



SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

NOVEMBER DECEMBER 2023 • STAYING SAFE OVER THE HOLIDAYS



WHAT'S INSIDE?

In our latest issue we will be covering the topic of Mental Health at Christmas, fire safety tips, how to stay safe online, drinking tips and how to budget money over the Christmas period.

If you require further support please see the links on the last page of the document.

KEEPING MERRY THIS CHRISTMAS

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

At Christmas time the percentages of mental health illnesses that affect people rise much more than the rest of the year. Such as:

- Depression - affects 25% of people
- Loneliness - affects 25% of people
- Stress - affects 20% of people
- Anxiety - affects 30% of people

Some tips to take into consideration this Christmas to help your mental health are:

- 1- Take the pressure off the big day, plan ahead so you won't be stressed.
- 2- Practice plenty of self care, don't get in your own head too much.
- 3- Don't force yourself, if it is too much and you can't cope, don't push yourself to do something you don't want to do.
- 4- Remember you're not alone, you have people around that can and will help.
- 5- Talk it out, people around you will listen if you need them to.

IMPORTANT INFO

If you're concerned about a loved one or yourself please contact one of the helplines and support groups on page 3. Alternatively you can view the list of helplines on the [NHS website](#)





FIRE SAFETY TIPS AT CHRISTMAS TIME

- Never put candles near your Christmas tree or other materials that can catch light easily.
- Don't leave a cooker unattended.
- Avoid cooking when under the influence of alcohol as this can cause the start of fires.
- Decorations can burn easily, so don't attach them to lights or heaters.
- Take care around open fireplaces as clothes may catch fire.
- Check your Christmas tree lights carry the British safety standard sign.
- Make sure your family and visitors know how to escape in an emergency.

DRINKING TIPS TO STAY SAFE AT CHRISTMAS

As Christmas approaches, its hard to not get carried away with festivities and 'good cheer' and its easy to see how the units in drinks can add up if you actually look at all the parties and activities you do at this time. Larger amounts of alcohol can affect your health and wellbeing and also your safety especially in the kitchen where fires can be started very easily and quickly. So here are some tips that will help you make the most out of the Christmas period.

- Spread your drinking over 3 or more days to avoid binge drinking.
- Don't drink on an empty stomach, snacks and meals can help with the absorption of alcohol, helping you stay in control.
- Pace yourself by alternating between alcoholic drinks and soft drinks or water.
- Try downsizing your alcoholic drinks as it will help you to drink less.
- **NEVER** drink and drive!

TIPS ABOUT MONEY AND BUDGETING

It can be tough to cope with the financial pressures of Christmas. This can be especially difficult if you're already struggling with money. And for many of us, rises in the cost of living will have made things even harder. However, there are some tips that could help you with the Christmas period, such as:

- Access financial support
- Make lists, plan or budget your money
- Be open with others
- Look for local offers or events
- Look for free or low cost items online
- Try to avoid comparisons
- Be kind to yourself

HOW TO KEEP YOUNGER PEOPLE SAFE ONLINE AT CHRISTMAS

- Parents and carers can set up parental controls.
- Adults can talk to them about how to communicate safely online such as being careful with what they share, control what they see and monitor who are they talking to.
- Remind them how to report anything worrying and help them to identify a trusted adult to talk to if they need to.
- Plan education opportunities for the new year.

FURTHER SUPPORT & INFORMATION

Samaritans

If you need someone to talk to you can call Samaritans any time, from any phone for free on **116 123**

Local Mental Health Charities

You can use the Hub of Hope to search for mental health charities in your local area, or find one that can help with a specific problem.

It's run by Chasing the Stigma, a national mental health charity.

[Find local mental health charities using Hub of Hope](#)

Urgent Help in a Crisis

If you need help during a mental health crisis or emergency, NHS urgent mental health helplines provide:

- 24-hour advice and support for you, your child, your parent or someone you care for
- help to speak to a mental health professional
- an assessment to help decide on the best course of care

[Find a local NHS urgent mental health helpline](#)

9 PROTECTED CHARACTERISTICS

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

PREVENT DUTY

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

View our Prevent Leaflet

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.

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.

OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email safe-guarding@steadfasttraining.co.uk

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.

[Report a Safeguarding Issue](#)



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