

June 2026



Safeguarding Newsletter



The Safeguarding Team



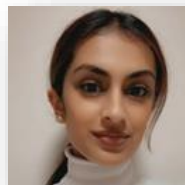
Mark Soady

Apprenticeships Head of Learner Services



Clare Stuart

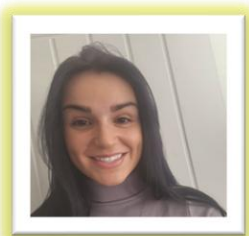
Designated Safeguarding Lead (DSL)
& Safeguarding Team Leader



Jaspreet Hothi

Prevent Lead & Deputy (DSL) & Safeguarding Specialist

Safeguarding Specialists



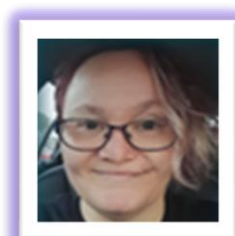
Alana



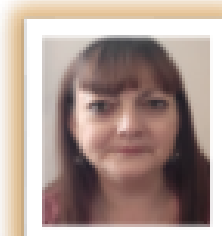
Jamie



Tina



Vix



Joanna

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.

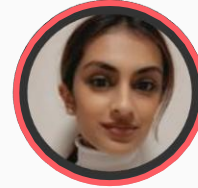
Remember:

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





Prevent



Jaspreet Hothi
Prevent Lead &
Safeguarding
Specialist

Twelfth member of Crewe-based religious group arrested as investigations continue

A twelfth person has been arrested as part of an ongoing investigation into serious offences allegedly involving members of a religious group in Crewe.

Cheshire Police confirmed that a 30-year-old Mexican national was detained in Croydon on Friday 8 May, on suspicion of sexual assault by penetration and modern slavery offences. He has since been interviewed and released on conditional bail. Police are applying for a Slavery and Trafficking Risk Order, with a court hearing set for next week.

Talking points:

- If someone chose to join a group initially, how might coercion or control develop over time?
- What does “choice” really mean when pressure, fear, or manipulation is involved?



DID YOU KNOW?

- Around 50 million people are living in modern slavery worldwide?
- Most UK nationals referred for modern slavery are actually children (around 75%)?
- Experts estimate the real number of victims in the UK could exceed 100,000?
- Greater London is the most commonly reported area for exploitation in the UK?
- detected trafficking cases increased by around 25% globally after the pandemic?

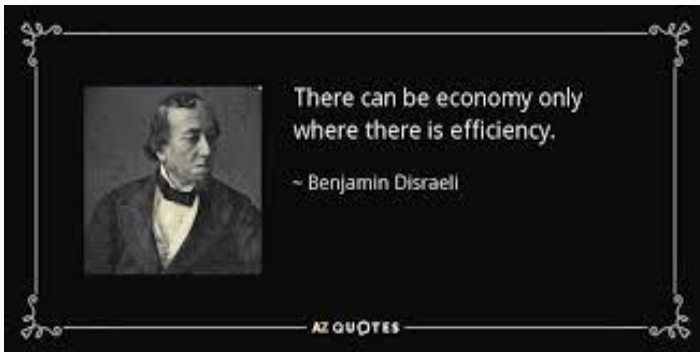


British Values

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

What's happening to the UK economy and how does it affect you?

The UK economy grew more than expected during the first three months of 2026, official figures show. However, experts remain worried that the US-Israeli war with Iran will mean growth slows or stagnates later in the year. Economic growth matters because it affects things like pay increases for workers and the amount of tax the government raises to pay for services.



What is happening to the UK economy?

- The UK economy grew by 0.3% in March, despite the Iran war starting that month.
- The ONS said that consumers and businesses had brought forward spending in March due to fears that the conflict would put up fuel and food prices.
- The March increase followed another unexpected jump in February and means that GDP grew by 0.6% during the first three months of the year.
- The Bank of England has already warned that it expects UK inflation to increase as a result of the war, possibly reaching 6% in the worst-case scenario.

What is GDP and why does it matter?

- UK economic growth is measured by the change in the country's GDP, or gross domestic product. This includes all the economic activity of companies, governments and people in a country.
- When GDP is falling, it means the economy is shrinking.
- This can be bad news for businesses and workers as it can lead to pay freezes and job losses.




Regional Safeguarding



SDAFMH

24/7 confidential support for anyone experiencing domestic abuse or forced marriage, and for family, friends, colleagues and professionals supporting them.

 24 0800 027 1234


[Website](#)

Domestic abuse can affect anyone, regardless of gender, age, sexuality, background or location. Support is available, and you do not have to wait until things become physical or reach crisis point to ask for help.



End the Fear

Support and advice for anyone experiencing domestic or sexual violence in Greater Manchester, and for people worried about someone else.


 24 0800 254 0909

[Website](#)


Harbour Support Services



Specialist domestic abuse charity working across the North East with families and individuals affected by abuse from a partner, ex-partner or family member.

 24 0300 020 2525


[Website](#)

 24 0800 254 0909



Safer Futures


Domestic abuse support service for Cornwall and the Isles of Scilly, delivered by local charity partners.

 24 01208 22 99 22

[Website](#)


Oasis Domestic Abuse Service

Supports adults, children and young people in East Kent, Medway and North Kent; adult services include women, men and LGBT+ people.

 0800 917 9948

[Website](#)

Victim Support

 24 0808 168 9111

[Website](#)

A free, independent and confidential service for anyone affected by crime or traumatic incidents, including domestic abuse. Their **24/7 Supportline** offers emotional support, practical advice and help finding local services. It is open to people of any gender and can also support witnesses or people worried about someone else.



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



Safeguarding

Domestic abuse can include, but is not limited to, the following:

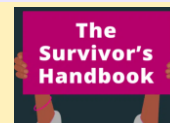
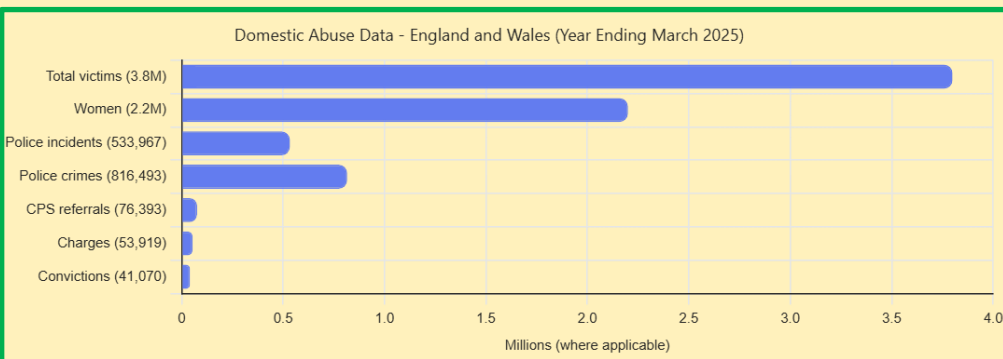
- Physical abuse
- Psychological and/or emotional abuse
- Coercive control
- Financial and economic abuse
- Sexual abuse
- Tech abuse
- Harassment and stalking

What is Domestic abuse?

Domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in most cases by a partner or ex-partner, but also by a family member or carer. It is very common. In many cases, it is experienced by women and is perpetrated by men.

“Many survivors ...tell us they are too afraid to report to the police, fearing they won't be believed. For the few police reports that do result in a charge, survivors often face a long and traumatic court process, while chronic underfunding has created a postcode lottery in access to independent domestic violence advisers (IDVAs), who help survivors navigate the system and pursue convictions” [New ONS figures highlight 'epidemic levels' of domestic abuse](#)

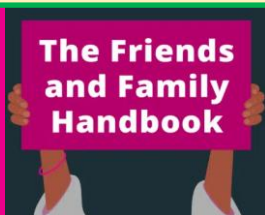
How common is domestic abuse? *Key statistics*



Common experiences of survivors:

- I'm not sure if my relationship is healthy
- I think I'm trapped with them
- I want to leave my relationship safely
- I've left them and I need support
- I need ongoing support
- I'm worried about someone else

[The Survivor's Handbook - Women's Aid](#)



A handbook for friends, family members, neighbours, and colleagues of survivors. The Friends and Family Handbook provides practical support and information for anyone worried about someone in their lives.

Access the handbook [here](#)

Across England and Wales...

1 in 4 women

will experience domestic abuse in her lifetime

Every 30 seconds

the police receive a call for help relating to domestic abuse

1 woman every 5 days

is killed by an abusive partner or ex, on average



Spotting the signs: Learn more [here](#)

1. [Your right to legal help](#)
2. [Your right to housing](#)
3. [Your financial rights](#)
4. [Your right to protect your children](#)
5. [Your right to government benefits](#)
6. [Your right to privacy](#)



Talking point –
What's happening in your area?
Right click on the door and open the link to find out.



Enter your postcode

Enter your postcode to see what's happening behind closed doors...

Domestic abuse is a national emergency. But how many people in your area have experienced it? And how can you help?

Your Space

U18 Safeguarding Update

POWER IMBALANCE: WHEN SAYING “NO” FEELS HARD

WHAT IS A POWER IMBALANCE? A power imbalance can happen when someone has more authority, experience, or influence than you, for example due to their role, age, or position. This can make it feel difficult or unsafe to speak up, even when something doesn't feel right. Power should never be used to pressure, control, or make someone feel uncomfortable.

WHEN IT CROSSES THE LINE

Behaviour is not OK if:

- ❖ You feel pressured to agree or comply
- ❖ You're made to feel guilty, ungrateful, or awkward for saying no
- ❖ Personal questions or requests feel inappropriate
- ❖ You worry there could be consequences for speaking up
- ❖ Something feels “off”, even if you can't explain why

If it doesn't feel right, it probably isn't.

HOW IT CAN AFFECT YOU

Power imbalances can lead to:

- ❖ Anxiety or constant worry
- ❖ Loss of confidence or self-doubt
- ❖ Feeling trapped or unable to speak up
- ❖ Feeling isolated or unsafe

You are not overreacting.

No one should feel pressured to stay quiet to protect someone else's position.

WHAT CAN YOU DO?

- ❖ Trust your instincts; your feelings matter
- ❖ Write down what happens and when
- ❖ 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

As we recognise **PRIDE**, it is an important opportunity to reflect on how we create safe, inclusive, and supportive environments for all learners but particularly within apprenticeships, where individuals are developing both professionally and personally.

At the heart of safeguarding is the principle that every individual has the right to feel safe, respected, and valued. For LGBTQ+ apprentices, this is not just a statement but it is a lived experience that can be shaped positively or negatively by the environments we create.

The Role of Everyone

Whether you are a mentor, trainer, employer, or peer, your role in creating a safe space matters.

Ask yourself:

- Would an apprentice feel comfortable being their authentic self here?
- Do we actively challenge discrimination when we see it?
- Are we creating a culture of trust and respect?

Moving Forward

PRIDE reminds us that inclusion is not a one-month focus, it is a continuous commitment. By embedding inclusive practices into our everyday work, we strengthen our communities and ensure that every apprentice can thrive without fear. Let's continue to build environments where everyone feels safe, seen, and supported.

PRIDE Month

Building Safer, More Inclusive Communities

Why PRIDE Matters

Apprenticeships bring together diverse groups of learners across workplaces, training providers, and communities. For some LGBTQ+ apprentices, navigating identity in professional settings can present additional challenges, including fear of discrimination, isolation, or not being accepted.

PRIDE is not only a celebration, but also a reminder of the ongoing responsibility we hold to; Challenge discrimination and inappropriate behaviour. Promote equality, diversity, and inclusion (EDI). Ensure safeguarding practices reflect the needs of all learners





News of the Month

Date	Event	Info
 June (all month)	Pride Month	Celebrates LGBTQ+ communities and promotes equality and inclusion.
 1 June	Global Day of Parents	Celebrates the commitment and importance of parents worldwide.
 1-7 June	National Child Safety Week (UK)	Begins a week focusing on keeping children safe from accidents.
 3 June	World Bicycle Day	Promotes cycling for health, sustainability and accessibility.
 8 June	World Oceans Day	Raises awareness about protecting oceans and marine life.
 14 June	World Blood Donor Day	Raises awareness of the need for safe blood and thanks voluntary blood donors for their life-saving contributions.
 17 June	World Day to Combat Desertification and Drought	Highlights environmental challenges affecting land and water.
 19 June	Juneteenth (global recognition)	Marks the end of slavery in the United States; recognised internationally as a day of reflection.
 20 June	World Refugee Day	Raises awareness of the challenges faced by refugees worldwide.
 21 June	Father's Day (UK)	Celebrates fathers and father figures.
 21 June	Summer Solstice	Longest day of the year in the UK; celebrated at sites like Stonehenge.
 21 June	International Day of Yoga	Promotes physical and mental wellbeing through yoga.
 22 June	Windrush Day (UK)	Commemorates Caribbean migrants who helped rebuild post-war Britain.
 27 June	Armed Forces Day (UK)	Honours the service of the UK's armed forces community.



Learner Feedback



Jaspreet is a credit to your organisation. Over the last 18 months, she has really supported me whilst I have been undertaking my degree apprenticeship. Providing me with different strategies to help me cope with different situations. Listening also to me when I have been struggling too.



Jamie has been great. I struggle to ask for help, so reaching out to the safeguarding team was a very big deal for me, however, it was one of the best things I could have done.



Tina, has really helped me understand the grief and mental health issues i have been dealing with I feel like i have been heard and have more understanding on what's going on which has also helped me focus more on my course and work life.



Vix has consistently shown up and enabled me to reach my best. With tools and solutions to enable success. I really believe I would have quit without her 'can do' attitude and knowledge to facilitate me in achieving.



Joanna has consistently demonstrated a positive and supportive attitude, being always available to lend a listening ear and offer assistance when needed. Your helpful nature is truly valued and greatly appreciated. Thank you!



Clare. You are an amazing asset to the team at QA, leading our safeguarding and wellbeing teams to support learners and staff
★ ★ sharing knowledge and expertise is so important



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](#)



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



December 2025

