

# Peak Accountancy Training

Safeguarding Newsletter | December 2022 | Issue 26



In this month's newsletter:

Article 1 – Keeping Safe this Festive Period

## Introduction

By delivering apprenticeships Peak has a responsibility to safeguard our apprentices and to promote the government's Prevent strategy. In every review your advisor will spend time discussing safeguarding and prevent topics. But at Peak we want to go further. Safeguarding and Prevent is not a box ticking exercise, we are giving you the tools to be able to respond should something happen. We want to provide real support and information, something that is relevant to our apprentices. That is why we try in each edition to focus on different topics that may affect you now, or in the future, or you may know people who are affected.

Sadly, just last weekend I found out that a good friend of ours had taken his own life. Completely out of the blue, something that knowing him you would not have ever imagined possible. Mental Health could affect any of us, the important thing is to talk, not to keep it hidden from view. There is an old phrase 'a problem shared is a problem halved'. Whilst some subjects and situations may also need professional support, talking to someone, whether a family member, a friend, a colleague, a manager, or a tutor can only help.

It has been, and still is in many respects, a difficult year, the backdrop of economic issues, the energy crisis, strikes, and on a more global scale the war in Ukraine to name just a few. We all need to ensure we take some time this Christmas to relax and enjoy. So, whatever you have planned or maybe if you are just going with the flow. Have a wonderful Christmas and I wish you all a Happy New Year. There is much to look forward to as far as your apprenticeships are concerned, learning new skills, completing qualifications, opening opportunities for the future.

**Take care of yourselves, take care of others, Merry Christmas.**

Link: <https://www.priorygroup.com/blog/40-of-men-wont-talk-to-anyone-about-their-mental-health>

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## Article 1 – Keeping safe this Festive Period

It is that time of year when we go out and celebrate, have office parties, and a bit more time to meet up with friends and family. Many of us will be exchanging gifts and going out for meals and parties. Some people may even be decorating their homes inside and out.



When decorating your home be aware of the size of some of your smaller decorations, especially if you have small children or small children visiting during the festive period. Put them out of reach of little hands or maybe not using them until the children are more grown up. No-one wants to risk a child choking. With lighting be careful not to overload your power sources, and make sure all extensions are properly fused. When decorating the outside of your home make sure any electricals are suitable for outside use.

If you are going to be socialising in a public space, be aware of your surroundings and try to stick with a group of people you know and trust. People will be more likely to take advantage of people who have been drinking which could lead to drink spiking, or an excuse for sexual behaviour that would not normally be tolerated. Never leave your drinks unattended. Look after each other and that way you will be safer. If you do feel unsafe in a public space like a club or bar you can go to the bar and ask for “Angela” or an “Angel Shot.” These are code words known in the hospitality industry that tells the bartender that this person needs a taxi to be called or walked safely to a car.

Be aware of your colleagues and friends. A lot of people find this time of year particularly difficult especially if they are grieving. Be aware if their mood changes and make it known to them that you are there to listen if they need someone to listen to them. It is not always a jolly time of year for everyone.

Above all, have a great and safe time whatever you do.

## Useful Links

[Christmas safety - RoSPA](#)

[Bartenders share the times customers used a 'safeword drink' to escape an unsafe situation. | Someecards News](#)

['Safe words' people can use in bars and clubs if they feel in danger or uncomfortable | ITV News Central](#)

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Samaritans	Phone: 116 123 Website: <a href="http://www.samaritans.org">www.samaritans.org</a>
MIND (Mental Health)	Phone: 0300 123 3393 Text: 86463 Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
NHS (Urgent medical conditions)	Phone: 111
Emergency (Police, Fire, Ambulance)	Phone: 999
PREVENT (Suspicious activity, terrorism, radicalization)	Phone: 0800 789 321
RUN. HIDE. TELL. (Although terrorist attacks are very rare, we are not complacent about keeping you safe)	Website: <a href="http://www.npcc.police.uk/staysafe">www.npcc.police.uk/staysafe</a>

**Relevant links from the last six issues**

Scams	<p><a href="https://takefive-stopfraud.org.uk">Take Five - To Stop Fraud   To Stop Fraud (takefive-stopfraud.org.uk)</a></p> <p><a href="#">Friends Against Scams - National Trading Standards (NTS) Scams Team initiative protecting and preventing people from becoming victims of scams</a></p>
Sexual Health	<p><a href="https://www.nhs.uk/live-well/sexual-health/https://www.unaids.org/en/2022-world-aids-day">https://www.nhs.uk/live-well/sexual-health/https://www.unaids.org/en/2022-world-aids-day</a></p> <p><a href="https://www.nhs.uk/live-well/sexual-health/">https://www.nhs.uk/live-well/sexual-health/</a></p>
Stoptober/ Vaping	<p><a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a></p> <p><a href="https://www.blf.org.uk/take-action/campaign-with-us/stoptober">https://www.blf.org.uk/take-action/campaign-with-us/stoptober</a></p>
Grief	<p><a href="http://www.cruse.org.uk">www.cruse.org.uk</a></p> <p><a href="#">Support and self-care for grief - Mind</a></p> <p><a href="#">Get help with grief after bereavement or loss - NHS (www.nhs.uk)</a></p>
Modern Slavery	<p><a href="#">Modern slavery and human trafficking - National Crime Agency</a></p> <p><a href="#">The Issue — Human Trafficking Foundation</a></p>
Disability Rights	<p><a href="#">Human Rights: Our Rights - Disability Justice Helplines   Disability Rights UK</a></p>
Dementia	<p><a href="https://www.alzheimersresearchuk.org/">https://www.alzheimersresearchuk.org/</a></p> <p><a href="https://www.nhs.uk/conditions/alzheimers-disease/">https://www.nhs.uk/conditions/alzheimers-disease/</a></p> <p><a href="https://www.dementiauk.org/about-dementia/young-onset-dementia/">https://www.dementiauk.org/about-dementia/young-onset-dementia/</a></p>
Respect and Sexual Abuse	<p><a href="https://inherentlyhuman.wordpress.com/2015/04/15/we-need-a-new-law-to-combat-upskirting-and-downblousing/">https://inherentlyhuman.wordpress.com/2015/04/15/we-need-a-new-law-to-combat-upskirting-and-downblousing/</a></p> <p><a href="#">Help after rape and sexual assault - NHS (www.nhs.uk)</a></p> <p><a href="#">Rape Crisis England &amp; Wales</a></p>
Debt and Money Management	<p><a href="https://www.stepchange.org/debt-info/manage-your-budget.aspx">https://www.stepchange.org/debt-info/manage-your-budget.aspx</a></p> <p><a href="https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/collecting-information-about-your-debts/">https://www.citizensadvice.org.uk/debt-and-money/help-with-debt/dealing-with-your-debts/collecting-information-about-your-debts/</a></p>