



NOV/DEC NEWSLETTER 2017



SAFEGUARDING: STAY SAFE AT XMAS

Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This month we are focussing on how to stay safe over the Christmas period

In this newsletter we will be covering everything from fires to Christmas parties—so you can have a safe and happy holiday!

Shocking Statistics

- 80,000 people need treatment in hospital for accidents that happen over Christmas
- 7,123 drivers were caught risking lives by driving over the limit during December
- People are 50% more likely to be in a house fire at Christmas than at any other time of the year

Fire Prevention

Christmas is a special time for celebration and should not end in tragedy because of the extra hazards that are present at this time of year.

Here are a few fire prevention tips;

- Do not use candles on a real Christmas tree
- Do not move candles when

they're burning. Extinguish candles before moving them. Also, don't let anything fall into the hot wax like match sticks.

- Do not overload plug sockets with extension leads to power your Christmas decorations. Use 1 socket per plug. Turn off all Fairy lights when you go out or go to bed.
- Enjoy your Christmas dinner but do not cook when you've had too much to drink—most fires start in the kitchen!

Christmas Parties

'Tis the season to be jolly, but that doesn't mean overly merry! The party season is officially here and most often we take the opportunity to revel in an excess of food and drink. We discussed the problems of drinking alcohol in excess in our previous newsletter but here are 5 more tips on how to party safely;

- Drink more water or soft drinks ideally between alcoholic drinks.
- Eat regularly, ideally before you start drinking.
- Reduce the strength of your drinks.
- Plan your night out, tell someone where you're going

and when you'll be back

- Never walk home alone!

Drink Driving

Did you know each year around 100,000 drivers lose their licence because they've been caught driving over the limit. Due to the Christmas parties the risk and drink driving is more common around this time.

To help you stay safe this Christmas, we've put together a few facts and tips:

- The legal blood alcohol concentration limit for driving in the UK is 80mg of alcohol for every 100ml of blood
- Drivers with as little as 20-50mg of alcohol in their blood are at least three times more likely to die in a crash than those with no alcohol in their blood
- Even if you've had a good sleep in between drinking the night before and driving to work the next morning, it doesn't necessarily mean that the alcohol will have left your system and you'll be safe to drive. Check out [NHS Choices](#) for more information on this.

WHERE TO GET HELP

Think!

Drink driving campaign
think.direct.gov.uk

Drinkaware

The Drinkaware Trust is an independent UK-wide alcohol education charity
www.drinkaware.co.uk

NHS—Healthy Christmas

Here you can find information on how to have a healthy Christmas
www.nhs.uk

ROSPA

The Royal Society for the Prevention of Accidents offers useful information on how to prevent accidents at Christmas time
www.rospea.com

Samaritans

Provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress, despair or suicide.

116 123

www.samaritans.org

Safeguarding Team

Contact Steadfast Training's Safeguarding team on **0845 223 2401** or email sonia.roberts@steadfasttraining.co.uk or ian.gow@steadfasttraining.co.uk

9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

Extremism is the holding of extreme political or religious views.

How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

Report possible terrorist activity online

If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on info@steadfasttraining.co.uk.