

Safeguarding Newsletter



The Safeguarding and Welfare Team



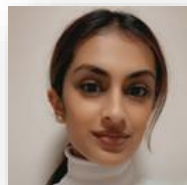
Mark Soady

Apprenticeships Head of Learner Services



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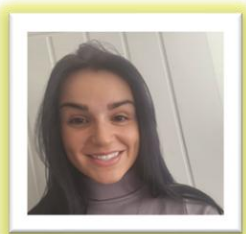
Designated Safeguarding Lead (DSL)
& Safeguarding Team Leader



Jaspreet Hothi

Prevent Lead & Deputy (DSL) & Safeguarding
Specialist

Safeguarding Specialists



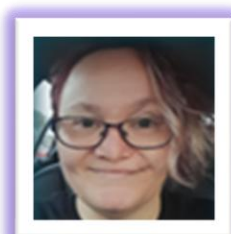
Alana Davies



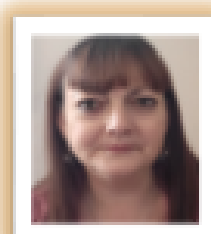
Jamie Hodges



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**](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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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.***

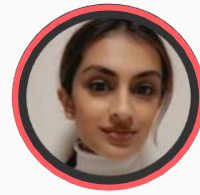
Remember:

- ✓ **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

Working together to eliminate terrorist and violent extremism content online.

Level Up Safely! by the [Christchurch Call Foundation](#) is an e-learning course, designed by experts for parents, guardians, educators, and caring adults. Across five interactive modules, available on demand at your pace, you'll learn:

- What the world of online gaming looks like today, with simple explainers to break down the gaming ecosystem.
- How online harms, including harassment, bullying, violent misogyny, and violent extremism, can impact children and young people.
- Evidence-based warning signs to look out for.
- Practical advice for having challenging conversations with young people.
- Support and referral pathways if you need further help.

This course aims to improve your knowledge, understanding, and strategies to build your confidence in helping the young people you care for navigate online gaming spaces more safely.



Reflection Points:

- "Young people are more likely to disclose concerns when adults show genuine interest in their online world. "How can we demonstrate this interest effectively?"
- "Not everything encountered in an online gaming environment is harmless entertainment. "Why is critical thinking important when engaging with online content and communities?"



British Values

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

Why Antidepressant Users Struggle in Heatwaves

A recent BBC News article highlights how some people taking antidepressant medication can experience increased difficulties during periods of hot weather. Individuals interviewed described symptoms including excessive sweating, fatigue, dehydration, agitation and disrupted sleep. The article also shares advice from the NHS and mental health charities on staying safe during heatwaves.

Individual Liberty:

The article highlights the importance of individuals making informed decisions about their own health and wellbeing. People are encouraged to understand how their medication may affect them during hot weather and to take appropriate steps to stay safe while continuing treatment as prescribed.

Discussion Point:

Why is it important to make informed decisions about your health and seek advice when needed?

Mental health medications can affect people differently, particularly during periods of hot weather.

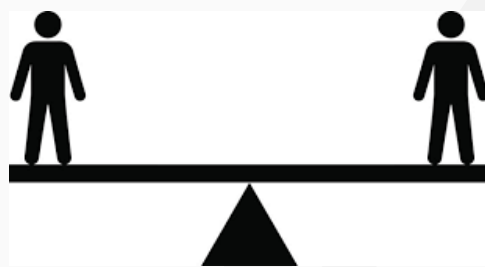
Understanding your own wellbeing, following professional advice, and showing empathy towards others are important ways of supporting a safe, inclusive and respectful community.

Mutual Respect:

The experiences shared in the article help raise awareness and understanding of the challenges that people with mental health conditions may face. By learning about others' experiences, we can develop empathy and support those who may be struggling.

Discussion Point:

How can we support a friend, colleague or family member who is experiencing difficulties with their mental health?



Reflection Question for you!

What practical steps can you take to look after your physical and mental wellbeing during periods of extreme heat, and how can you support others who may be affected?

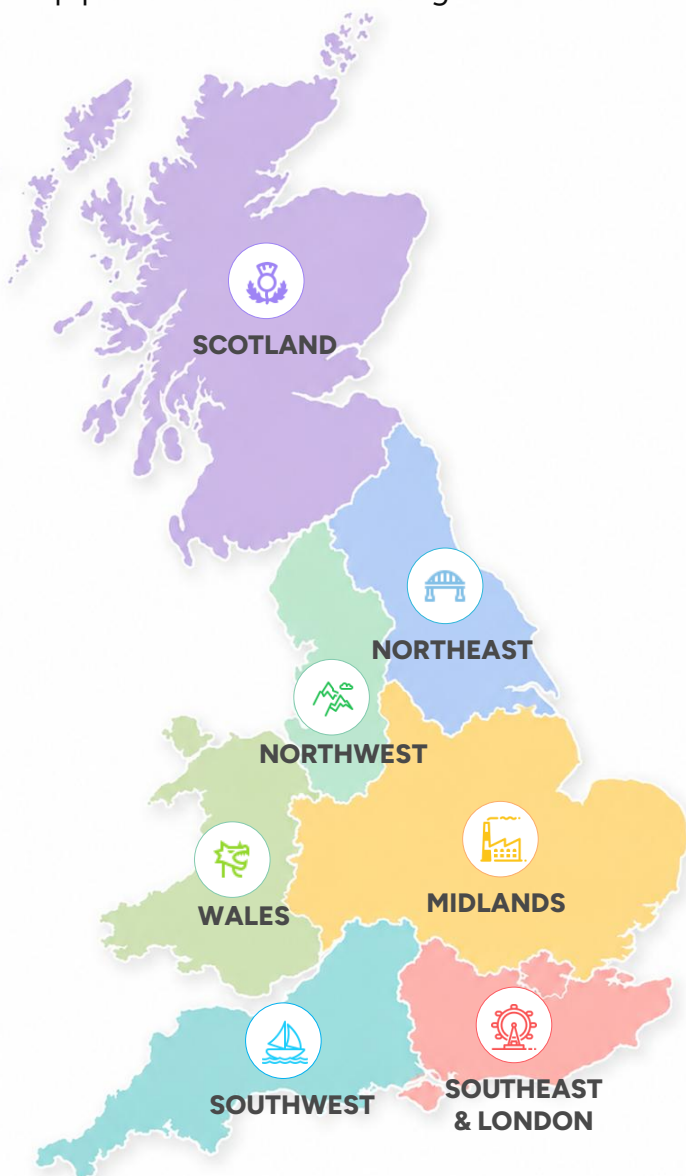


Regional Safeguarding

Summer Support Near You

The summer holidays can be an enjoyable time for families, but they can also bring additional pressures - including childcare, food costs, disrupted routines and finding affordable activities.

Across the UK, family services, holiday programmes and community organisations offer activities, practical support and ideas to help parents and carers through the summer.



Parent Club Scotland

Free and low-cost summer activity ideas for children of all ages, including outdoor play, crafts and activities at home..

☎ 0800 028 1456

[Website](#)

Children & Families Newcastle

Information about local family activities, holiday programmes and support services.

☎ 0191 277 7800

[Website](#)

St Helens Family Hubs

Family activities, play sessions, parenting advice and practical support available through local Family Hubs.

☎ 01744 676789

[Website](#)

Carmarthenshire Family Service

Helps families find holiday activities, childcare, events, play opportunities and local support services.

☎ 01267 246555

[Website](#)

Solihull Family Information Service

Search for clubs, holiday schemes, family activities, free HAF places and inclusive activities for children with additional needs.

☎ 0800 389 8667

[Website](#)

Bristol Your Holiday Hub

Lists summer sports, creative sessions, outdoor activities and funded holiday clubs for eligible children.

☎ 0117 922 2000

[Website](#)

Hampshire Holiday Activities

Free summer activities and healthy meals for eligible children, including sports, crafts and outdoor sessions.

☎ 0300 555 1375

[Website](#)



Wellbeing

THE NERVOUS SYSTEM

Change is a normal part of life, but it can trigger stress, uncertainty, and anxiety. While we cannot always control what happens around us, we can learn strategies to regulate our nervous system.

WHAT HAPPENS IN THE NERVOUS SYSTEM DURING CHANGE?

The nervous system constantly scans for signs of safety or threat. During periods of change—such as a new job, organisational restructuring, moving home, or relationship changes—the brain may interpret uncertainty as a potential risk. This can activate the body's "**fight, flight, or freeze**" response.

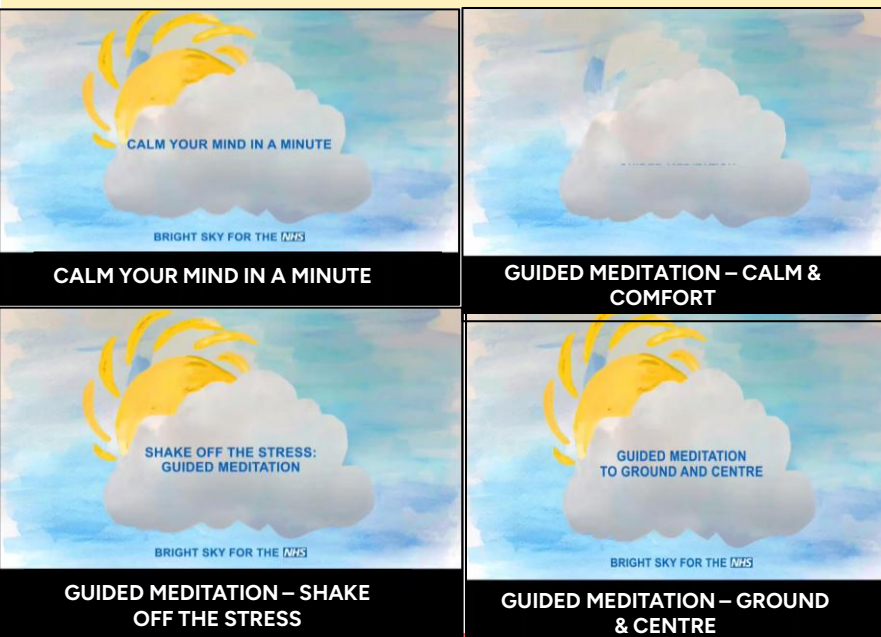
Common signs include: ★ Increased heart rate ★ Faster breathing ★ Muscle tension
★ Difficulty concentrating ★ Anxiety or worry ★ Changes in sleep

The body also releases stress hormones which are useful in the short term but can contribute to **fatigue, burnout, emotional overwhelm**, and **reduced resilience**. People react differently to change depending on their **previous experiences, support networks, coping strategies**, and **overall wellbeing**. What feels exciting to one person may feel stressful to another.

SIMPLE WAYS TO SUPPORT REGULATION

- **Pause and Breathe** - Slow breathing helps signal safety to the brain. Try inhaling for four counts and exhaling for six.
- **Ground Yourself** - Focus on your senses by noticing what you can see, hear, touch, smell, and taste in the present moment.
- **Move Your Body** - Walking, stretching, yoga, or other gentle movement can help release tension and reduce stress.
- **Prioritise Rest** - Good-quality sleep supports emotional regulation, recovery, and overall wellbeing.
- **Seek Connection** - Talking with trusted colleagues, friends, or family members can help you feel supported and less isolated.

NHS CALMING TECHNIQUES



A GENTLE REMINDER

There is no single approach that works for everyone. Building a toolkit of small, practical strategies can help you feel more grounded during times of change. Consistent, manageable actions often have the greatest impact on wellbeing and resilience



[NHS England » Finding calm amongst the chaos](#)

31st August

International

Safeguarding



Overdose

Awareness Day

Awareness • Prevention • Support •


25 YEARS ON.
STILL NEEDED.

Overdose can affect anyone. Being informed helps us recognise risk factors, respond effectively and create safer environments for people we support and work with.

By understanding the signs, reducing stigma and knowing where to signpost help, we can play a vital role in preventing harm and supporting recovery.



Key Safeguarding Messages



Recognise Risk

Be alert to changes in behaviour, wellbeing and circumstances that may increase someone's risk.



Respond Quickly

Act early and seek help. A timely response can prevent harm and save lives.



Reduce Stigma

Overdose is a health issue, not a choice. Compassion and respect encourage people to seek help.



Signpost Support

Connect people to appropriate support services and follow safeguarding procedures.



Signs of Concern

Sudden changes in mood or behaviour.



Withdrawing from friends, family or activities.



Unexplained drowsiness or loss of consciousness.



Pinpoint pupils, pale or clammy skin.



Talking about feeling hopeless or giving up.



Use of drugs, paraphernalia or recent relapse



If you are worried about someone

1



CHECK

Check if they are responsive and breathing.
Ask gently.

2



ACT

Call emergency services if they are unresponsive or not breathing.
Call 111 for advice.

3



STAY

Stay with them. Keep them safe and reassure them.

4



SHARE

Tell a trusted person, get support for yourself and stay safe.



You don't need all the answers. Your actions can make the difference.



Support
Matters

You are not alone and support is available.

If you are struggling or concerned about someone, please speak to the safeguarding team or reach out to a trusted contact.

Your Space

U18 Safeguarding Update

WHAT YOU SHARE LEAVES A TRACE

Think a repost or link is harmless? Think again!

What you do online can have real-life consequences.

The Reality

- Every post, like or share leaves a digital trace
- Even forwarding something can cause problems

Nothing online is truly private

Real Consequences

This can lead to:

-  Police involvement/criminal record
-  Losing your phone or other devices
-  Missed opportunities (college, jobs, travel)

"I only shared it" still counts

What To do Instead

- Don't open
- Don't share
- Report it



Keep yourself and others safe

Need help or more info?

-  actearly.uk/what-you-share-leaves-a-trace
-  Report online: act.campaign.gov.uk
-  Childline: 0800 1111

What's Risky?

Sharing this could get you into trouble:



- Extremist or violent content
- Harmful messages or videos
- Illegal challenges or trends

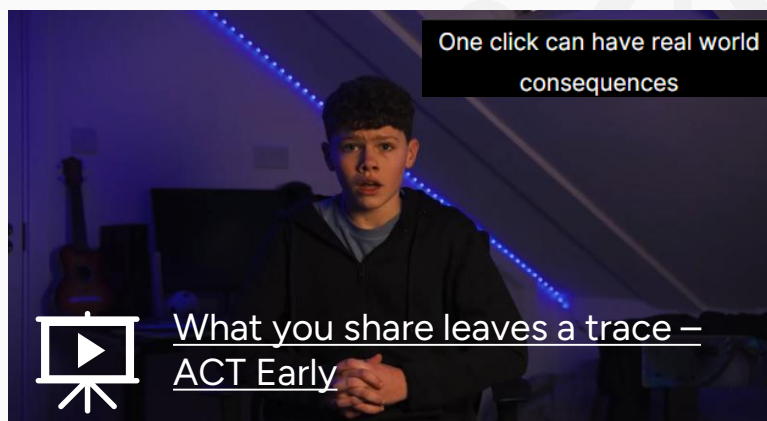
You don't have to create it – sharing is enough

Think before you share!



Ask yourself:

- Would I say this face-to-face?
- Could this harm someone?
- Would I be okay with this in 5 years?



What you share leaves a trace –
ACT Early



News of the Month

Employment Rights as an Apprentice

As an apprentice, you are both an employee with a contract of employment, and a learner working towards a recognised qualification. This means you have the same basic rights as other employees, along with additional protections linked to your training

Key Employment Rights

Pay and Wages 💰: You are entitled to be paid for your work. Apprentices must receive at least the apprenticeship minimum wage, and you must be paid for training time as well as working time.

Working Hours 🕒: You have the right to fair working hours, including rest breaks and limits on weekly hours, with extra protections if you are under 18.

Holiday Entitlement 🌴: Apprentices are entitled to paid holiday leave.

Safe Working Environment 🏢: Your employer must provide a safe workplace, proper training, and protection from risks.

Protection from Discrimination 🌈: You must not be treated unfairly due to personal characteristics such as age, gender, race, or disability.

Time for Training 📖: Up to 20% of your working hours should be spent on training related to your apprenticeship.

Sick Pay and Time Off 🤒: You may be entitled to Statutory Sick Pay and other types of leave.

A Written Contract 📄: You should receive a contract and apprenticeship agreement outlining your role and responsibilities.

Responsibilities as an Apprentice

- Attend work and training
- Complete assignments
- Perform job duties
- Follow workplace rules and company policies
- Ensure workplace safety and follow Health & Safety protocols
- Maintain professionalism
- Treat others with respect
- Show respect to the business
- Respect confidentiality
- Communicate clearly
- Use equipment properly

If Something Isn't Right

Speak to your manager, training provider, HR team, or seek advice from organisations such as ACAS.

Your apprenticeship is a valuable opportunity to learn and grow. Understanding your rights helps you stay safe, be treated fairly, and build confidence in the workplace.



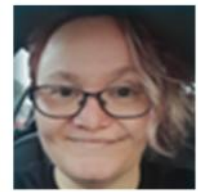
News of the Month

Date	Event	Information
 1 Aug	Yorkshire Day	Celebrates the historic county of Yorkshire with local pride, traditions and events.
 1 Aug	World Wide Web Day	Marks the invention of the World Wide Web and its impact on global communication.
 8 Aug	World Cat Day	Celebrate cats and raise awareness about their care and protection.
 12 Aug	International Youth Day	Highlights issues affecting young people worldwide and promotes their voices.
 12 Aug	World Elephant Day	Raises awareness of the need to protect elephants and their habitats.
 13 Aug	International Left-Handers Day	Celebrating lefties who have mastered living in a right-handed world.
 19 Aug	World Humanitarian Day	Honours those who work in humanitarian aid and relief efforts.
 19 Aug	World Photography Day	Commemorates the world's first publicly accessible photographic process.
 26 Aug	International Dog Day	Celebrates dogs and promotes adoption and animal welfare.
 30 Aug	International Grief Awareness Day	Promoting open discussions about loss.
 30 Aug	International Overdose Awareness Day	Day to reduce drug-related stigma and acknowledge those lost to substance use.
 31 Aug	Summer Bank Holiday (UK)	Public holiday in England, Wales and Northern Ireland.

♥ Learner Feedback



She always made me feel listened to and understood, and I never felt judged or rushed during our sessions. One of the things I appreciated most was how knowledgeable she was across so many topics, which meant I could openly discuss complex issues without feeling like I needed to explain everything from the beginning. She also regularly remembered previous conversations and followed up on them, which made the support feel genuinely personal and meaningful.



She has been brilliant in helping me access the support I need, for allowing me space to discuss issues and help with strategies. She is a real asset, and I am so grateful to have her support





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](#)

[\(mensadvice.org.uk\)](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 2026

Learn. To Change.

