

Safeguarding Matters

**September
2023**

Welcome to
our Safeguarding
Matters

Our aim is to raise awareness of current safeguarding trends and themes and help you to keep yourself safe. There will be links to relevant agencies for support, along with contact details for the safeguarding team here at Busy Bees Education and Training to help you report any concerns you may have, or to guide you to the correct support networks.

We are here to support you Safeguarding team

For any support, please email us on
bbt.safeguarding@bbtraining.com



Designated Safeguarding Leads:



Emma Warren
Head of Quality & Safeguarding
Location: Remote
07813 995234

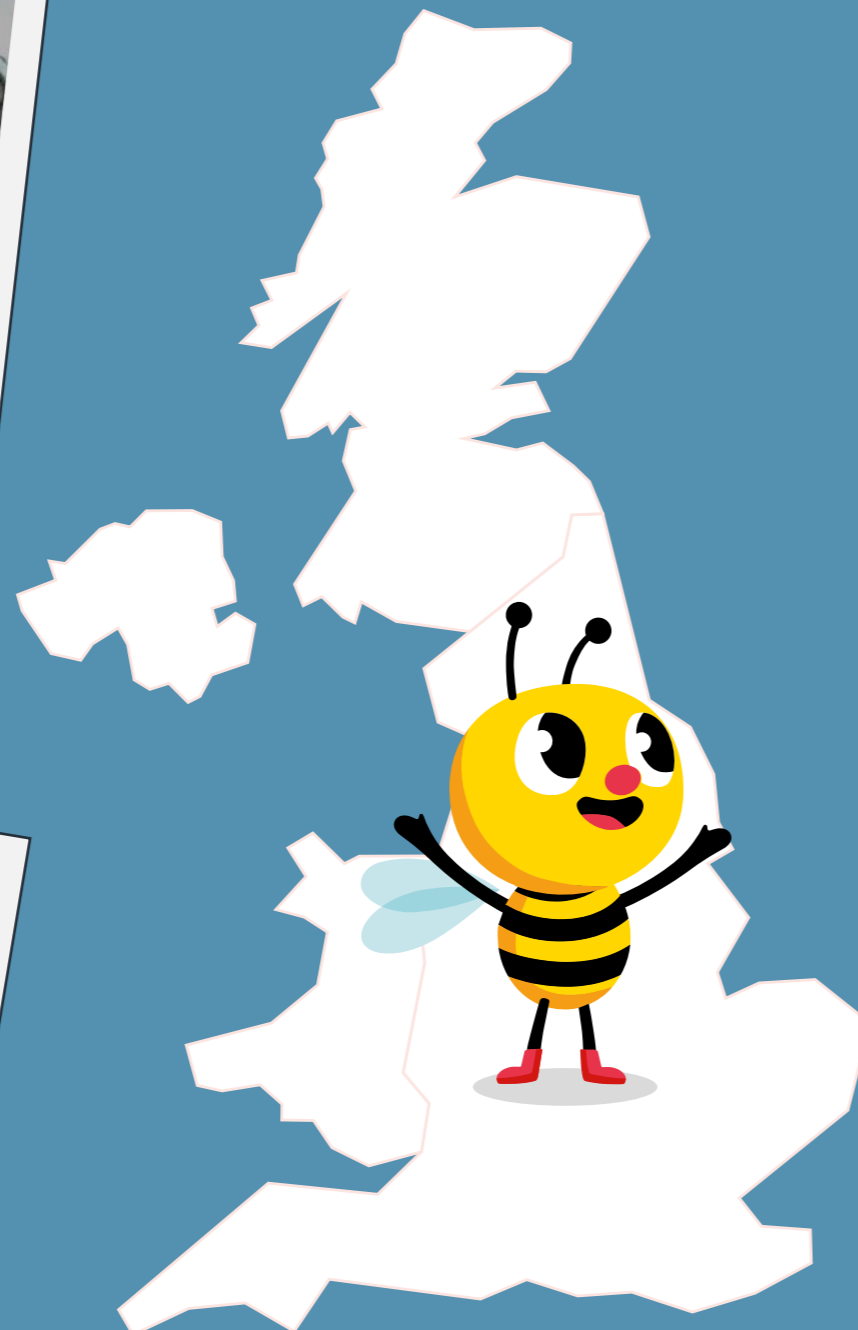


Sandy Silvester
Director
Location: Remote
07973 494781



Samantha Parker
Head of Operations
Location: Remote
07973 664098

Designated Safeguarding Officers:



Jessica Ryley
Regional Manager
Location: North East
07973 494781



Dawn Richards
Regional Manager
Location: West Midlands
07866 100517



Gemma Green
Education & Curriculum Manager & SEND
Location: Remote
07779 457451



Emma Ashbridge
Regional Manager
Location: South East
07816 173405



Charlie Bowden
Regional Manager
Location: Remote - Central South & West
07815 004126



Gayle Mansfield
Regional Manager
Location: Remote - North West
07974 845061



Julie Jeffery
Regional Manager
Location: Remote - East Midlands
07890 946620



What is Radicalisation?

Radicalisation is when someone starts to believe or support extreme views, and in some cases, then participates in terrorist groups or acts. It can be motivated by a range of factors, including ideologies, religious beliefs, political beliefs and prejudices against particular groups of people. (dcp.org)

Who is at risk?

Anyone can be radicalised, but factors such as being easily influenced and impressionable make children and young people particularly vulnerable.

Children who are at risk of radicalisation may have low self-esteem or be victims of bullying or discrimination. They may feel:

- isolated and lonely or wanting to belong
- unhappy about themselves and what others might think of them
- embarrassed or judged about their culture, gender, religion or race
- stressed or depressed
- fed up of being bullied or treated badly by other people or by society
- angry at other people or the government
- confused about what they are doing
- pressured to stand up for other people who are being oppressed.



If you **see it,**
suspect it -
report it!



How does it happen?

Radicalisation doesn't happen overnight. It is a gradual process, so young people who are affected may not realise what's happening.

People can be radicalised by family members or friends, through direct contact with extremist groups, or through the internet. Extremist messages or membership of an extremist group can offer a sense of purpose, community and identity which may be appealing, especially if someone is experiencing challenges in their life.

Teenagers can be at greater risk because they are more independent, exploring new things and pushing boundaries as they grow and discover more about their identity, faith and sense of belonging.

Extremist groups often target young people via the internet and social media.

The process may involve:

- being groomed online or in person
- exploitation, including sexual exploitation
- psychological manipulation
- exposure to violent material and other inappropriate information
- the risk of physical harm or death through extremist acts.



The government has developed a process called 'Prevent' to help people who have been identified as being potentially vulnerable to radicalisation or extremism. Channel is part of this process, and is means of providing practical support to people at risk of being drawn towards terrorism or violent extremism. Partners include local authorities, healthcare providers, the police and members of the community, who work together to support individuals vulnerable to radicalisation and provide tailored safeguarding measures to support their needs. A range of options are available including mentoring, welfare support and access to key services.

If you suspect that someone is about to put themselves in danger by travelling to join a terrorist organisation, or appears involved in plans to commit a criminal offence, please inform the police immediately by calling 999

You can learn more about radicalisation here: <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>

Domestic Violence

Domestic abuse, also called "domestic violence" or "intimate partner violence", can be defined as a pattern of behaviours in any relationship that is used to gain or maintain power and control over an intimate partner. Abuse is physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviour's that frighten, intimidate, terrorize, manipulate, hurt, humiliate, blame, injure, or wound someone. Domestic abuse can happen to anyone of any race, age, sexual orientation, religion, or gender. It can occur within a range of relationships including couples who are married, living together or dating. Domestic violence affects people of all socioeconomic backgrounds and education levels. (un.org)

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

- Coercive control (a pattern of intimidation, degradation, isolation and control with the use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment and stalking
- Online or digital abuse.

The Crime Survey for England and Wales published a report in which an estimated 6.9% (1.7 million) of women and 3% (699,000) of men experienced domestic abuse in the year ending March 2022. According to the charity 'WHAG', each year nearly 2 million people in the UK suffer some form of domestic abuse. 1 in 5 children has been exposed to domestic violence.

1.7 million 
699,000 
experienced domestic abuse
in the year ending 2022



How many women die from domestic violence

The official crime statistics between April 2020 and March 2021 reported 177 women were murdered in England and Wales.

According to the charity 'Refuge,' 2 women a week are killed by a current or former partner in England and Wales.

How many men die from domestic violence

The Crime Survey for England and Wales reported 86 victims of domestic homicide in the year ending March 2018 to March 2020.

Help is available

Help and support is available; you do not have to suffer alone. If you or anyone you know may be experiencing domestic abuse, please seek support. The below websites offer support, advice and guidance.

<https://www.womensaid.org.uk/information-support/>

<https://refuge.org.uk/>

<https://mensadviceline.org.uk/>



Hate Crime

A hate crime is defined as 'Any criminal offence which is perceived by the victim or any other person, to be motivated by hostility or prejudice based on a person's race or perceived race; religion or perceived religion; sexual orientation or perceived sexual orientation; disability or perceived disability and any crime motivated by hostility or prejudice against a person who is transgender or perceived to be transgender.'

A hate incident is any incident that the victim, or anyone else, thinks is based on someone's prejudice towards them because of their race, religion, sexual orientation, disability or because they are transgender.

Not all hate incidents will amount to criminal offenses, but it is equally important that these are reported and recorded by the police.

Evidence of the hate element is not a requirement. You do not need to personally perceive the incident to be hate related. It would be enough if another person, a witness or even a police officer thought that the incident was hate related.



What are Incels?

Involuntary celibates or the Incel communities are radical, mainly online forums, populated by disaffected young men and centred on violent misogyny.

Some Incels believe that women's political empowerment and ability to select their sexual partners has severely degraded men's social status thus preventing them from having romantic relationships with the opposite sex. Incels may share similarities with extreme right-wing groups. Both groups attribute society's ills to social liberalism, women and ethnic minorities. Racial hatred and far-right extremism is also common in some online Incel forums.

Characteristics of Incel Ideology

- Narcissism
- Blame women for perceived injustices
- Socially awkward/isolated
- Significant time spent online
- Dehumanise women
- Threaten violence/rape of women.

Further reading around Incel Culture can be found here.

<https://en.wikipedia.org/wiki/Incel#Extremism>



County Lines

County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively) usually by children or vulnerable people who are coerced into it by gangs. The 'County Line' is the mobile phone line used to take the drugs order of drugs. Importing areas (areas where the drugs are taken to) are reporting increased levels of violence and weapon-related crimes.

How do you know if County Lines is happening in your area?

Exploitation of young and vulnerable people

A common feature in county lines drug supply is the exploitation of young and vulnerable people. The dealers will frequently target children and adults - often with mental health or addiction problems - to act as drug runners or move cash so they can stay under the radar of law enforcement.

In some cases, the dealers will take over a local property, normally belonging to a vulnerable person, and use it to operate their criminal activity from. This is known as cuckooing.

People exploited in this way will quite often be exposed to physical, mental and sexual abuse, and in some instances will be trafficked to areas a long way from home as part of the network's drug dealing business.

- An increase in visitors and cars to a house or flat
- New faces appearing at the house or flat
- New and regularly changing residents (e.g different accents compared to local accent)
- Change in resident's mood and/or demeanour (e.g. secretive/ withdrawn/ aggressive/ emotional)
- Substance misuse and/or drug paraphernalia
- Changes in the way young people you might know dress
- Unexplained, sometimes unaffordable new things (e.g clothes, jewellery, cars etc)
- Residents or young people you know going missing, maybe for long periods of time
- Young people seen in different cars/taxis driven by unknown adults
- Young people seeming unfamiliar with your community or where they are
- Truancy, exclusion, disengagement from school
- An increase in anti-social behaviour in the community
- Unexplained injuries.



What to do if you have concerns

You can speak to your local police by dialling 101, or in an emergency 999.

If you would rather remain anonymous, you can contact the independent charity Crimestoppers on 0800 555 111.

If you notice something linked to the railways, you can report concerns to the British Transport Police by texting 61016 from your mobile.

In an emergency dial 999.

If you are a young person who is worried about your involvement, or a friend's involvement in county lines

A good option is to speak to an adult you trust and talk to them about your concerns. You can also call Childline on 0800 1111. Childline is private and confidential service where you can talk to specially trained counsellors about anything that is worrying you.

Alternatively, speak to a children and young people's service like Catch 22. They work with children and young people of any age to help get them out of situations they're worried about and have helped lots of children and young people involved in County Lines.

Learn more here <https://www.nationalcrimeagency.gov.uk/what-we-do/crime-threats/drug-trafficking/county-lines>

What is Gaslighting?

"Gaslighting is a form of psychological abuse where a person or group makes someone question their sanity, perception of reality, or memories. " Gaslighting causes confusion, questioning reality, and feeling crazy. You have doubts about your perception, judgment and ability."

Is gaslighting a crime in UK?

Gaslighting has been a criminal offence since 2015. The coercive or controlling behaviour offence protects victims who "experience the type of behaviour that stops short of serious physical violence, but amounts to extreme psychological and emotional abuse"

You can read more about gaslighting here

<https://www.relate.org.uk/get-help/gaslighting>

"You're crazy"

"You're overreacting"

"You're being paranoid"

"I did it because I love you"

"That's your fault"

"You're being paranoid"

For help and support visit

The National Domestic Abuse helpline: www.nationaldahelpline.org.uk; 08082000247 (open 24 hrs/day, every day)

Men's Advice Line : www.mensadvice.org.uk; 0808 8010327 : Monday - Friday 10am - 8pm

Galop : National LGBT+ Domestic Abuse helpline : 0800 999 5428 : Monday - Friday 10am - 5pm.

Child on Child Abuse (also known as Peer on Peer)

This form of abuse occurs when there is any kind of physical, sexual, emotional or financial abuse or coercive control exercised between children.

There will usually be a power imbalance, whether that be age, status or some other factor. In some cases, the perpetrator will also be the victim in another relationship with a power imbalance. Behaviour may be intimate or non-intimate.

Symptoms of possible peer on peer abuse may include:

- absence from school
- physical injuries
- mental or emotional issues
- inability to sleep
- alcohol or substance misuse

- changes in behaviour
- inappropriate behaviour for age
- being abusive to others.

Peer-on-peer abuse can take many forms. This can include (but is not limited to) bullying (including cyberbullying); sexual violence and sexual harassment; physical abuse such as hitting, kicking, shaking, biting, hair pulling, or otherwise causing physical harm; sexting and initiating/hazing type violence and rituals.

Additionally Vulnerable Groups

- Children aged 10 and upwards
- Girls and young women are more likely to be harmed and boys and young men are more likely to have harmed
- Black and minority ethnic children/young people often under-identified as having been harmed and over-identified as having harmed others
- Children/young people with intra-familial abuse in their histories or those living with domestic abuse
- Children/young people in care and those who have experienced the loss of a parent, sibling, or friend through bereavement
- Children/young people who have harmed others can be younger than their victims.

You can find out more information here

<https://safeguarding.network/content/safeguarding-resources/peer-peer-abuse/>

LGBTQIA+

All children and young people have the right to be protected and kept safe from abuse and neglect.

LGBTQ+ children and young people face the same risks as all children and young people, but they are at greater risk of some types of abuse. For example, they might experience homophobic, biphobic or transphobic bullying or hate crime. They might also be more vulnerable to or at greater risk of sexual abuse, online abuse or sexual exploitation.

People's perceptions of, or ideas about, LGBTQ+ young people's identity can make children more vulnerable to negative experiences or interactions. These might include:

- experiencing homophobia, biphobia and transphobia
- feeling the pressure of sexual and gender norms
- having to manage their sexual and gender identity across different life areas (for example, coming out at school but not at home)
- feeling isolated or 'different' from their family and friends
- feeling like they can't express their identity because they're worried about people's responses
- having complicated or negative feelings about their gender identity or sexuality
- experiencing gender dysphoria

Homelessness

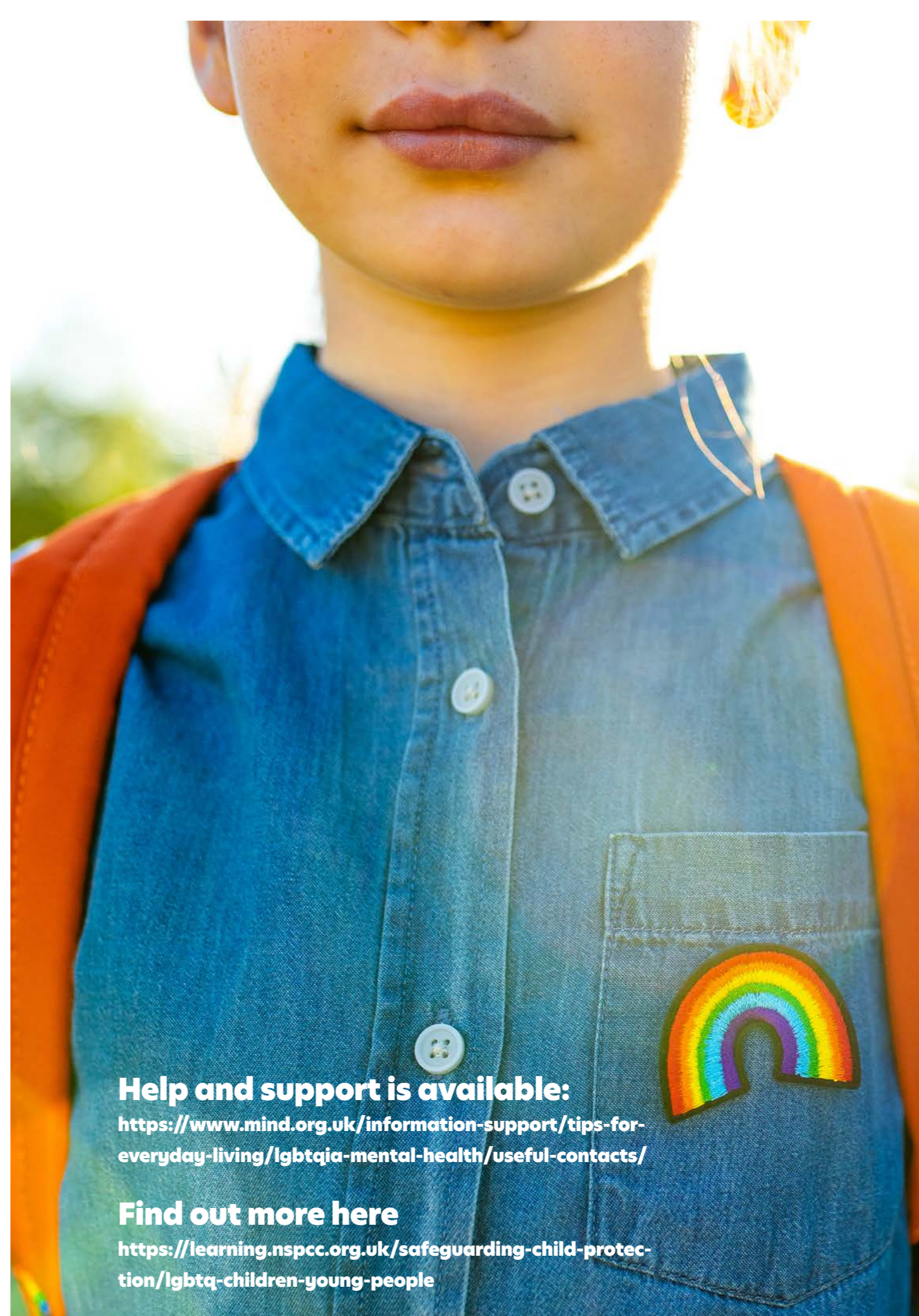
LGBTQ+ young people are more likely to become homeless than their non-LGBTQ+ peers. This might be because of:

- parental rejection
- being subject to physical, emotional or sexual abuse from family members
- family violence

Mental Health

Research suggests that LGBTQ+ children and young people might be at higher risk than their non-LGBTQ+ peers of:

- self-harm
- experiencing suicidal thoughts and feelings
- anxiety



Help and support is available:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/useful-contacts/>

Find out more here

<https://learning.nspcc.org.uk/safeguarding-child-protection/lgbtq-children-young-people>

Internet Safety



internet

Technology is very much a part of modern-day life, and a lot of people are spending increasing amounts of time using technology. This may be watching videos on apps such as YouTube, to chatting with friends on social media or creating content on apps such as Tik Tok. And while technology is the norm for use in daily life it is important, we are aware of the potential threats out there, and how we can keep ourselves safe online.

Be aware of fake news and scams that often circulate on social media, if you aren't sure of something or the source of where it came from, then don't share. Do your own independent research on things to get an independent perspective. And also look at a range of resources to learn more about the topic. If you feel you have been a victim of a scam you can report it to Action Fraud <https://www.actionfraud.police.uk/>

Online gaming is often used by people to relax and socialize and make new friends, however, be aware of cyberbullying. Cyberbullying can take place in the forms of direct messages, comments made on social media platforms, tagging someone in nasty posts - or making nasty/inappropriate memes against someone or sharing images around that makes a person feel uncomfortable. Cyberbullying can also include threats to a person, impersonation, harassment and exclusion. You can find out more about cyberbullying here <https://www.childnet.com/help-and-advice/online-bullying/>

Online Grooming is something that can affect anyone. People are targeted by groomers, who then spend several days/weeks/months building trust and making a connection with you. It can be hard to recognise if grooming is happening to you, due to the trust and connection you feel you have built up.

Grooming can take several forms including that of sexual conversations or sexual messages, being asked to send nudes or sexual videos of yourself, being asked to take part in live streams/videos or chats that become sexual, feeling blackmailed or pressured to share images/ or send items such as money, feeling pressured into selling drugs, or partaking in illegal activity or traveling to meet up in person with someone you only know from online. If you feel you have been a victim of grooming or have been pressured/blackmailed to share images of yourself that are now being shared without your consent, you can report it to report remove here <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

You can also read more about grooming here <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-grooming/>

Sexting is when people share a sexual message and/or a naked/semi-naked image, video, or text message with another person. This is also known as nude image sharing. You may have consented to sending an image to someone, however, this does not give them the right to share the image around with others. It is a criminal offence to create or share explicit images of a child or minor, if you are a child or minor yourself. The non-consensual sharing of someone's nude image, whether you are over 18 or not, is always illegal. You can learn more here about sexting and also gain advice if you have been a victim of sexting or partaken in sexting <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/>





What is Sexual Violence?

Sexual violence is any kind of sexual activity or act - including online that was unwanted or involves one or more of the following:

- Pressure
- Manipulation
- Bullying
- Intimidation
- Threats
- Deception
- Force

In other words, any kind of sexual activity that has taken place without consent.

There are lots of different types of sexual violence, including child sexual abuse, rape and sexual abuse.

No one ever deserves or asks for sexual violence to happen - not even a little bit.

100% of the blame lies with the perpetrator or perpetrators.



Everyone's invites is a safe place for survivors to share their stories anonymously.

Everyone's invited mission is to expose and eradicate rape culture with empathy, compassion and understanding. The mission of Everyone's Invited is to expose and eradicate rape culture with empathy, compassion and understanding.

You can visit the webpage here <https://www.everyonesinvited.uk/>



Me Too Movement

#Me Too : a movement calling attention to the frequency with which primarily women and girls experience sexual assault and harassment. In many ways, the original purpose of Me Too was achieved

The #Me Too website has some great resources and information - you can find out more here

<https://metoomvmt.org/>

Some important things to remember about sexual violence

- It does not have to leave a person with injuries
- It does not have to involve other physical violence or weapons
- If the victim or survivor didn't scream, try to run away or fight then it doesn't mean that it wasn't sexual violence. It's very common for people who experience sexual violence to find themselves unable to move or speak
- A victim of sexual violence was never "asking for it". It doesn't matter what they were wearing or what consensual sexual activity or other interactions happened before the sexual violence.

What is Consent?

Consent means agreeing to something by choice and having both the freedom and capacity to make that choice.

The Sexual Offences Act 2003 says that if someone consents to sexual activity if they

- Agree by choice and
- Have both the freedom and capacity to make that choice
- If someone says NO to any kind of sexual activity, they are not agreeing to it
- If someone doesn't say NO out loud, that does not mean they are agreeing to it either

It is not consent if.

- Someone was asleep, unconscious, drunk, drugged or on drugs
- Have been spiked, are too young, have a mental health or other illness that means they do not have the capacity to consent
- They are bullied, pressured, manipulated, tricked or scared into saying yes
- Someone is using physical force against them

If you didn't want something to happen then you didn't give your consent. You also didn't give your consent if you weren't capable of deciding whether or not you wanted it - for example, if you were a child or if you were drunk.

And if there was no consent then it was sexual violence

<https://rapecrisis.org.uk/get-help/want-to-talk/>

Health and Wellbeing

Cervical Smears

Cervical screening is one of the best ways to protect yourself from cervical cancer.

All women aged 25 to 64 are invited by letter to cervical screening (a smear test) to check the health of their cervix.

Everyone with a cervix should go for cervical screening.

The cervix is the opening to your womb from your vagina.

It's not a test for cancer, it's a test to help prevent cancer.

During the screening appointment, a small sample of cells will be taken from your cervix.

The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV.

If these types of HPV are not found, you do not need any further tests.

If these types of HPV are found, the sample is checked for any changes in the cells of your cervix. These can be treated before they get a chance to turn into cervical cancer.

I'm trans or non-binary, does this affect my cancer screening?

Although research is limited, the evidence so far tells us that in general, being trans or non-binary should not affect your diagnosis or treatment of cancer.

At the moment there is no reliable evidence of an overall increase in your risk of cancer compared to the general population.

But your sex assigned at birth, hormones or surgeries you may have had, will be relevant for some types of cancer screening.

It's your decision whether you take part in screening, but we're going to cover some more detail on these to make sure you have the information you need.

You can find out more here <https://www.nhs.uk/conditions/cervical-screening/what-is-cervical-screening/>

<https://www.cancerresearchuk.org/about-cancer/cervical-cancer/getting-diagnosed/screening/about>

<https://www.cancerresearchuk.org/about-cancer/cancer-symptoms/spot-cancer-early/screening/trans-and-non-binary-cancer-screening>

Menopause is a normal part of aging and a natural transition all females experience. It occurs when the ovaries stop producing eggs and the reproductive hormones decline – marking the end of menstruation and fertility.

For most females, menopause begins between the ages of 40 and 55. However, it can start earlier for individuals who experience premature ovarian failure or have surgical removal of both ovaries at a young age.

But while menopause is a natural process, the changes to your body and mood may feel anything but normal. The experience of menopause varies greatly amongst individuals. Some may barely notice any symptoms, while others may experience all of them.

Common menopause symptoms include:

- Hot flashes
- Insomnia or sleep disturbances
- Night sweats
- Elevated heart rate
- Mood changes, such as irritability, depression or anxiety
- Vaginal dryness or discomfort during intercourse
- Urinary incontinence or frequent urination
- Decreased libido

Menopause is divided into three basic stages: perimenopause, menopause, and post-menopause. During this time, the ovaries begin to atrophy which causes a decline in the production of the hormones that stimulate the menstrual cycle, estrogen and progesterone.

Perimenopause: The perimenopause or pre-menopause stage occurs about three to five years before menopause. The age at which females experience this stage can vary greatly. Most females begin to experience symptoms

in their mid to late forties. It is rare to notice symptoms prior to 40.

Menopause: Menopause is defined as the absence of menses for 12 straight months without other causes, such as illness, medication, or pregnancy. Once you reach menopause, you can no longer achieve pregnancy. The average age of menopause is 51, but this can vary greatly.

Post-menopause: The post-menopause stage signals the end of your reproductive years. While your ovaries produce low levels of estrogen and progesterone, you no longer will ovulate or menstruate. Once you enter the post-menopause stage, you're in it for the rest of your life. You may continue to have the same symptoms you experienced during the perimenopause and menopause stages for many years after your final menstrual cycle. Fortunately, these symptoms tend to dissipate over time.

Help and support is available -

Find out more below

<https://menopausesupport.co.uk/>

<https://www.menopauseandme.co.uk/en-gb>



A mammogram takes just 15 minutes. Take time to squeeze it in.



Anyone registered with a GP as a female
Will be invited for NHS breast screening
Every 3 years between the ages of 50 and 71.

You will automatically receive your invite for a
Mammogram between the ages of 50 and 53.

If you are a trans man, trans woman or are non-binary
You may be invited automatically, or you may need to
Talk to your GP surgery or call the local breast screening
Service to ask for an appointment.
You need to be registered with a GP surgery to be invited for
breast screening.

Mammograms are done by a specialist called a
mammographer. The mammographer will be female.
Mammograms usually only take a few minutes, and the
whole appointment should take around 30 minutes.

Breast Screening if you are trans or non-binary

You may be asked to wait in a waiting room when
you arrive. You can talk to the staff if you don't feel
comfortable waiting with other people.

Private changing areas are available, so you can
get undressed just before the mammogram.

If you wear a binder, you will need to remove this
before the mammogram.

If you have any worries or questions you can - Talk
to your local breast screening services, or contact
www.switchboard.lgbt



Things to help your breast screening appointment

You do not need to do anything special to prepare for a mammogram, but there are things that may help



DO'S

- Wear skirt or trousers, rather than a dress to make it easier to get naked to the waist
- Remove necklaces and nipple piercings before you arrive for your appointment
- Tell them if you have found some screening uncomfortable in the past
- Talk to staff if you are nervous or embarrassed, they are trained to help you feel more comfortable and provide support
- Ask staff not to use any phrases or words that make you feel uncomfortable or nervous
- Tell staff your pronouns if you would like.



DON'TS

- Do not use talcum powder or spray deodorant on the day as this may affect the mammogram - roll-on deodorant is ok.



Testicular Cancer

Cancer of the testicles is one of the less common cancers and tends to mostly affect men between 15 and 49 years of age.

Typical symptoms include

A painless swelling or lump in 1 of the testicles, or any shape or texture of the testicles. It's important to be aware of what feels normal for you. Get to know your body and see a GP if you notice any changes.

How should you check for testicular cancer?

From puberty onwards, it is important to check for any changes in the testicles regularly. It is usually possible to cure testicular cancer. But it is easier to treat when it is diagnosed early.

Checking for testicular cancer is sometimes called testicular self-examination. Doing this regularly means you will soon get to know what feels normal for you. A normal testicle should feel smooth and firm, but not hard.

It can be easier to check the testicles during, or right after, a warm bath or shower when the scrotal skin is relaxed. Hold the scrotum in the palm of your hand. Use your fingers and thumb to examine each testicle. You should feel for:

- lumps or swellings
- anything unusual
- differences between the testicles.

It is normal for the testicles to be slightly different in size. It is also normal for one to hang lower than the other.

If you are a trans woman and have testicles, you may feel uncomfortable or upset about checking this part of the body. Talking to a healthcare professional about your body may also be especially difficult and complicated.

Try not to let this stop you checking regularly. It is important to get any changes checked. If you are not able to talk to your GP or local sexual health clinic, you can also contact a:

gender identity clinic, if you attend one

sexual health and well-being service that is trans and non-binary friendly. (you can check on the following webpage where your nearest clinic is located <https://www.gires.org.uk/tranzwiki/>)



Find out more here

<https://www.cancerresearchuk.org/about-cancer/testicular-cancer>

<https://www.macmillan.org.uk/cancer-information-and-support/testicular-cancer/how-to-check>

Prostate Cancer

Prostate cancer is cancer that starts in the prostate gland. The prostate gland is found at the base of the bladder and is about the size of a walnut. It is the most common cancer in men in the UK. Some trans women and non-binary people (who are born male) can also get prostate cancer.



PROSTATE
CANCER UK

1 in 8
men

will get Prostate cancer. If you are over 50, you're Black, or you're dad or Brother had it, you're at even higher risk.

Prostate cancer is not always life-threatening. But when it is, the earlier you can catch it the more likely it is to be cured.

Find out more here

<https://prostatecanceruk.org/>

<https://www.nhs.uk/conditions/prostate-cancer/>



Break the chains of addiction

Addiction is a common problem - but help is available.

Addiction is defined as not having control over doing, taking or using something to the point where it could be harmful to you.

Addiction - is most associated with gambling, drugs alcohol and smoking, but it's possible to be addicted to just about anything.

Work - Some people are obsessed with their work to the extent that they become physically exhausted. If your relationship, family and social life are affected and you never take holidays, you may be addicted to work.

Internet - as computer and mobile phone use has increased, so too have computer and internet addictions, people may spend hours each day and night surfing the internet or gaming while neglecting other aspects of their lives.

Solvents - volatile substance abuse is when you inhale substances such as glue, aerosols, petrol or lighter fuel to give you a feeling of intoxication

Shopping - shopping becomes an addiction when you buy things you don't need or want to achieve a buzz, this is quickly followed by feelings of guilt, shame or despair.



Help and support is available

<https://www.nhs.uk/live-well/addiction-support/>

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/drug-and-alcohol-addiction-useful-contacts/>

Don't get Scammed

Scams have been on the rise in recent years - our research shows 41 million people received a suspicious phone call or text message this summer.

Fortunately, there are actions you can take to protect yourself from the scammers.

Find out more below

<https://www.ofcom.org.uk/news-centre/2022/top-tips-to-stay-safe-from-scammers>

Scam emails and Texts

Fraudsters can send messages to try and steal your personal and banking data

Learn more using the link below from Lloyds bank

[Scam Messages | Protecting yourself from fraud | Lloyds Bank](#)

Protect yourself from Fraud

1. Always remember: if something seems too good to be true, it probably is.
2. Keep your personal information safe. Never give anyone your bank PIN or National Insurance number and shred or tear up any letters that include your personal details – don't just throw them in the bin.
3. Keep safe online. Change your passwords regularly and make them as complex as you can remember. Install the latest anti-virus protection on all your devices.
4. Be suspicious of 'cold callers' – anyone trying to sell you goods or services on your doorstep or over the phone where you haven't asked them to make contact. If you have any concerns, tell them politely but firmly that you are not interested, and close the door or put the telephone down. Never get drawn into extended conversation, as fraudsters will use that ploy to try to persuade you to buy goods, often against your better judgement.
5. If you fall victim to fraud, reporting the incident to Action Fraud will help police catch the criminals. Visit [actionfraud.police.uk](https://www.actionfraud.police.uk) or call 0300 123 2040 to log your case.

41 million people



received suspicious phone calls/texts this Summer

Hello. We detected fraudulent activity on your Apple iCloud account. To reset password: www.123applesupport/1234ds.com



Financial support and help

How to survive financial stress

Stay active – keep seeing your friends, keep your CV up to date and try to keep paying your bills. Try and do some form of exercise – physical activity can help improve your mood if you are feeling low.



Get Advice – If your going into debt, get help on how to prioritise your debts. When people feel anxious, they sometimes avoid talking to others. Some people can lose their confidence in driving or traveling. If this starts to happen, facing these situations will generally make them easier.



Do not drink too much alcohol – For some people with money worries, alcohol can become a problem. You may drink more than usual as a way of dealing with your emotions. Alcohol will not help you deal with your problems and could add to your stress.



Do not give up your daily routine – Get up at your normal time and stick to your usual routine. If you lose your routine, it can affect your eating, you may stop cooking, or miss breakfast because you're still in bed or eat snacks instead of having proper meals.



Help and support is available

<https://www.moneyhelper.org.uk/en>

<https://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/>

<https://www.ageuk.org.uk/information-advice/money-legal/>



Food Banks

Food banks are community organisations that can help if you can't afford the food you need. You'll usually need to get a referral to a food bank before you can use it. This includes all food banks run by the Trussell Trust. You can get a referral for yourself and any family members you live with - including your partner. You might be able to use some food banks without a referral - for example, if it's run by a church.

Getting a referral

You can ask citizens advice for a referral to a food bank. They'll usually make an appointment for you to discuss your situation with an adviser first. The adviser will ask you some questions to check if you're eligible for the food bank. If you're eligible, they'll give you a voucher for your nearest food bank. They can also check if you should be getting any benefits you're not currently claiming and tell you about other local help you could get. The adviser can give you advice about budgeting and any debts you have.

If you can't go to Citizens Advice

You can ask for a referral from another organisation - for example, your GP, housing association or social worker. Your local council might be able to tell you how to get a referral to a food bank. You can find your local council's contact details on GOV.UK. When you contact your local council, ask if they can also help you with other essential costs like clothes and petrol. They might give you help from their 'household support fund' or 'welfare assistance scheme'.

Going to a food bank

When an organisation refers you to a food bank, they'll give you a voucher and tell you where the food bank is. Check if the voucher is only valid on a specific day - you can ask the person who refers you. If the food bank is run by the Trussell Trust, you can check the address on the Trussell Trust website. The food bank will give you a food parcel. Your parcel will usually contain enough food for 3 days. The food bank might also be able to give you essential toiletries, like toothpaste or deodorant. When you visit the food bank, let them know if you have any allergies or dietary requirements - they should be able to help you. The food bank might be able to deliver your food parcel if: you live in a rural area and can't afford to travel or if you're sick or disabled and can't travel.

Get help with the cost of living!
If you're over 18, you can use the
Turn2us benefits calculator to
check which benefits you can get.
You can also check what other help
you can get with the cost of living



Read more here

<https://www.citizensadvice.org.uk/debt-and-money/using-a-food-bank/#:~:text=You%20can%20ask%20Citizens%20Advice,for%20your%20nearest%20food%20bank.>

<https://www.trusselltrust.org/>

Useful Resources

The below link takes you to the police page, where you can input your postcode and find out what's going on in your area

<https://www.police.uk/pu/your-area/>



Links and helplines

<https://www.relate.org.uk/get-help/gaslighting>

The National Domestic Abuse helpline: www.nationaldahelpline.org.uk; 08082000247 (open 24 hrs/day, every day)

Men's Advice Line : www.mensadvice.org.uk; 0808 8010327 : Monday - Friday 10am - 8pm

Galop : National LGBT+ Domestic Abuse helpline : 0800 999 5428 : Monday - Friday 10am - 5pm.

actionfraud.police.uk or call 0300 123 2040

<https://www.ofcom.org.uk/news-centre/2022/top-tips-to-stay-safe-from-scammers>

Scam Messages | Protecting yourself from fraud | Lloyds Bank

<https://rapecrisis.org.uk/get-help/want-to-talk/>

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>

<https://www.childline.org.uk/>

<https://www.victimsupport.org.uk/>

<https://www.stophateuk.org/>

<https://www.womensaid.org.uk/information-support/>

<https://refuge.org.uk/>

<https://mensadvice.org.uk/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/lgbtqia-mental-health/useful-contacts/>

Resource/Further reading

Coercive control

Source: NSPCC Learning

Date: 03 August 2023

NSPCC Learning has published a Helplines insight briefing on coercive control highlighting its impact on the safety, behaviour, and wellbeing of children. The briefing collates data from contacts to the NSPCC Helpline and Childline in 2022/23. Findings from 01 April 2022 to 31 March 2023 show 4,412 NSPCC Helpline contacts from adults and 1,096 Childline counselling sessions with children and young people whose main concerns were domestic abuse. Contacts included experiences of: threats and coercion; continual emotional mistreatment; and economic and financial abuse.

Read the insight briefing: [The impact of coercive control on children and young people](#)
Read the news story: [1,400 contacts to our Helpline last year were about coercive and controlling behaviour towards children](#)

See also on NSPCC Learning
> [Protecting children from domestic abuse](#)

Children in custody

Source: IMBs

Date: 01 August 2023

The National Chair of the Independent Monitoring Boards (IMBs) has written a letter to the Prisons Minister calling for improved conditions for children in young offender institutions (YOIs) in England. The letter outlines issues across YOIs including shortfalls in care and support.

Read the news story: [Urgent action needed to improve poor conditions endemic in young offender institutions](#)

Domestic abuse

Source: NSPCC Learning

Date: 07 August 2023

NSPCC Learning has published a podcast episode on domestic abuse and how support in the workplace can help keep children safe. The episode features experts from the NSPCC Helpline and looks at what professionals can do to support and safeguard colleagues who experience domestic abuse.

Listen to the podcast: [Podcast: Domestic abuse support in the workplace](#)

Visit the YouTube: [Domestic abuse support in the workplace](#)

Care experienced children

Source: Children's Commissioner

Date: 26 July 2023

The Children's Commissioner for England has launched a survey focusing on whether care experience should become a protected characteristic. The Commissioner is seeking views from: children in care; care experienced people; and professionals who work with care leavers. Findings from the survey will be shared with the Government.

Visit the survey page: [Your views on care experience as a protected characteristic](#)
Read the news story: [Tell me what you think about whether 'care experience' should be given protection in law](#)

See also on NSPCC Learning
> [Looked after children](#)