July 2025 Safeguarding Bulletin

##### Content

Wanted – your team needs you!

Debt bondage…what is this?

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Turning self-neglect into self-care Local risks in your area

**Warning**

**For some people, the information within this bulletin maybe difficult to read and may result in emotions, memories or experiences which are hard to manage.**

**If at any point, for any reason, you find reading this difficult, please do speak to someone you trust. That maybe your tutor, your manager, or a member of the safeguarding team.**

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We’re setting up 2 groups (a learner group and an employee group) to help shape a more

Inclusive environment for everyone and we’d love for you to be part of it!

We especially encourage those who identify with protected characteristics

to get involved (that’s everyone!)

**Your voice matters — and together, we can make a real difference.**

### Everyone is welcome!

Email: Allisoncollis@woodspeentraining.co.uk for more details



# Debt Bondage

Following on from our County Lines focus last month, please take a moment to watch this video -

[https://link.edgepilot.com/s/3471517f/C78zTpM\_60ipeHYQi0KarQ?u=https://youtu.b](https://link.edgepilot.com/s/3471517f/C78zTpM_60ipeHYQi0KarQ?u=https%3A//youtu.be/hltqhdxr714%3Fsi%3D97BAx4zOWs7534DZ) [e/hltqhdxr714?si=97BAx4zOWs7534DZ](https://link.edgepilot.com/s/3471517f/C78zTpM_60ipeHYQi0KarQ?u=https%3A//youtu.be/hltqhdxr714%3Fsi%3D97BAx4zOWs7534DZ)

# Allergy Season

Top Tips

As summer approaches and the outdoors becomes more inviting, it’s important to stay aware of seasonal allergies and their impact on our wellbeing. Whether it’s hay fever, food allergies, or insect stings, being allergy-aware helps keep everyone safe

* especially those with severe or life-threatening reactions.

**Common Seasonal Allergies**

**Hay Fever** (Allergic Rhinitis) is triggered by pollen from grass, trees, and weeds. Symptoms can include:

* + Sneezing, runny or blocked nose
	+ Itchy, watery eyes
	+ Fatigue or headaches Tips to Stay Hay Fever-Free:
	+ Check pollen forecasts and try to stay indoors when counts are high.
	+ Shower and change clothes after being outdoors to remove pollen.
	+ Keep windows closed during high pollen times (early morning/evening).
	+ Use antihistamines or nasal sprays as recommended by your GP or pharmacist.
	+ Wear sunglasses to protect your eyes from pollen.
	+ Eye drops can help ease eye issues and are available from pharmacies

Insect Stings and Bites

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For most, insect stings (like bees or wasps) are a painful nuisance. But for some, they can cause anaphylaxis, a life-threatening allergic reaction.

Top Tips:

* + Avoid bright colours and strong scents when outdoors.
	+ Keep food and drinks covered when eating outside.
	+ Carry an adrenaline auto-injector (e.g., EpiPen) if prescribed – and make sure others know how to use it.
	+ Know the signs of an allergic reaction: swelling, hives, difficulty breathing, dizziness – and call 999 if these occur.

Food Allergies

While not seasonal, cross-contact during outdoor picnics, BBQs or trips can be more common in summer.

Keep Everyone Safe:

Always ask about allergies before sharing food.

Label foods clearly during events or social gatherings.

Make sure those with food allergies know where to access emergency medication.

Avoid using the same utensils for different dishes, especially when dealing with allergens like nuts, dairy, or shellfish.

**General Tips for Allergy Awareness**

* + Have a plan: Make sure workplaces, education settings, and trips have allergy emergency plans in place.
	+ Keep environments clean: Dust and mould can worsen symptoms.
	+ Know your learners and colleagues: Be aware of who has allergies and what their care plans involve.

**Safeguarding Reminder**

Allergies can affect attendance, concentration, and wellbeing. For those with severe allergies, daily life can feel frightening or isolating. Make time to:

* **Check in with individuals and listen to their experiences.**
* **Offer reasonable adjustments where needed**
* **Report any concerns about unmanaged health needs to your safeguarding team.**



#### Understanding Grief and Bereavement – Supporting Ourselves and Others

Grief is a natural and deeply personal response to loss, and it can take many forms depending on the individual and the nature of their relationship with what—or who— has been lost. As part of our safeguarding commitment, it’s vital that we recognise the signs of grief and understand how to support those who may be experiencing bereavement, whether it's due to the death of a loved one, friend, or even a beloved pet.

What Is Grief?

Grief is the emotional suffering we feel when someone or something we love is taken away. It can affect us physically, emotionally, mentally, and socially. While death is the most recognised cause, grief can also stem from the loss of a job, a relationship, or a significant change in life circumstances.

Importantly, the death of a pet can be just as devastating. For many, pets are family, companions, and sources of comfort. Pet bereavement can cause intense feelings of sadness and loneliness and should never be dismissed or minimised.

The Stages of Grief

Although everyone experiences grief differently, many go through common stages— first described by Elisabeth Kübler-Ross—that can help us understand the process:

1. Denial – Struggling to accept the reality of the loss.
2. Anger – Frustration and helplessness may be directed at oneself, others, or the situation.
3. Bargaining – “What if” thoughts and attempts to make sense of the loss.
4. Depression – Deep sadness, fatigue, and withdrawal.
5. Acceptance – Learning to live with the loss while still remembering and honouring what has been lost.

These stages aren’t linear—someone may go back and forth between them, or skip

stages altogether. There is no “right” way to grieve.

Supporting Ourselves and Others

Grief can affect concentration, attendance, behaviour, and emotional well-being. In safeguarding contexts, we must be vigilant to changes that may signal a student or colleague is struggling with bereavement, especially if they don't openly talk about it. **Here’s how we can help:**

* + Listen without judgement – Simply being present and offering a safe space to talk can make a big difference.
	+ Avoid clichés – Phrases like "They're in a better place" or "At least they lived a long life" can feel dismissive. It's okay to say, "I'm so sorry you're going through this."
	+ Be patient – Grief doesn't have a time limit.
	+ Check in regularly – Don't assume someone is fine after a few weeks. Ongoing support is key.
	+ Acknowledge pet loss – Validate the grief and offer the same compassion as you would for human loss.

Support Networks and Resources

There are many professional and peer-led organisations that can support people through grief, including:

* + Cruse Bereavement Support – [https://www.cruse.org.uk](https://www.cruse.org.uk/)

Offers free support, resources, and helplines for anyone grieving.

* + Child Bereavement UK – [https://www.childbereavementuk.org](https://www.childbereavementuk.org/) Supports children and families when a child dies or is bereaved.
	+ Blue Cross Pet Bereavement Support – https://[www.bluecross.org.uk/pet-](http://www.bluecross.org.uk/pet-) bereavement-support

Offers free, confidential pet bereavement counselling.

* + Samaritans – [116 123 | https://www.samaritans.org](https://www.samaritans.org/)

A 24/7 helpline for anyone struggling emotionally, including through grief.

* + Mind – [https://www.mind.org.uk](https://www.mind.org.uk/)

Offers mental health support and information for those affected by loss.

Final Thoughts

Grief is a part of life, but no one should have to navigate it alone. Whether someone has lost a grandparent, friend, or pet, their pain is real and deserving of care. As safeguarding professionals, colleagues, and friends, our role is to provide compassion, patience, and connection—sometimes, that’s the most powerful support of all.

### Malala Day

###### Celebrating Courage, Education, and Change - *July 12th*

Malala Day, observed on July 12th each year, honours the extraordinary courage and advocacy of Malala Yousafzai, a Pakistani education activist and the youngest-ever Nobel Peace Prize laureate. This date marks her birthday and serves as a global reminder of the importance of education for all—especially girls and young women around the world.

At just 15 years old, Malala survived a targeted attack by the Taliban for speaking out about girls' right to attend school.

Rather than being silenced, she used her voice to ignite a worldwide movement for education equality. Her bravery inspired millions and challenged the global community to stand up for children's rights.

Malala has since co-founded the Malala Fund, which works in countries where girls face significant barriers to education. The Fund champions local activists, invests in educational initiatives, and calls on world leaders to take action.

Why Malala Day Matters

Malala Day is not just about one girl's story—it’s a day to reflect on how education can empower, transform, and liberate. It reminds us that millions of children, particularly girls, are still denied access to schooling due to poverty, conflict, discrimination, or cultural norms.

How We Can Honour Malala’s Legacy

* + Talk to children and young people about the value of education.
	+ Encourage reading and curiosity about global issues.
	+ Support organisations that promote girls’ education.
	+ Share Malala’s story to inspire others to speak up and act.

As Malala once said,

***“One child, one teacher, one book, and one pen can change the world.”***

**Suicide Awareness – Silence, Saving Lives**

**Breaking the**

Suicide is a tragic and complex issue that touches the lives of many, yet it is often shrouded in silence and stigma. We all have a part to play in recognising signs, offering support, and encouraging open, non-judgemental conversations around mental health and suicidal thoughts.

It's important to use sensitive and non-stigmatising language when talking about suicide. The phrase **"committed suicide"** can be harmful, as it carries connotations of criminality or moral wrongdoing, rooted in a time when suicide was considered a crime. Instead, we should use phrases like **"died by suicide"** or **"took their own life"**, which are more compassionate and help promote open, respectful conversations around mental health and loss.

###### According to the data from the Office for National Statistics (ONS):

* + The suicide rate in England is 10.6 deaths per 100,000 people.
	+ Three-quarters (74%) of those who died by suicide were men, with the highest rates among those aged 45–54.
	+ Suicide is also a leading cause of death among young people aged 15–24, especially males.
	+ Rates of suicide are higher in deprived areas, and LGBTQ+ individuals, those with a history of trauma, and people experiencing mental ill health are at greater risk.

##### Signs Someone Might Be Struggling

Recognising warning signs can save lives. Look out for:

Talking or writing about death, hopelessness, or feeling like a burden Withdrawing from others or isolating themselves

Drastic mood changes, especially calmness after a period of distress Increased substance uses or reckless behaviour

Saying goodbye or giving away possessions

Some individuals may not show obvious signs, which is why it’s vital to foster

environments where people feel safe talking about their emotions.





###### A hand holding a yellow ribbon  AI-generated content may be incorrect.How to Help

**Start a conversation** – Gently ask how someone is feeling. It's okay to ask directly, “Are you thinking about suicide?”—this shows care and can reduce risk.

**Listen without judgement** – Let them talk. Don’t try to fix or dismiss their feelings.

**Stay with them if they’re in immediate danger** – Encourage them to seek help and don’t leave them alone if they are at risk.

**Know where to go** – Help them access professional support (see below).

## Support and Resources

There are many organisations offering support to those experiencing suicidal thoughts, or who are worried about someone else:

* Samaritans – Call 116 123 (free, 24/7) | [www.samaritans.org](https://www.samaritans.org/)

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* + - Papyrus (HOPELINE247) – For people under 35 or those concerned about a young person | Call 0800 068 4141 or text 07860 039967

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* + - * SHOUT – 24/7 text support: Text SHOUT to 85258

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* CALM (Campaign Against Living Miserably) – For men |
	+ [www.thecalmzone.net](http://www.thecalmzone.net/) | Call 0800 58 58 58

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* NHS – Call 111 for urgent advice, or 999 in an emergency

#### A stack of rocks on a beach  AI-generated content may be incorrect.From Neglect to Nourishment The Power of Self-Care

In the busyness of everyday life, it's easy to put ourselves at the bottom of the priority list. We give our time, energy, and care to others—colleagues, family, friends, learners—but often forget to direct that same compassion inward. Over time, this can lead to emotional and physical neglect, where our own needs are pushed aside, and wellbeing quietly slips.

**But here’s the good news: self-care isn’t a luxury—it’s a necessity**. And it’s never too late to shift from neglect to nourishment. **As it’s the middle of the year, why not give yourself some time to reflect on how well you have looked after your wellbeing in the first half of 2025.**

##### Recognising Neglect in Ourselves

Neglect doesn’t always look dramatic. Sometimes it’s skipping meals, ignoring stress, saying “yes” when we’re already stretched, or never making time for rest. These small acts accumulate and send a quiet message to ourselves: *you don’t matter as much.*

The first step in change is noticing. Recognising patterns of neglect is not about guilt—it’s about awareness. From there, we can choose differently.

##### Reframing Self-Care

Self-care is not just bubble baths and spa days (though those can help!). It’s **setting boundaries, asking for help, getting enough sleep, eating well, moving your body, and making time for joy.** It’s also checking in with how we feel emotionally, and giving ourselves permission to slow down, switch off, or say no.

When we care for ourselves, we show up stronger, kinder, and more present—not just for others, but for ourselves too.

##### A close-up of a note  AI-generated content may be incorrect.Small Steps, Big Impact

* + Start with one habit: drink more water, take a ten-minute walk, or log off on time.
		- Speak kindly to yourself—notice your inner voice and soften it.
			* Celebrate progress, not perfection.

And remember, self-care isn't selfish—it's an act of survival, strength, and self-respect.

#### A Final Thought

Self-care isn’t about grand gestures—it’s about reclaiming your worth.

Because you matter. Your wellbeing matters. And every day is a fresh chance to take care of you.



## A speedometer with different colored squares  AI-generated content may be incorrect.Local risks and news

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#### You can be part of the solution… [Our Vision — The](https://www.resilienceinunity.com/our-vision)

****[**Resilience in Unity**](https://www.resilienceinunity.com/our-vision)[**Project**](https://www.resilienceinunity.com/our-vision)

If you suspect terrorism-related activity or extremist involvement, it's crucial to act responsibly. Here’s what you should do:

##### Immediate Danger

* If you believe an attack is imminent or there is an immediate threat, **call 999**

(or your local emergency number) immediately.

###### Suspicious Activity (Not Immediate Danger) Report to Prevent Lead (Allison Collis) 07741 743618

**Report to the Police**

* + In the UK, you can report online via **Action Counters Terrorism (ACT)** or call the anti-terrorist hotline at **0800 789 321**.

##### Anonymous Reporting

* You can report concerns anonymously via **Crimestoppers (0800 555 111)** if you are uncomfortable disclosing your identity.





#### August edition

**Life with a family member in prison Online safety -the rapid evolution of AI and fraud**

**Managing Anxiety – the power of ‘let them’’**

**Behind the blade: Understanding the rise in knife crime Body positivity- live your life without worrying what others think**

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