

RAISING THE PROFILE OF SAFEGUARDING AND PROMOTING GOOD PRACTICE

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Chair's Introduction

Hi Everyone

National Safeguarding Week (20th – 24th November 2023) is nearly upon us. When I was looking at the themes for each day, Wednesday's topic caught my eye – "Who carers for the carers? – Secondary and Vicarious Trauma". Thursday is about adopting a Trauma Informed Approach to safeguarding adults. At first, I thought they have got those the wrong way round, but on reflection they have it exactly right. We need to think about supporting and protecting our staff before embarking on developing or extending our trauma informed approaches.

Over recent years there has been a lot of work done in support of organisations taking a trauma informed approach to their work. Some providers have been able to invest in clinically based models, such as Clinical Analytical Therapy which enables a team-based approach to working with individuals who have experienced trauma. It also includes individual and group clinical supervision. This is great and I've seen it work effectively in action – but not all organisations are able to roll this out to their staff for a variety of reasons – a key one of which, is the investment of money, time and management resource that is required for it to work effectively.

People don't have to be working in clinical or similar settings to experience vicarious trauma. Neither – in my experience, is it restricted to front-line staff. A senior case worker or team leader, for example, may well supervise six or more colleagues and even though they are not face to face with the individual, the details of trauma and the impact on their supervisee can take its toll on them too. Some of the signs of

vicarious trauma can be reminiscent of burnout, but although the two things are interconnected, I believe they are separate. Staff may experience anger or sadness about people's situations and become emotionally involved, experience bystander guilt or self-doubt, or experience a loss of hope (which can develop into cynicism that can poison teams as well as individuals).

If we are working with people who have experienced trauma – however recently or long ago, we need to ensure that there are effective policies and mechanisms to support ourselves and our staff. When I decided on this topic for the introduction, I challenged myself to review our own staff wellbeing policy and to look at what arrangements are in place to support staff – to try to prevent vicarious trauma and to enable staff to take care of themselves and each other. I was disappointed in some ways to find that it's patchy and that commissioned clinical, or practice supervision is currently mainly being delivered in services that are categorised as "high needs" such as Domestic Abuse, Harm Minimisation and Mental health – so clearly, we need to do more.

My organisation's aim is to create a safe working environment for all our staff and to ensure that people feel properly supported and able to disclose any issues. We aim to identify any worker who may be vulnerable and make sure that they get the help that they need. Only by properly monitoring and assessing the risk of vicarious trauma do we know what tools we might use to do that. Are we educating staff on how to identify signs of vicarious trauma – whether that's for themselves or for others and are we running targeted interventions, that can prevent the impacts of vicarious trauma?

The answers to some of those questions are "no" or "not enough", so my early pledge from National Safeguarding Week for this year is to explore this topic – firstly within the leadership team and then at our quarterly manager's meeting. From here, I hope we can develop an organisational conversation resulting in a clear policy around secondary and vicarious trauma, as a suitable framework for preventing or limiting its effects.

I think this might make an interesting topic for a future meeting of the Partnership Forum – if anyone would like to share their organisation's experience of addressing vicarious trauma, please get in touch.

Mark Weights, Chair

National Safeguarding Week 2023

Halton Safeguarding Adults Board supports National Safeguarding Week on an annual basis. The campaign came about through national collaboration with the Ann Craft Trust and the Safeguarding Adults Board Managers Network. Locally, HSAB collaborates with statutory, private sector and voluntary sector services to help raise awareness of National Safeguarding Week across Halton.

The theme for this year's campaign is: **Safeguarding Yourself and Others**

Day	Theme	Overview by Ann Craft Trust
Monday	What's my role in Safeguarding Adults?	<p>We want to encourage individuals and organisations from a diverse range of sectors to come together and consider "What's my role in safeguarding adults?"</p> <p>Safeguarding adults is relevant and important in all sectors.</p> <p>Safeguarding is the responsibility of all staff, volunteers and individuals within an organisation or the wider community.</p>
Tuesday	Let's Start Talking – Taking the lead on safeguarding in your organisation	<p>Creating a safer organisational culture is vital in promoting the wellbeing of staff, volunteers and the people they support. It is important that organisations create environments where everyone is confident their concerns are welcomed, listened to and addressed appropriately.</p> <p>Organisations should encourage continuous learning and reflection and lead with positive actions and values to ensure people have the confidence to challenge and instigate change.</p> <p>On this day we want to encourage people to reflect on the culture in their organisation. What is working well in terms of promoting the wellbeing of people within the organisation? Or what could be improved?</p>
Wednesday	Who cares for the carers? Secondary and Vicarious Trauma	<p>Anyone who supports or engages empathetically with people that may have experienced trauma as part of their day-to-day role can experience vicarious trauma as a result. The British Medical Association explains that vicarious trauma can involve being preoccupied with thoughts about those you support outside of work, feeling angry or sad about the situation of people you support, struggling to maintain professional boundaries or trying to avoid listening to people's experience of trauma.</p> <p>On this day we want to raise awareness of vicarious trauma and provide tools and effective</p>

		strategies that enable staff and volunteers to promote their own wellbeing when safeguarding others
Thursday	Adopting a Trauma Informed approach to Safeguarding Adults	<p>Trauma-informed practice encourages practitioners that may be supporting people within their role, to consider how trauma exposure can impact on individual's ability to function and achieve mental, physical, social, emotional, or spiritual wellbeing. Trauma-informed practice encourages us to think about what we need to know to be able to respond to people affected by trauma, understanding the person and what is important to them.</p> <p>This day will aim to provide information about what trauma informed practice is and why it is important. We will encourage organisations to think about how a trauma-informed approach could be beneficial for staff, volunteers and the people they are supporting. We will also provide practical tools to support organisations and practitioners to adopt a trauma-informed approach.</p>
Friday	Listen, Learn, Lead – Co-production with Experts by Experience	<p>Co-production is usually where service providers and users work together to reach a collective outcome. The idea behind co-production is that those who are affected or use a service, are best placed to help design it.</p> <p>On this day, we want to continue conversations about what it means to be involved in co-production and facilitate discussions about good practice. Implementing co-production can be challenging and complex. We want to encourage people to share their experiences of being involved in co-production and reflect on what has worked well and what could be improved in the future.</p>

To support National Safeguarding Week across Halton, a programme of events has been organised, please see below. There will also be a daily social media campaign via all Halton Borough Council social media platforms and the Mersey Gateway Bridge will be lit in the colours of HSAB on Sunday 19th November, to mark the start of National Safeguarding Week.

National Safeguarding Week Programme of Events

Date	Time	Event	Presenter	Venue/Meeting Link
Monday 20 th November	10am – 2pm	Safeguarding Awareness Pop Up Event	HSAB Partner Agencies	Widnes Market
Tuesday 21 st November	12pm – 1pm	Mindfulness session for adult social care staff	Steph Grace & Hayley Conchie – HBC	Committee Room 1 Runcorn Town Hall
Wednesday 22 nd November	10am – 11am	Gambling and it's impact on others	Hitesh Patel – Citizens Advice Bureau	MS Teams session Click here to join the meeting
Thursday 23 rd November	1pm – 3pm	Lads Like Us streamed session via Bridgewater Trust	Lads Like Us session	Please book your free place in advance via this link https://buytickets.at/bridgewatercommunityhealthcarehnsfoundationtrust/1048597 You will then receive the meeting link in your ticket
Thursday 23 rd November	3pm – 4pm	Trauma Informed Practice Lunch & Learn Event	Hanna Roslund – Merseycare	MS Teams session Click here to join the meeting
Friday 24 th November	12pm – 1pm	Making Safeguarding Personal Lunch & Learn Event	Steve Westhead - HBC	MS Teams session Click here to join the meeting
All Week	Halton Hospital Radio will broadcast a safeguarding segment recorded by the Integrated Adult Safeguarding Unit			

Please click the links on the table above to join the meetings on the day.

Age UK: Prevention is better than cure



Prevention is better than cure ...

At Age UK Mid Mersey, we know that prevention is better than cure. We also know that our hardships are often hidden, whether it be a disability, poor mental health, financial stresses or loneliness.

We don't want people to struggle with these pressures alone, and we don't want them to escalate to where it becomes harmful to themselves and/or others.

Every registered client of ours is asked the same set of questions such as: are you a carer for anyone? Do you live alone? Would you consider yourself to be lonely? Granted, this can seem a bit full-on when dealing with a simple yes or no query. But often people don't talk about their problems unless asked, especially vulnerable people.

It's always better to ask than to assume ...

Often people come to us with one issue, but after asking these questions, we identify a whole range of aspects that could be improved.

We're a low-level intervention organisation; we don't deal with any major safeguarding issues, but often we refer clients to the right people.

Our service offering - Living Well - is holistic and person-centred; we work with the individual to identify their needs and tailor our service to them.

We offer our service to anyone aged 50+ living in Knowsley, St Helens, Warrington or Halton. We want to help people to live well so that they can enjoy a good quality of life and to prevent deterioration.

You can get in touch with us on: **0300 003 1992**

Alternatively, you can head to our website to refer yourself, someone else or to submit a general enquiry.

<https://www.ageuk.org.uk/midmersey/about-us/contact-us/>

Facebook - Age UK Mid Mersey

Twitter - @AgeUKMidMersey

LinkedIn - Age UK Mid Mersey

Instagram - ageukmidmersey

TikTok - ageukmidmersey

Upcoming Safeguarding Dates, Events, and Training

20th – 24th November 2023 – National Safeguarding Week
Throughout November – [Dancing for Dignity](#)

SAB Training 2023 / 24

The HSAB Training Programme for 2023 / 24 has now been distributed and can be found at the below link:

<https://adult.haltonsafeguarding.co.uk/wp-content/uploads/2022/05/HSAB-training-programme.pdf>

This is **free** safeguarding training. What is available over the next few months is listed below and can be accessed via the Eventbrite link below:



Safeguarding Adults: Awareness and Responsibilities:

Monday 24th January 2024, 9.30am-12.30pm
Thursday 7th March 2024, 5.00pm-8.00pm

Grangeway Youth and Community Centre, Runcorn



Financial Abuse:

Tuesday 27th February 2024, 9.30am-12.30pm

Grangeway Youth and Community Centre, Runcorn



Provider-led Concerns and Enquiries – Local Policy and Procedure:

Thursday 16th November 2023 9.30am – 12.30pm
Tuesday 20th February 2024 1.30pm – 4.30pm

Grangeway Youth & Community Centre • Runcorn



Self-Neglect Awareness:

Tuesday 14th November 2023 5pm – 8pm
Tuesday 23rd January 2024 9.30am – 12.30pm

Grangeway Youth & Community Centre • Runcorn



Mental Capacity Act – Working with Capacity:

Tuesday 12th March 2024 9.30am – 12.30pm

Grangeway Youth & Community Centre • Runcorn

Bookings can be made through:

<http://haltonsafeguardingadultsboard.eventbrite.com/>