

# Peak Accountancy Training

Safeguarding Newsletter | November 2022 | Issue 25



In this month's newsletter:

Article 1 – Scams

Article 2 – World's AIDS day and Sexual Health

## Introduction

Hello everyone, and welcome to the November edition of Safeguarding News. Christmas is fast approaching and with the cost of living and energy price rises, we are all I'm sure trying to make changes to our lifestyles. It is important that we look at Christmas in the same way and whilst we should rightly take the opportunity to celebrate, enjoy and spend time with loved ones it doesn't need to cost a lot and lead to financial difficulties in the new year. On the radio this morning I heard a story about the increase in the use of the 'buy now pay later' box for online shopping. I came across the following tips on the [Moneysavingexpert website](#) that you might find useful [45 Christmas MoneySaving tips - MoneySavingExpert](#)

Myself and Caroline have approached Christmas differently this year, agreeing with friends that it is more important to meet up and spend time together rather than exchange gifts. We have agreed to have a secret Santa arrangement with family to reduce the financial burden on present buying. It's not being a 'scrooge' it's being sensible, and we can all still make the most of the festive season and enjoy it. Remember Christmas isn't about retail excess!

Just to advise you all of recent changes to our Safeguarding team. I am still the Designated Safeguarding Lead; the deputy safeguarding leads are now Suzanne Hardy and Liz Nicholls. Please remember we are here for you even if it's just a friendly ear to listen. But please also remember that the whole Peak team is here to help.

**Stay safe**

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## Article 1 – Scams

In the lead up to Christmas we are all looking to get a good deal on the gifts we are buying.



The types of scams can come from lots of different sources. They can be online, on the phone, from social media sites, in the mail and people doing door to door sales. When you are with an older relative or friend and they receive a cold call, listen in. It could be a scam. Does it sound like it wasn't expected, yet the person on the other end of the line persists in giving "advice" and asking the receiver to change settings on a PC, phone or to a bank account. If you are at all suspicious of the call, ask the person you are with to ask for a number they can call back on, or a website they can look at. If they are a legitimate business with a legitimate reason for calling, then this will not be a problem. However, if the call is a scam the caller will probably get impatient and be uncooperative when challenged in this way.

We rightly get excited when we see that fantastic deal on the 'must have' present but stop and think. Is it too good a deal? It is always advisable to stop and do your research. If you are online, look at reviews from other buyers but do bear in mind that the seller can falsify these. Look at the negative reviews as well as the positive and make your choice informed. Compare like for like with other sellers or sites. Look at all the photos. Are the products identical? If they look like they come from outside the UK are the safety standards the same. If it is from a social media selling site check out the profiles of the sellers, contact other buyers for reviews of earlier transactions and read all the comments posted on any sale items the seller has sold in recent months. This will inform you of their reputation and credibility.

Above all, have fun and enjoy your time this Christmas.

## Useful Links

[Get Safe Online | The UK's leading Internet Safety Website](#)

[Scams Awareness \(cheshireeast.gov.uk\)](#)

[Take Five - To Stop Fraud | To Stop Fraud \(takefive-stopfraud.org.uk\)](#)

[Friends Against Scams - National Trading Standards \(NTS\) Scams Team initiative protecting and preventing people from becoming victims of scams](#)

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## Article 2 – World AIDS day and Sexual Health

December 1<sup>st</sup> is World's AIDS Day and this year's theme from the United Nations is Equalize. The aim of Equalize is to address inequalities around the world and to end AIDS. It aims to reform laws and end the stigma and exclusion attached to having a HIV+ diagnosis. Inequalities still exist around testing, treatments and condoms. An estimated 105,200 people live with HIV in the UK and they are still subject to stigma and ignorance. Research from National Aids trust found:



- 63% of the public asked do not remember seeing or hearing about HIV in the past six months.
- Only a third of the people approached said that they would have sympathy for people living with HIV regardless of how they acquired it.
- Only 16% knew that if someone is on effective treatment, they can't pass HIV on and can expect to live a long and healthy life.

Sub Saharan Africa is the region with the most people affected by HIV with 69% of the world's infected population living in this region. In this area young women are disproportionately affected by HIV with some of the highest rates in the world. This is partly due to a lack of education, the inaccessibility of appropriate health care, and a culture where many young women are involved in relationships with older men.

Practicing safe sex and regular screening can be an effective way of not contracting HIV or other sexually transmitted diseases (STIs). Early detection can lead to effective treatments which can lower the level of HIV viral load in the blood to a level which means it cannot be transmitted to others. This is when levels are extremely low meaning that HIV cannot be passed onto sexual partners.

Sexual Health clinics run by the NHS in the UK are readily available and confidential. The NHS website gives advice about various different sexual health concerns and will direct you to your local services if those are appropriate.

### Useful Links

<https://www.nhs.uk/live-well/sexual-health/>

<https://www.sexualhealthwirral.nhs.uk/accessing-us-2022/world-aids-day-2022/#::~:~:text=This%20World%20AIDS%20Day%2C%20like,AIDS%20Day%20on%201%20December.>

<https://www.unaids.org/en/2022-world-aids-day>

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## **Other contacts:**

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

Stoptober/ Vaping	<a href="https://www.nhs.uk/better-health/quit-smoking/">https://www.nhs.uk/better-health/quit-smoking/</a> <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>
Grief	<a href="http://www.cruse.org.uk">www.cruse.org.uk</a> <a href="#">Support and self-care for grief - Mind</a> <a href="#">Get help with grief after bereavement or loss - NHS (www.nhs.uk)</a>
Modern Slavery	<a href="#">Modern slavery and human trafficking - National Crime Agency</a> <a href="#">The Issue — Human Trafficking Foundation</a>
Disability Rights	<a href="#">Human Rights: Our Rights - Disability Justice</a> <a href="#">Helplines   Disability Rights UK</a>
Dementia	<a href="https://www.alzheimersresearchuk.org/">https://www.alzheimersresearchuk.org/</a> <a href="https://www.nhs.uk/conditions/alzheimers-disease/">https://www.nhs.uk/conditions/alzheimers-disease/</a> <a href="https://www.dementiauk.org/about-dementia/young-onset-dementia/">https://www.dementiauk.org/about-dementia/young-onset-dementia/</a>
Respect and Sexual Abuse	<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> <a href="#">Help after rape and sexual assault - NHS (www.nhs.uk)</a> <a href="#">Rape Crisis England &amp; Wales</a>
Health tips for Hot Weather	<a href="https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/">https://www.nhs.uk/live-well/seasonal-health/heatwave-how-to-cope-in-hot-weather/</a> <a href="https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/tips-for-keeping-older-people-cool">https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/tips-for-keeping-older-people-cool</a>
Debt and Money Management	<a href="https://www.stepchange.org/debt-info/manage-your-budget.aspx">https://www.stepchange.org/debt-info/manage-your-budget.aspx</a> <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>
Online Safety	<a href="https://www.gov.uk/government/publications/online-safety-bill-supporting-documents/online-safety-bill-factsheet">https://www.gov.uk/government/publications/online-safety-bill-supporting-documents/online-safety-bill-factsheet</a> <a href="https://www.techradar.com/features/uk-online-safety-bill">https://www.techradar.com/features/uk-online-safety-bill</a>
Radicalisation	<a href="https://safeguarding.network/content/safeguarding-resources/radicalisation/">https://safeguarding.network/content/safeguarding-resources/radicalisation/</a> <a href="https://www.preventingexploitationtoolkit.org.uk/identifying-exploitation/radicalisation/">https://www.preventingexploitationtoolkit.org.uk/identifying-exploitation/radicalisation/</a>