



SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

APRIL MAY 2024 • MENOPAUSE AND MENSTRUAL HEALTH



WHAT'S INSIDE?

In our latest issue, we will be discussing menopause and menstrual health and how we can support those who are suffering from issues related to them.

If you require further assistance, please refer to the links given on the last page of the document.

INTRODUCTION

Welcome to our Safeguarding Newsletter dedicated to Menopause and Period Health. This edition focuses on supporting individuals experiencing menopause, understanding menstrual health, and addressing period poverty. We believe that knowledge is empowering, and by raising awareness and providing support, we can create a more inclusive and informed community.

SUPPORTING INDIVIDUALS EXPERIENCING MENOPAUSE

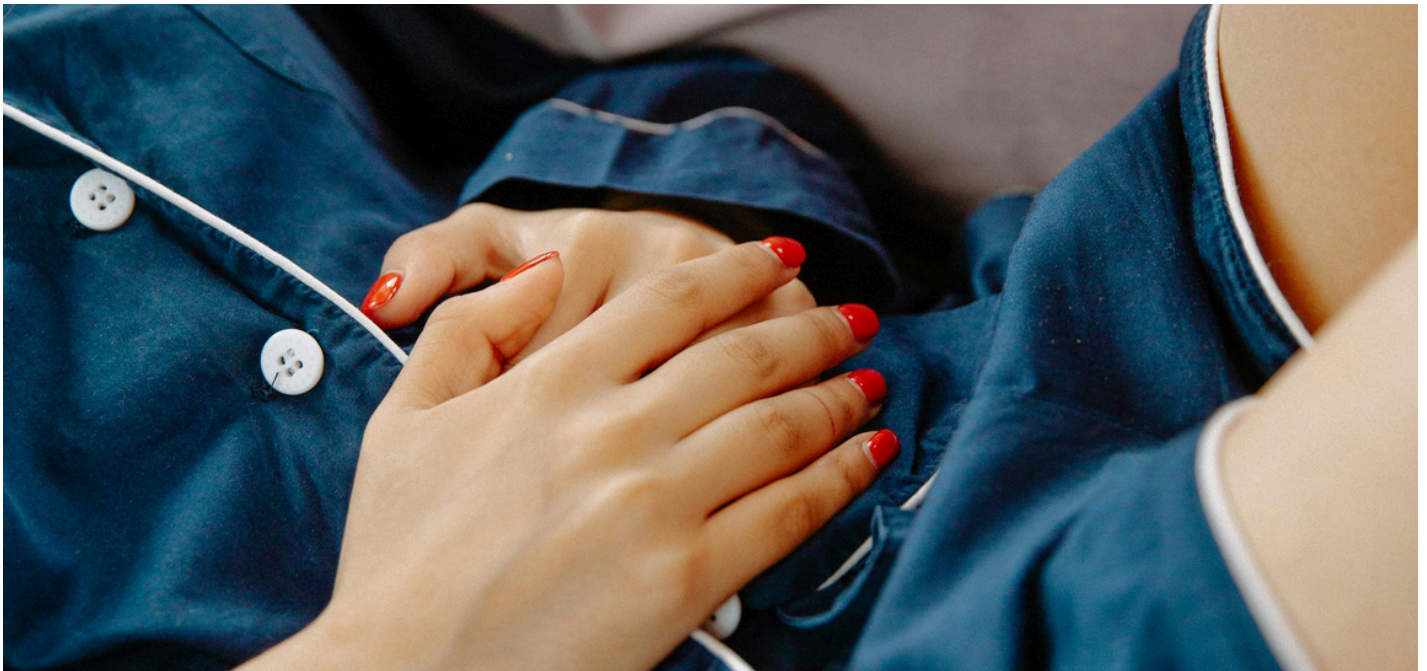
Menopause is a natural biological process that marks the end of menstruation and fertility in a person's life. However, it can also bring about various physical and emotional changes that may impact one's well-being. It's essential to support individuals going through this transition by creating a supportive environment where they feel comfortable discussing their experiences.



LOOKING FOR RESOURCES?

SEE PAGE 2





SUPPORTING INDIVIDUALS EXPERIENCING MENOPAUSE

Supporting individuals experiencing menopause can make a significant difference in their well-being and comfort. Here are some ways you can provide support as an individual:

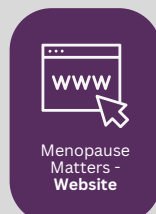
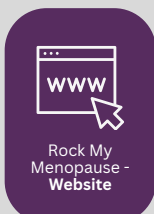
- **Listen and Be Empathetic:** Provide a supportive ear for them to share their experiences and feelings without judgment.
- **Educate Yourself:** Learn about menopause to better understand what they're going through.
- **Be Supportive:** Offer emotional support and encouragement during challenging moments.
- **Respect Boundaries:** Respect their boundaries and preferences, and ask how you can best support them.
- **Be Patient and Understanding:** Menopause is complex; be patient and understanding of their experiences.
- **Offer Solutions:** If appropriate, suggest practical solutions to help alleviate symptoms.
- **Normalise Conversations:** Help break taboos by openly discussing menopause in your community.

UNDERSTANDING MENSTRUAL HEALTH

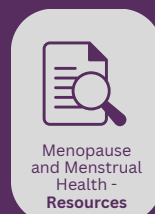
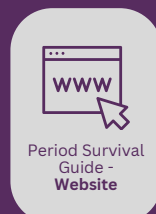
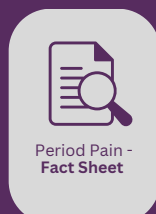
Menstrual health encompasses more than just the physical aspect of menstruation; it also includes emotional and social well-being related to menstrual cycles. Understanding menstrual health is essential for everyone, regardless of gender. Here are some steps you can take as an individual to increase your understanding:

- **Educate Yourself:** Take the time to learn about the menstrual cycle, including its phases, hormonal changes, and common menstrual disorders. There are many reliable resources available online, in books, and through educational organisations.
- **Engage in Open Conversations:** Foster open and honest conversations about menstruation with friends, family, and colleagues. By breaking the silence surrounding periods, you can help reduce stigma and promote understanding.
- **Challenge Myths and Taboos:** Challenge myths, misconceptions, and taboos surrounding menstruation whenever you encounter them. Correcting misinformation helps create a more supportive and informed community.

RESOURCES



RESOURCES



SEXUAL EXPLOITATION

If you suspect sexual exploitation please talk to the **designated safeguarding team**. If it is an emergency always contact **999**.

MODERN SLAVERY

If you suspect modern slavery or human trafficking please report it to the designated safeguarding. If there is immediate danger always call 999.

RADICALISATION

If you are worried that someone is being radicalised please contact the police on 999.

If you are concerned that someone is being radicalised in your workplace, and there is no immediate danger, please talk to the prevent lead.

COUNTY LINES

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

If you suspect someone is being exploited please talk to the **designated safeguarding team**

SCAMMING

If you think that you've been scammed, you should report the crime or incident to **Action Fraud**, not your local police service (unless it is an emergency). Action Fraud will initiate any necessary police investigation into your loss.

BLACKMAIL

If you suspect blackmail please talk to the **designated safeguarding team**. If it is an emergency always contact **999**.

FRAUD

If you think that you've already experienced fraud, you should report the crime or incident to **Action Fraud**, not your local police service (unless it is an emergency). Action Fraud will initiate any necessary police investigation into your loss.

MATE CRIME

If you think that someone is taking advantage of you or someone you know: speak to the designated safeguarding team or someone you trust, **do not** tell the person who is pretending to be your friend.

OUR SAFEGUARDING TEAM

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

Our Safeguarding Officers

Robert Wright - 07985338185
Alison Law - 07720092609
Chloe Robinson - 07985338116

[Report a Safeguarding Issue](#)



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.