

Safeguarding Newsletter



The Safeguarding Team



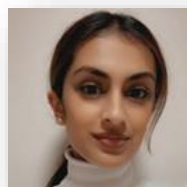
Mark Soady

Apprenticeships Head of Learner Services



Clare Stuart

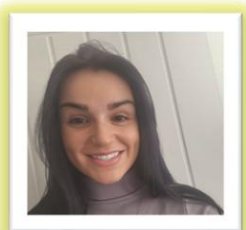
Designated Safeguarding Lead (DSL)
& Safeguarding Team Leader



Jaspreet Hothi

Prevent Lead & Deputy (DSL) & Safeguarding Specialist

Safeguarding Specialists



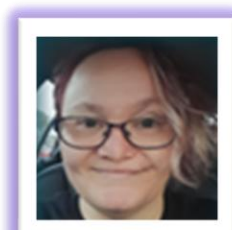
Alana Davies



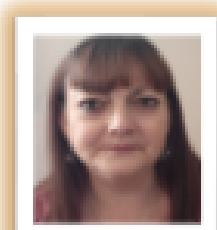
Jamie Hodges



Tina Forster



Vix Wrigley



Joanna Smith

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
- Complete a Safeguarding Self-Referral Form if the concern relates to you.
[Safeguarding Self-Referral Form \(Learners\) QA Ltd](#)



What's Inside?

Page	Content
3	Meet the team!
4	What is Safeguarding?
5	Prevent
6	British Values
7	Regional Safeguarding
8	Wellbeing
9	Safeguarding
10	Your Space: U18 Safeguarding Update
11	News of the Month
12	Learner Feedback
13	Learner voice
14	Helpful Links



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





Prevent

Man accused of terror charges to stand trial

Key Facts:

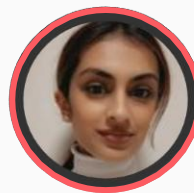
- Individual to stand trial this year after being denied terrorism-related claims
- USB stick found at home containing a US Army manual on hand-to-hand combat
- Pleaded not guilty to possession of documents useful for terrorism
- Remanded in custody while awaiting trial

Prevent Concerns:

- Access to military-style materials
- Potential preparation behaviours
- Links to extremist or harmful intent

Talking Points:

- When does accessing information become a risk indicator?
- What early signs should professionals look for?



Jaspreet Hothi
Prevent Lead &
Safeguarding
Specialist

'Incel' teenager who collected bomb-making videos and threatened school shooting is jailed

Key Facts:

- Former cadet engaged with extremist ideologies
- Collected bomb-making videos
- Made threats to carry out a school attack
- Shared personal information as part of targeted harassment

Prevent Concerns:

- Exposure to mixed extremist content (far-right, misogyny, etc.)
- Escalation from online activity → real-world threats
- Fixation on individuals + stalking behaviour

What This Shows:

- Online spaces can accelerate radicalisation
- Behaviour often develops over time, not suddenly

Talking Points:

- What conversations are we avoiding because they feel difficult?

**Radicalisation doesn't
happen overnight.**





British Values

Democracy + The rule of law + Individual liberty + Tolerance of those with different faiths and beliefs.

Hidden homeless women are being missed from official figures, charities warn

Victoria's Story

- Experienced homelessness but did not fit stereotypes (not visibly a rough sleeper)
- Spent time moving between places, including stations and public spaces
- Faced mental health challenges, worsened by street conditions
- Avoided unsafe environments but still experienced significant hardship

Key Insights

- Hidden homelessness is often invisible but still high risk
- Many individuals are not counted because they:
 - Sofa surf
 - Stay in unsafe accommodation
 - Avoid services

Links to British Values:

 Rule of Law - If individuals are not recorded, are they being fully protected by the law?

- Rights exist, but access to those rights may be limited

 Democracy - Services and funding rely on accurate data

- If hidden groups are not counted:
- Their needs may not be reflected
- Their voices may be missing
- How can democracy work if some groups remain invisible?

 Individual Liberty - Without stable housing, individuals may lack:

- Freedom of choice
- Safety
- Independence
- What does "freedom" mean without a safe place to live?

 Mutual Respect & Tolerance - Stereotypes can lead to:

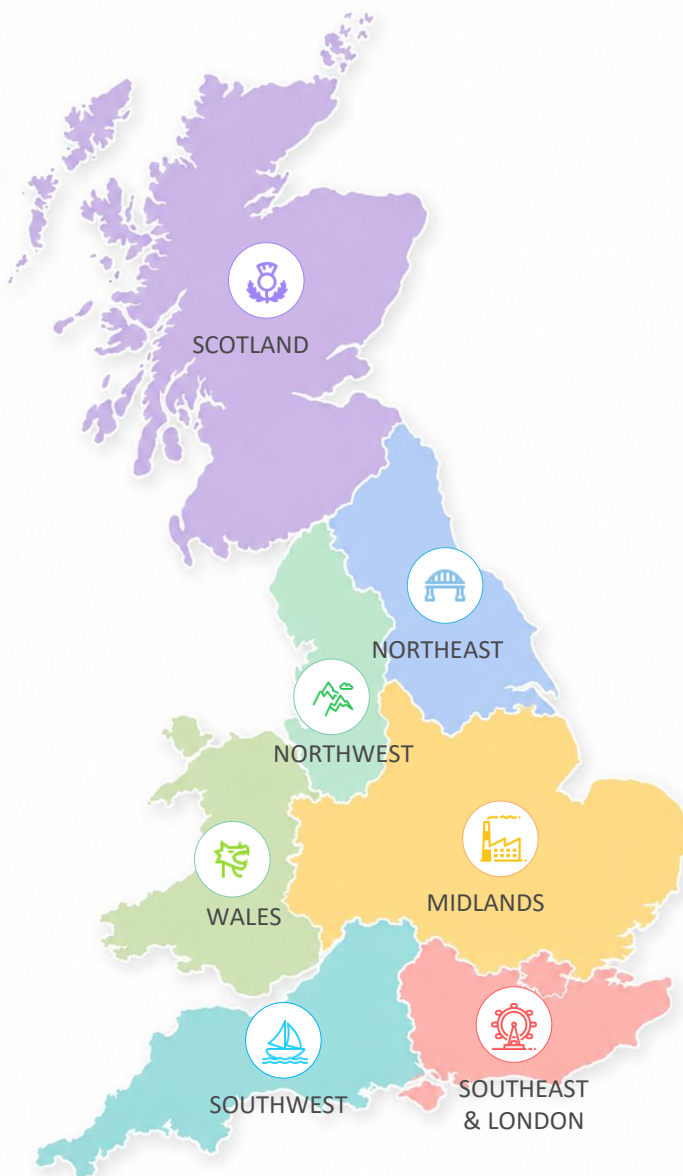
- People not being believed
- Needs being overlooked
- How do we ensure dignity for those whose struggles are less visible?



Regional Safeguarding

Youth Support Services

Youth support services work alongside young people to promote safety, wellbeing and positive outcomes. They provide early intervention, emotional support, advocacy and practical assistance to help young people manage difficulties and access the support they need.



Includem

Provides intensive 24/7 support for vulnerable children, young people and families, helping them make positive life choices and improve wellbeing.

☎ 0808 800 0408

[Website](#)

NE Youth

Supports young people across the North East through community programmes, leadership opportunities and local engagement.

☎ 0191 374 4800

[Website](#)

Together Trust

Delivers care, education and support services for children and young people with additional needs across the North West.

☎ 0161 283 4848

[Website](#)

Llamau

Supports young people at risk of homelessness, helping them build confidence, skills and independence.

☎ 029 2082 7515

[Website](#)

Young People First

Works with young people and communities to improve opportunities, confidence and life outcomes.

☎ 07511 931101

[Website](#)

Step Forward

Offers free, confidential wellbeing, mental health, LGBTQ+ and personal development support for young people aged 11–25.

☎ 020 7739 3082

[Website](#)

Youth Connect South West

Provides youth work, wellbeing support, mentoring and educational opportunities for young people.

☎ 01225 235659

[Website](#)

**Wellbeing**

WHAT IS GRIEF?

UNDERSTANDING LOSS, EMOTIONS AND THE JOURNEY OF HEALING

Grief is a natural human response to loss. While it is most associated with the death of a loved one, grief can also arise from many other life changes, such as the end of a relationship, loss of a job, changes in health, trauma, or major life transitions. Everyone experiences grief differently, and there is no “right” way to feel or to heal.

WHAT DOES GRIEF FEEL LIKE?

Grief can affect every aspect of a person’s life, emotionally, physically, mentally, and socially. Common experiences may include **EMOTIONAL**: sadness, anger, guilt, anxiety, numbness, relief.

PHYSICAL: fatigue, aches, sleep problems, changes in appetite. **COGNITIVE**: confusion, forgetfulness, difficulty concentrating. **SOCIAL**: withdrawal, loneliness, or difficulty connecting with others. These reactions can come and go, sometimes unexpectedly. Grief is not a straight line it can feel like waves that rise and fall over time.

THE GRIEVING PROCESS

You may have heard of the “stages of grief” (denial, anger, bargaining, depression, acceptance). While helpful for some, it is important to remember that grief is not linear. Not everyone experiences all of the stages and that people may move back and forth between feelings.

Each person’s grief journey is unique & shaped by their experiences, relationships & support systems.

WHY GRIEF MATTERS

Grief is not something to “get over” or “fix.” Instead, it is something to gradually learn to live with. It reflects the importance of what has been lost and is a natural process that helps individuals adapt to change.

Acknowledging grief can: Support emotional healing, Reduce feelings of isolation, Encourage self-compassion, Help people find meaning after loss

SUPPORTING YOURSELF AND OTHERS

If you are experiencing grief, or supporting someone who is, the following can help:

For Yourself - Allow yourself to feel without judgement. Talk to someone you trust. Look after your basic needs (sleep, food, movement). Take things one day at a time.

For Supporting Others - Listen without trying to fix, Acknowledge their loss. Be patient, grief has no timeline, Offer practical help where possible.

A GENTLE REMINDER

There is no timeline for grief, and healing does not mean forgetting. It is about finding ways to carry the memory of what or who has been lost, while continuing to live and grow.

NEED SUPPORT?

If grief feels overwhelming or persistent, seeking support from a professional, such as a counsellor or support service, can make a meaningful difference. You are not alone.

Cruse Bereavement Support

KEEPING SAFE

During the World Cup

Safeguarding



The World Cup should be exciting, social and enjoyable, but big matches can also bring stress, high emotions, alcohol-related risk, online abuse and unsafe situations. Make a plan, look after your wellbeing and check in with others.



MENTAL SAFETY

- Football is about passion; but it's okay to take breaks.
- Be mindful of how matches, results or online conversations make you feel.
- Look out for signs of stress, anxiety or low mood in yourself and others and talk to someone you trust if you're struggling.
- Look after your wellbeing: get enough sleep, stay active, eat well and do things that make you feel good.



PHYSICAL SAFETY

- **Plan ahead** if you're going out. Travel safely and stick with people you trust.
- Be aware of your surroundings in crowded spaces.
- Drink responsibly, know your limits & keep your belongings safe.
- If you see or experience violence, disorder or discrimination – remove yourself for the situation & seek help.



DOMESTIC ABUSE: KNOW THE SIGNS – GET HELP

For some, big sporting events can increase tension at home and may lead to risk of domestic abuse.

Domestic abuse can be:

Physical – hitting, pushing, restraining or any use of violence.

Emotional – threats, humiliation or controlling behaviour

Financial – controlling money or preventing access to finances

Sexual – any sexual activity without consent

It is never your fault. You are not alone and help is available.

GET HELP AND SUPPORT

If you are experiencing domestic abuse, or are worried about someone else, you can call for support 24/7

National Domestic Abuse Helpline

0808 2000 247

[Website – Click Here](#)



In an emergency, or if someone is in immediate danger, **call 999**.



You can also speak to your GP, local support service or a trusted friend or family member.



You deserve to feel safe – at home, online and wherever you are!

Your Space

U18 Safeguarding Update

CONSENT AND HEALTHY RELATIONSHIPS

Consent means clearly agreeing to something and feeling comfortable to say yes or no at any time. Healthy relationships involve listening, respect, and mutual understanding. No one should feel pressured, rushed, or unsure. It is important to check in with each other, respect boundaries, and understand that consent can be withdrawn at any point without explanation at all times. ALWAYS

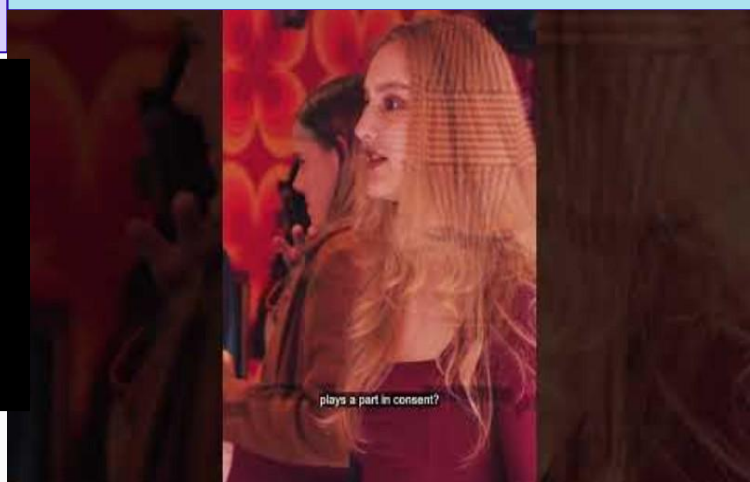
WHAT DOES A SAFE RELATIONSHIP LOOK LIKE?

Safe relationships are built on trust, kindness, and respect. People should feel valued, supported, and able to be themselves without fear. Good communication, honesty, and understanding help relationships stay positive. Recognising unhealthy behaviours, such as control or manipulation, helps individuals set boundaries and seek support when needed from trusted adults.

YOUR RIGHT TO SAFETY AND RESPECT

Everyone has the right to feel safe and respected in any relationship. Consent must be freely given, informed, and enthusiastic, never assumed or pressured. Setting and respecting personal boundaries protects wellbeing. If something feels wrong or unclear, it is important to speak up, seek advice, and access support from trusted adults.

This short video explores what consent really means, helping to challenge common myths and encourage clear communication, respect, and understanding in relationships



If you don't want to consent to something, tell the person clearly (if you feel safe to do so). Talk to someone you trust about how it's affecting you. Speak to your tutor, employer or the safeguarding team at safeguarding@qa.com



News of the Month

World Youth Skills Day

Why it matters

Each year on **15 July**, World Youth Skills Day highlights the importance of equipping young people with the skills they need for employment, decent work, and entrepreneurship. As the world of work continues to evolve, developing practical, technical, and life skills has never been more vital

Building skills for the Future

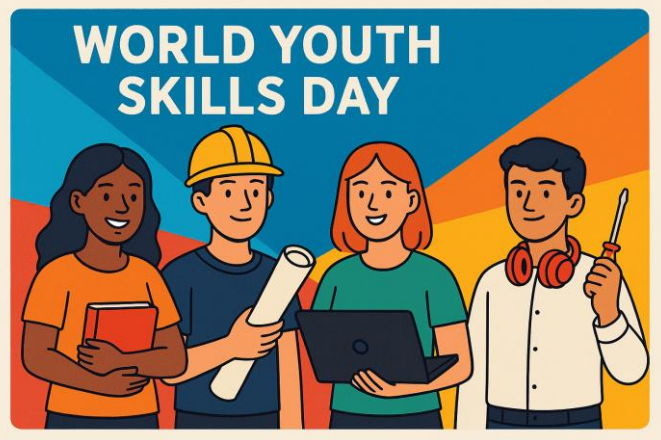
For young people, skills development opens doors to opportunity, builds confidence, and supports independence.

From apprenticeships and vocational training to digital and employability skills, these pathways help individuals realise their potential and contribute meaningfully to their communities.

The role of organisations and employers

This day also serves as a reminder for organisations, educators, and employers to invest in high-quality training and create inclusive opportunities.

Supporting young people to thrive is not just beneficial for individuals, it strengthens the workforce and drives economic growth.



Our Commitment

In our own work, we see the impact that the right support and opportunities can have. By encouraging continuous learning and removing barriers, we can ensure that every young person has the chance to succeed.

Looking Ahead

Let's celebrate the achievements of young people and continue working together to build a skilled, confident, and future-ready generation.



News of the Month

Date	Event	Info
 1 July	International Joke Day	Celebrates humour and the joy of making others laugh.
 6-12 July	Alcohol Awareness Week	Encourages people to reflect on their drinking habits and access support.
 7 July	World Chocolate Day	Honours chocolate's global history and popularity.
 11 July	World Population Day	Encourages everyone to think about how population trends affect
 15 July	World Youth Skills Day	Highlights the importance of equipping young people with skills for employment.
 16 July	World Snake Day	Raises awareness about snakes and conservation.
 17 July	World Emoji Day	Celebrates the use of emojis in digital communication.
 18 July	Nelson Mandela International Day	Celebrates the life and legacy of Nelson Mandela and promotes social justice.
 20 July	International Moon Day	Marks the anniversary of the 1969 moon landing.
 24 July	Samaritans Awareness Day	UK awareness day promoting mental health support and listening.
 24 July	International Self-Care Day	Promotes self-care as a vital foundation for maintaining health and preventing disease globally.
 25 July	Schizophrenia Awareness Day	See the whole person, their ambitions, their sense of humour, their everyday problems, not just our perceptions of schizophrenia.
 28 July	World Hepatitis Day	Raises awareness about hepatitis, prevention, diagnosis and treatment.
 29 July	International Tiger Day	Promotes conservation of tigers and their habitats.
 30 July	International Day of Friendship	Celebrates friendship and global unity.
 30 July	World Day Against Trafficking in Persons	Raises awareness of human trafficking and supports prevention.



Learner Feedback



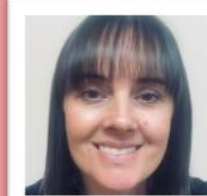
Jaspreet provided exceptional support throughout my apprenticeship during a particularly difficult period of my life. I was dealing with ongoing physical health issues, the challenges of navigating the NHS with a chronic condition, the pressures of completing an apprenticeship while managing ADHD, and difficulties within my workplace due to a lack of understanding around apprenticeship requirements. Throughout all of this, Jaspreet consistently provided compassionate, knowledgeable, and timely support.



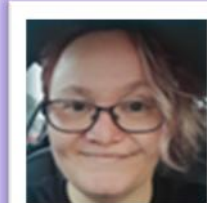
I'm particularly impressed by how much you remember from each of our sessions, which makes our conversations feel continuous and meaningful. You always put thought and care into your follow-up emails, which really reinforces the support you provide.



Jamie applies his safeguarding expertise with remarkable care and dedication, providing effective support to learners at risk, including those who are neurodiverse. His conscientious and compassionate approach provides a trusting environment where learners feel comfortable and supported.



You're an exceptional listener, always bringing both empathy and expertise, which I really value and appreciate.



I always looked forward to having my regular meetings with Vix as they always helped me get back on track with my apprenticeship work and the meetings always made me relax from my work to focus on my apprenticeship. They made me feel comfortable and that I could open up with my struggles, and always made me laugh every meeting 😊



WE WANT TO HEAR FROM YOU!

We'd love your feedback and suggestions for future newsletters!

Your voice matters, and we want to make sure our safeguarding newsletters covers the topics that are most relevant and helpful to you.

What safeguarding topics would you like to see more of?
Whether it's mental wellbeing, healthy relationships, preventing bullying, online safety or something else entirely, your ideas can help shape future content.

- ☒ Share your suggestions
- ☒ Tell us what you want to learn more about
- ☒ Help make our newsletter more useful for everyone

Press on **SUBMIT FEEDBACK** to open the link and start sharing your thoughts and ideas!



**SUBMIT
FEEDBACK**

OR scan
this QR
code





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 \(mensadvice.org.uk\)](#) (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](#)



July 2026

Learn. To Change.

