

Peak Accountancy Training

Safeguarding Newsletter | July 2022 | Issue 21



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Introduction

Whilst your apprenticeships and courses continue, we are into the traditional summer holiday period with schools having already broken up over the last few weeks. I am sure many of you will be taking the opportunity to travel for a week or two, whether at home or abroad. Make sure especially if you are travelling abroad that you are prepared, ensure you have the correct documents available and that you have looked at all the entry requirements relating to covid. This link takes you to the government foreign travel advice website: [Foreign travel advice - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

For those of you holidaying within the UK, this link takes you to some useful advice about coastal safety if you are heading to the seaside. [Coastal Safety – Beach, sea or coast, think 999 Coastguard \(coastguardsafety.campaign.gov.uk\)](https://coastguardsafety.campaign.gov.uk)

If rambling is your thing, then again some of the information here is worth a read [Safety - Ramblers](#)

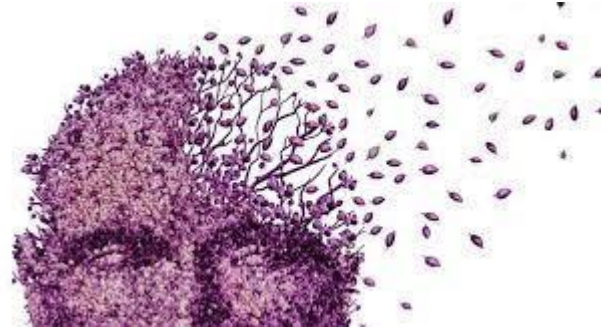
Above all I hope you have a great time whatever you are doing!

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Article 1 - Dementia

Have you ever been stood behind an elderly person who seems to be taking a very long time at the queue in a supermarket? Does a relative ask the same question several times over? Have you ever found an older person who seems lost and confused as to how they got somewhere? These could all be signs of dementia. Some people report no longer being able to complete tasks that have always come easily to them. This can be very distressing to both them and the people around them.



Alzheimer's disease, the most common form of dementia, is a life limiting disease. The progression can be slow, but it can cause problems with swallowing and a reduced appetite. Problems with swallowing can lead to chest problems, as the food may be inhaled and not eaten and can cause choking. Dementia is not genetic but can be more prevalent in some families. It is more common in people aged over 65 (1 in 14 approximately) but around 1 in 20 people with the disease are under 65.

Early diagnosis can slow down the progression of the disease, but at this time there is no known cure. It can happen to people as young as 40, which has been recently reported in an article about Ryan Jones the former Welsh Rugby Captain and member of the Lions Rugby team. The Football Association is also putting in place a trial to ban heading the ball for under 12s and is also talking about banning heading in older age groups such is the link with dementia in former professional players.

If you want to help prevent getting Alzheimer's, then the NHS recommend living a healthy lifestyle with a balanced diet, exercise, staying mentally active and cutting down on, or cutting out, alcohol and smoking. If you know someone who you suspect may be developing symptoms of Alzheimer's, encourage them to go to see their GP preferably supported by someone else.

So, if you see someone struggling to remember what they have shopped for, or getting confused in the street, maybe their buttons have been done up wrong, or someone who is usually well turned out is looking a little unkempt, be kind. Be vigilant with older family members or friends and speak to them about your observations with empathy and patience. It is not necessarily a symptom of just getting old and could happen to any of us.

Useful Links

<https://www.bbc.co.uk/sport/football/62208661>

<https://www.bbc.co.uk/news/uk-wales-62197134>

<https://www.alzheimersresearchuk.org/>

<https://www.nhs.uk/conditions/alzheimers-disease/>

<https://www.dementiauk.org/about-dementia/young-onset-dementia/>

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Article 2 – Respect

As I write, the Women's Euro Football is coming to a head with England qualifying for the final! To coincide with this competition EE have launched a series of adverts on TV and social media using the hashtag #notherproblem. It highlights the English Women's Football squad and the type of problems we all face in our day to day lives. At the end we see member of the team who receives a sexist text.



A male footballer, Jordan Henderson, says "It's not her problem" and then the advert ends with "Sexist hate stops with men". This is a strong message and rightly so. We should also be aware that sexism can be aimed at men too.

Alongside this, in the media recently, there have been reports of up-skirting, down blousing and groping. You will have probably heard the media stories about Conservative MP, Chris Pincher who resigned on June 30th amid claims of groping a man.

Down blousing and up-skirting have also hit the headlines with calls for tougher laws. These practices are when someone deliberately takes photos of a woman's cleavage or takes an upward photo from beneath a skirt. Images are then used and often distributed to friends and then on to a wider audience. This can have devastating consequences on someone's life and campaigners are calling for the gaps and loopholes in the current law to be tightened and make all types of sharing of intimate images, without consent, to be made illegal. The key changes would be to make it an offence for someone to take an intimate picture intentionally or to share an intimate image without consent. The lowest offence, whatever the intention or motivation of the offender could lead to a sentence of up to six months imprisonment. However, a sentence of two to three years imprisonment could be faced for the following reasons:

- if someone takes, and has the intention to share, or
- threaten to share an intimate image without consent or
- installs hidden equipment, with the intention to cause harm, sexual gratification, or humiliation

In all aspects of life, we should think about our lives and how our words and actions affect those around us. We are all guilty at some points of saying something flippant and sometimes that can cause offence whatever the intention. Being honest with ourselves is often the first step to changing our ways and having a more positive affect on those around us.

Useful Links

<https://www.bbc.co.uk/news/technology-62045112>

<https://inherentlyhuman.wordpress.com/2015/04/15/we-need-a-new-law-to-combat-upskirting-and-downblousing/>

<https://metro.co.uk/2022/07/11/taking-a-photo-of-a-womans-breasts-without-consent-should-be-illegal-16978563/>

<https://www.bbc.co.uk/news/62048687>

<https://newsroom.ee.co.uk/not-her-problem-ee-hope-united-squad-assembles-to-tackle-online-sexist-hate-ahead-of-uefa-womens-euro-2022/>

[Help after rape and sexual assault - NHS \(www.nhs.uk\)](https://www.nhs.uk)

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[Rape Crisis England & Wales](#)



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Other contacts:

Samaritans	Phone: 116 123 Website: www.samaritans.org
MIND (Mental Health)	Phone: 0300 123 3393 Text: 86463 Website: www.mind.org.uk
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: www.npcc.police.uk/staysafe