

# Peak Accountancy Training

Safeguarding Newsletter | September 2022 | Issue 23



In this month's newsletter:

Article 1 - Grief and Bereavement

Article 2 - Stoptober and Vaping

## Introduction

At the time of writing this introduction, the coroner in the case of Molly Russell delivered his verdict, Andrew Walker the senior coroner told North London Coroner's court that he felt a conclusion of suicide would be inappropriate, instead recording: "Molly Rose Russell died from an act of self-harm while suffering from depression and the negative effects of online content".

The government's online safety bill is currently paused on its way through parliament but given the verdict it is likely to be resumed very soon.

Liz Truss would like to amend the bill, as she is concerned about the impact on free speech, but measures to protect the young will stay. On Friday the culture secretary, Michelle Donelan, committed to the bill and described it as "the answer" to preventing such a tragedy occurring again.

We have spoken about the dangers of online safety in previous editions of safeguarding news, and it is a story we will return to next month with a focus on the online safety bill.

This month we feature stories on Grief, Bereavement, and Stoptober. There has been a lot of coverage in the news lately of the amount of young people taking up vaping.

We have also added a new section at the end which includes links to useful information sites for stories we have covered over the last 6 months.

Continue to enjoy your studies and 'stay safe'

# Peak Accountancy Training

Safeguarding Newsletter | September 2022

## Article 1 – Grief and Bereavement

When we lose someone, it is normal and natural for it to affect us. Grief affects different people in different ways.

The mourning that has been so pertinent recently over the sad loss of HM Queen Elizabeth II affected all sorts of people. Queen Elizabeth was widely respected and recognised as a world leader to many across the world, she was known as 'The Queen'. Even prominent Republicans, people who do not support the Monarchy, have said that they were affected by her death. For some her death may have reminded us of our own previous grief.



The way that Olivia Pratt-Korbel died shocked us all in the Northwest, and particularly in Liverpool. We don't necessarily need to know the person who has died, for us to be affected by that death. This is a normal reaction to such a horrific crime.

Bereavement is displayed in lots of different ways. None are right or wrong. How we deal with our grief should be a priority. Talk to someone about how you feel or about the person you have lost, they may have gone through something similar. If it is a family member, maybe talking about the person you have lost with other family members will help. You may want to talk to a professional counsellor or your GP if you are struggling to move forward with your life. The charity Cruse offers free volunteer led phone lines and text chat. Cruse also host social media groups where you can meet other people who may have experienced similar situations or feelings.

Don't worry that your grief doesn't look like someone else's. There is no wrong or right way to mourn, and people go through the various stages at different speeds. Be realistic about what you can cope with and carefully plan achievable goals. Sometimes the smallest and most routine tasks can become difficult. But most of all - be kind to yourself and others who may be grieving.

### Useful Links

[www.cruse.org.uk](http://www.cruse.org.uk)

[Support and self-care for grief - Mind](#)

[Get help with grief after bereavement or loss - NHS \(www.nhs.uk\)](#)

# Peak Accountancy Training

Safeguarding Newsletter | September 2022

## Article 2 – Stoptober and Vaping

Stoptober is the government's health initiative to help people quit smoking. There are many reasons why it is a good idea to stop smoking and there is a lot of support out there to help those quitting or those supporting people who are quitting.

Vaping is designed as one of those ways to help in quitting smoking and can help those who already smoke. The National Guidance basically says if you don't smoke then don't vape. The vapes contain Nicotine so their sales are restricted to people over the age of 18. The long-term effects of vaping are still not known, so the government recommends that you don't start vaping unless you have previously smoked.

There are increasing concerns about the numbers of school children and young people who have started to vape, and it is vital that laws are reinforced, and information is provided. Recent surveys have shown some of the reasons for children and young people vaping: **For young smokers the most common reason for using an e-cigarette was 'because I like the flavours' (21%) followed by 'I enjoy the experience' (18%) then 'just to give it a try' (15%), but they also said 'because I'm trying to quit smoking' (11%) or 'I use them instead of smoking' (9%). Fruit flavours remain the most popular (57%).**

There are lots of good reasons to stop smoking for your own health and the health of the people with whom you live or socialise. There are financial benefits too, as the cost of the supporting alternatives are significantly cheaper than the price of tobacco products.

One of the most important motivators to stop any addictive behaviour is a desire to stop and willpower. You need to want to stop and make a concerted effort. The statistics say that if you manage to stop for 28 days you are much less likely to return to your old habits.

If you decide to stop this October, then good luck and keep at it!



## Useful Links

<https://www.nhs.uk/better-health/quit-smoking/>

<https://ash.org.uk/media-centre/news/press-releases/new-national-vaping-guidance-for-schools-released-by-action-on-smoking-and-health>

<https://www.blf.org.uk/take-action/campaign-with-us/stoptober>

# Peak Accountancy Training

Safeguarding Newsletter | September 2022



**Clive Pauling**

Safeguarding Lead

[clive@peakaccountancytraining.co.uk](mailto:clive@peakaccountancytraining.co.uk)

07837 712 510



**Suzanne Hardy**

Safeguarding Deputy

[suzanne@peakaccountancytraining.co.uk](mailto:suzanne@peakaccountancytraining.co.uk)

07903 286 459



**Elizabeth Nicholls**

Safeguarding Deputy

[liz@peakaccountancytraining.co.uk](mailto:liz@peakaccountancytraining.co.uk)

01625 574 856



**Dianne Wilson-Roberts**

Safeguarding Deputy

[dianne@peakaccountancytraining.co.uk](mailto:dianne@peakaccountancytraining.co.uk)

07939 992 088

## **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>

# Peak Accountancy Training

Safeguarding Newsletter | September 2022

## Links relevant from the last six issues

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 Helplines</a>   <a href="#">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>
Pride @50	<a href="http://www.supportline.org.uk/problems/sexuality">www.supportline.org.uk/problems/sexuality</a> <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a> <a href="http://www.lgbthealth.org.uk">www.lgbthealth.org.uk</a>
Festivals	<a href="http://www.bbc.co.uk/news/uk-61460338">www.bbc.co.uk/news/uk-61460338</a> <a href="http://www.festivalsafe.com">www.festivalsafe.com</a>
Mental Health	<a href="#">5 steps to mental wellbeing - NHS (www.nhs.uk)</a> <a href="#">Wellbeing - Mind</a>
Allergies	<a href="http://www.allergyuk.org">www.allergyuk.org</a> <a href="http://www.nhs.uk/conditions/allergies">www.nhs.uk/conditions/allergies</a>