

May
2024



Safeguarding Newsletter





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Prevent

National threat level

The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism remains substantial.

London's Terrorism Snapshot: Threats and Tactics

The **Counter Terrorism Local Profile (CTLP)** report that figures in London suggest Islamist Extremism remains the primary threat, with online radicalisation being a significant concern due to its diverse avenues of influence. Material associated with groups like Islamic State and Al-Qaeda continues to circulate widely, posing risks to susceptible individuals. Extreme Right-Wing Terrorism (ERWT) hasn't notably increased, but it thrives online, often exploiting community issues. While extremist content accessibility is worrying, real-world activity remains limited. Police efforts have intensified to prevent attacks, bring offenders to justice, and safeguard vulnerable individuals through programs like **PREVENT**, prioritising community engagement.

Evolving Factors

The Israel vs. Hamas conflict has spurred heightened tensions, leading to a surge in anti-Semitism and Islamophobia across London and seemingly nationwide. Extremists may exploit the conflict to spread their agendas, while the use of AI and 'Deep Fakes' raises concerns about the spread of biased narratives online.

HuT Britain was labelled a terrorist organisation in the UK on January 19, 2024, following tensions over Israel's actions in Gaza. This designation means supporting or associating with the group carries legal consequences. Criticised for promoting terrorism and anti-Semitism, HuT Britain and its supporters may view this move as an attack on freedom of speech and Islamophobia.

For the latest Government news around counter terrorism [click here](#).

Talking Point:

What alternative approaches can be effective in countering extremist ideologies and promoting inclusivity?





British Values

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According to the Department for Education (DfE), 'fundamental British values' comprise of:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.

The Department for Education requires that schools, colleges, and training providers ensure students are prepared for life in modern Britain by nurturing their understanding of 'core British principles'.

Individual Liberty

Amnesty Accuses UK of Human Rights Destabilisation

Amnesty International has accused the UK of deliberately destabilising human rights on the global stage for its own political ends. The organisation's annual global report criticises Britain for weakening human rights protections nationally and globally, particularly through policies targeting asylum seekers, migrants, and protesters. The report also condemns the UK's failure to use its leadership role within the UN to prevent human rights violations in Gaza and its weak support for investigations into human rights violations in Israel and Palestine. Amnesty highlights the "grotesque double standards" of powerful Western countries, including the UK, continuing to shield and bolster the actions of Israel, given protests over war crimes by other nations.

Read more [here](#).

Talking Point:

How might the UK's alleged actions impact its global reputation and diplomatic relationships?

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Regional Safeguarding



Helpful Links

If you or someone you care about is facing challenges with mental health, we encourage you to explore these invaluable resources:

Samaritans: 24/7 support online or by phone for those struggling –

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

Tel: 116 123

Mind: Support for mental health and informative resources on mental illness

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

Tel: 0300 123 3393

Calm:

Web: [Campaign Against Living Miserably \(CALM\)](#)

Tel: 0800 585858

Andy's Man Club:

Web: [Andy's Man Club | #ITSOKAYTOTALK | Andy's Man Club \(andysmanclub.co.uk\)](#)

Hub of Hope:

Web: [Mental Health Support Network | Hub of hope](#)

National Domestic Abuse Helpline:

Web: [Refuge National Domestic Abuse Helpline - Women's Advice](#)

Tel: 0808 2000 247

Respect Men's Advice Helpline:

Web: [Domestic Abuse Helpline for Men | Men's](#)

Tel: 0808 8024040

ACAS:

Web: [Acas | Making working life better for everyone in Britain](#)



Wellbeing

Summer Wellness: How Can We Embrace the Season's Vibrancy While Nurturing Our Well-Being?

As the warm promise of summer envelopes the UK, it's the perfect time to revitalise your wellness routine and embrace the abundance of the season. Here are 10 brief yet powerful tips to help you make the most of the British summer time, nurturing your mind, body, and spirit.

1. Stay hydrated by sipping mineral rich water regularly throughout the day.
2. Prioritise quality sleep by maintaining a consistent bedtime routine.
3. Enjoy outdoor activities like walking, gardening, cycling, or picnics in green spaces.
4. Incorporate seasonal fruits and vegetables into your meals for a nutritious boost.
5. Prioritise mental wellbeing by seeking moments of stillness and relaxation amidst the hustle and bustle of summer festivities.
6. Practice mindfulness outdoors to reduce stress and enhance relaxation.
7. Stay active by trying new summer sports like swimming or tennis.
8. Limit alcohol intake to stay refreshed and avoid dehydration.
9. Connect with loved ones through outdoor gatherings or BBQs.
10. Take breaks from screens and embrace nature's beauty with regular outdoor breaks.

Talking point: Reflecting on these ten wellness tips, how can we tailor our summer experiences to prioritise self-care and embrace the joys of the season?



Safeguarding

Safeguarding in the Digital Era: Navigating the Complexities of Online Safety

In today's safeguarding landscape, ensuring digital safety is integral to overall efforts in protecting children and young people. As they navigate the online world, it's crucial to address various risks posed by modern digital platforms, including social media, artificial intelligence (AI), and more. Alongside understanding the hidden dangers of the deep and dark web, where criminal activities thrive, attention must also be paid to the potential harms of social media interactions and the influence of AI-driven algorithms. While limiting access to risky online spaces is vital, educating young people about safe online practices and adopting digital literacy skills are equally essential. By incorporating digital safeguarding into comprehensive initiatives, we can effectively mitigate risks and create a safer online environment for everyone in 2024 and beyond.

In addition to recognising the various risks associated with the digital world, here are some key tips for parents, guardians, educators, practitioners and those working with young people/vulnerable individuals:

Stay informed: Keep abreast of the latest digital trends, apps, and platforms that children and young people are using.

Open communication: Encourage open and honest discussions about online activities and potential dangers.

Set boundaries: Establish clear guidelines and rules for internet usage, including time limits and appropriate content.

Monitor online activity: Regularly check and monitor your child's online interactions and behaviour.

Educate about privacy: Teach children about the importance of privacy settings and sharing personal information online.

Encourage critical thinking: Help young people develop critical thinking skills to evaluate online content and discern between reliable and unreliable sources.

Seek support: Don't hesitate to seek help or guidance from professionals, support services or even the safeguarding team at QA if you're unsure about how to handle a particular online safety issue.

Read more [here](#).



News of the Month

Finding Moments for Movement: A Focus for Mental Health Awareness Week – May 13th – 19th

In Mental Health Awareness Week 2024, **The Mental Health Foundation** highlight the theme of "Movement: Moving more for our mental health." Many of us find it challenging to incorporate enough movement into our daily lives, but it's crucial for our mental well-being. For this year's MHAW, let's explore simple ways to incorporate movement into our routines, whether it's taking a stroll in our local park, dancing to our favourite tunes at home, or doing chair exercises while watching Netflix! Here's 10 tips to encourage more May movement!

1. Take the stairs instead of the elevator whenever possible.
2. Park further away from your destination to get extra steps in.
3. Set reminders to stand up and stretch every hour.
4. Have a walking meeting instead of sitting in a conference room.
5. Dance while doing household chores like vacuuming or washing dishes.
6. Use a standing desk or a stability ball to engage your muscles while working.
7. Take short walks during breaks or lunchtime.
8. Use a fitness tracker to set daily step goals and track your progress.
9. Walk or bike instead of driving for short trips.
10. Practice desk exercises like leg lifts or shoulder rolls throughout the day.



Learner Feedback

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We make a difference.

Learner Feedback from L4 apprentice:

"Thank you for your time, Luke. Our first call was really good personally for me. You listened and took notes about certain key elements going on and from historical event. You offered to assist with external (local services) to me to assist, which I have politely declined. Having someone to listen and try to understand the current issues going on which have affected me to have a break in my learning has made me feel supported. I confirm I am also being supported by my Line Manager at this current time. Going forward to have assistance getting my ducks back in a row following threat of redundancy and this bringing back trauma from a historical event your support will be most welcomed getting back on track."

Learner Feedback from Scottish degree apprentice:

"Jaspreet had been consistent communication with me for support & wellbeing purposes For roughly 2 years. In that time, she has been exceptionally considerate to myself and my thoughts, as well as always available for a chat. Very fantastic service, Jaspreet would take initiative and send me information at the end of our calls from other sources to support me. "

