters

Overdose is a growing public health crisis.

In the UK alone, **4,907 drug-related deaths were registered in 2023.**

Globally, opioids account for over two-thirds (**69%**) of drug overdose deaths, with synthetic opioids like fentanyl posing increasing risks.

Behind every statistic is a person - a friend, a sibling, a colleague - whose life was cut short.

People who use substances come from all backgrounds and walks of life.

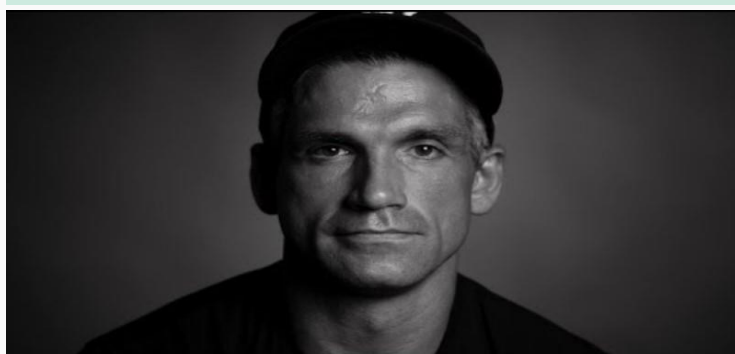
Brandon and Cheyene share what helps them feel seen, heard and supported during difficult times



Common Signs of Overdose

- Unresponsiveness or unconsciousness
- Slow, irregular, or no breathing
- Blue or grey lips/fingertips
- Snoring or gurgling sounds
- Pinpoint pupils (especially with opioids)
- Seizures or convulsions
- Vomiting or foaming at the mouth

How do you respond? see [here](#) for guidelines.



Talking point

What are some common misconceptions about drug use and overdose?

How can we support someone who may be struggling with substance use?




News of the Month

In recent events, there has been a combination of global instability, this has sparked rising concern about the possibility of wider global conflict

Why it matters;

- **Increased anxiety:** Exposure to distressing news (war footage, humanitarian crisis, political instability) can trigger anxiety.
- **Sense of helplessness:** Feeling like global events are spiralling out of control can impact mental health and decision-making.
- **Online radicalisation risks:** Fearful or uncertain individuals may be more susceptible to harmful misinformation or extremist narratives online.
- **Trust breakdown:** Global instability can reduce trust in authorities which affects how people engage.

 We recognise that the world can feel unpredictable right now, and it's okay to feel uneasy. But you're not alone - and there are steps we can take together to stay safe, informed, and supported:

- **Talk About It:** Don't bottle up your fears. Whether it's with a tutor, safeguarding officer, or someone at home - speaking out reduces anxiety.
- **Be Critical of What You Read:** Not every headline is accurate. Misinformation and fear-based reporting can increase stress unnecessarily.
- **Limit Doomscrolling:** Constant exposure to upsetting news can trigger panic. Take regular breaks from news apps and social media.
- **Look After Each Other:** If you notice a friend or colleague struggling, check in with them or encourage them to seek support.

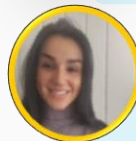
Talking Point: In times of global uncertainty, what are some healthy ways to manage stress and stay informed without feeling overwhelmed?



Learner Feedback



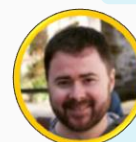
Jaspreet, delivered great support and demonstrated sensitivity, compassion and encouragement during all our sessions. Her calming approach to our sessions helped me meditate on positive outlooks during my difficult times. - Degree Learner



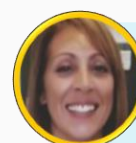
Your "control the controllables" approach has been especially powerful, it helped me separate what I can influence from what I can't, reducing anxiety and helping me focus on what matters most. That's a mindset I'll continue to use in all areas of life. You've gone above and beyond to support me, not just as an apprentice, but as a person. I'm truly grateful for everything, and I know I wouldn't have made it through this journey without your support. Thank you so much, Alana. - Degree learner



I want to express my deep appreciation for the support Sarah provided during a particularly emotional time. She helped me work through the process of letting go of something that had meant a lot to me. Her presence created a safe, non-judgmental space where I could reflect honestly and begin to understand what I was holding onto and why. What stood out most was Sarah's gentle guidance. She helped me shift my focus from what I felt obligated to tolerate or fix in a friendship, to what I needed for my own wellbeing. Thanks to Sarah's support, I feel more centred and grounded. I'm truly grateful for the way she held space for me throughout the process. - Level 4 learner



Jamie has been such a solid support for me. From initial contact he was approachable and open to be led by me on what I needed. He has been very patient, listening when I needed to vent about my problems, and his advice has been genuine. I appreciate how kind and understanding he has been. He is a great listener; it's made a big difference in my emotional health. - Level 3 learner



Clare was lovely, listened to everything and gave very good support and guidance. She had a lot of resources she shared with me which were very helpful - Degree learner



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](#)



August 2025

Learn. To Change.

