

# Peak Accountancy Training

Safeguarding Newsletter | March 2024 | Issue 31



In this month's newsletter:

Article 1 – Are you one of the 'Sleepless Elite'

Article 2 – New definition of 'extremism' published

## Introduction

Welcome to Safeguarding News. Those of you coming to the end of your apprenticeship will remember our safeguarding newsletter. The publication issued monthly had the aim of raising awareness of safeguarding issues and we hoped provided advice and links to advice on a range of safeguarding matters. The publication has had a bit of a break but is now making a return on a bi-monthly basis.

We will try to include stories and features that could be relevant and interesting to our apprentices, and we hope to provide some useful lines of help and support if needed. But if nothing else our objective is to stimulate thought and debate, engaging with the topic helps to safeguard.

In this month's return edition we have two articles, on sleep deprivation and the new definition of extremism.

This re-launch is an opportune time to think about what safeguarding means. As a training provider of apprenticeships Peak have a safeguarding responsibility to our learners no matter what age. This means we have a responsibility to try to ensure that all our learners have equal ability to access learning and to be able to work and live without any fears, threats, or concerns. Safeguarding conversations are an important part of each review you have with your advisor. It is not just a 'box ticking' exercise as far as we are concerned, not just a duty, not just a question of you thinking 'I am safe I have no concerns'. All of us can be impacted by all sorts of issues. The important thing is to know we can discuss it. A problem shared is a problem halved is the old saying and it still holds true.

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## Article 1 – Are you one of the 'Sleepless Elite'

Burning the candle at both ends is a phrase that many accountants are more than aware of. For those of you who work in practice January is a month of madness with last minute tax returns needing to be submitted by the end of January deadline. The same applies though to those of us who are involved in month end and year end accounts production, and of course to all of us studying for qualifications. Recently, actress Dakota Johnson said in an interview that she could easily sleep for 14 hours and doesn't function on less than 10 hours sleep whilst at the other



end of the spectrum, Margaret Thatcher famously thrived on just 4 hours sleep. She was perhaps the original member of what's known as the 'Sleepless Elite' with Donald Trump, Jack Dorsey, Condoleezza Rice, Barack Obama, Bill Clinton & Tom Ford amongst others. A very high proportion of world leaders seem to be part of this elite – perhaps it goes with the territory. But did you know that:

- 40% of us suffer with sleep issues and
- Sleep deprivation costs the UK economy £40 billion

Sleep deprivation can impair our reaction times and negatively influence our decision-making ability. We may struggle to remember things, have trouble forming new memories and difficulty absorbing new information. Significant lack of sleep can lead to increased feelings of anxiety, depression, and anger. We're more prone to infection and inflammation and more sensitive to pain and cold.

Professor Kevin Morgan of Loughborough University's sleep research centre says there's no correct amount of sleep. The golden rule is to sleep long enough to feel refreshed when you wake up. But here are some other hints and tips from [The Sleep Charity](#) that we can follow to help ourselves have restorative sleep. Whenever we can, we should:

- wake up at the same time each morning and go to bed at the same time every night
- get out into natural light during the morning-time on a daily basis to help reset our circadian rhythms
- exercise during the daytime to aid the quality and quantity of our sleep but...
- ...don't exercise for the 2 hours before bedtime
- avoid caffeine for 8 hours before bedtime
- avoid nicotine in the latter part of the evening as it is a stimulant
- don't go to bed hungry or thirsty as this can cause us to wake in the middle of the night. However,...
- don't go to bed on a full stomach as this can prevent us getting off to sleep and drinking large quantities before bed will increase the likelihood of needing to get up in the middle of the night
- switch off electronic devices between 30 minutes to 2 hours before sleeping to prevent the brain from being alert and exposure to the effects of blue light
- avoid alcohol as an aid to sleep
- making sure the bedroom is cool, dark, and quiet
- have a comfortable, supportive mattress
- don't lie watching the clock when trying to get to sleep

Medical journalist, Michael Mosely has created a couple of excellent TV programmes for the BBC regarding the science of sleep so if you get a chance to listen to his podcast [Just One Thing](#), I'd highly recommend it.

**So, which are you like: Margaret Thatcher or Dakota Johnson?**

[Just One Thing - with Michael Mosley - Sleep Well - with Michael Mosley - Welcome to Sleep Well with Michael Mosley - BBC Sounds](#)

[14 hours a night: should we all sleep as much as Dakota Johnson? | Sleep | The Guardian](#)

[Thatcher: Can people get by on four hours' sleep? - BBC News](#)

[Sleep deprivation 'costs UK £40bn a year' - BBC News](#)

[What All-Nighters Do To Your Cognition \(sleepfoundation.org\)](#)

[Using your phone before bed - Headspace](#)

[Home - The Sleep Charity](#)

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## Article 2 – New definition of extremism

'CONTEST' is the UK's counter terrorism strategy. Its aim is to reduce the risk of terrorism to the UK. Part of CONTEST is the 'Prevent' strategy'. According to the Prevent duty guidance issued by HM Government, 'The aim of Prevent is to stop people from becoming terrorists or supporting terrorism. Prevent also extends to supporting the rehabilitation and disengagement of those already involved in terrorism.' On the day of writing this article



the government has published a new definition of terrorism. Part of the reason for the new definition according to the government is to help the government ensure that groups who are extremist shouldn't receive government funding or sponsorship. The definition required change the government said because of an increase in anti-muslim and antisemitic feelings and sentiment on our streets. Here is the new definition:

Extremism is "the promotion or advancement of an ideology based on violence, hatred or intolerance, that aims to:

1. negate or destroy the fundamental rights and freedoms of others; or
2. undermine, overturn or replace the UK's system of liberal parliamentary democracy and democratic rights; or
3. intentionally create a permissive environment for others to achieve the results in (1) or (2)."

The full article from BBC news can be read here [New extremism definition unveiled by government - BBC News](#)

What is your view, do you think the definition will help to identify and deal with extremism, is this a step forward?

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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>

## Links from previous issues

Safety	<a href="#">Christmas safety - RoSPA</a> <a href="#">Bartenders share the times customers used a 'safeword drink' to escape an unsafe situation.   Someecards News</a> <a href="#">'Safe words' people can use in bars and clubs if they feel in danger or uncomfortable   ITV News Central</a> <a href="#">Advice - Cold Callers/Suspicious Activity - Cheshire Police Alert</a>
Prevent	<a href="#">"Martyn's Law" - What you need to know   ProtectUK</a>
Men's Mental health	<a href="https://www.priorygroup.com/blog/40-of-men-wont-talk-to-anyone-about-their-mental-health">https://www.priorygroup.com/blog/40-of-men-wont-talk-to-anyone-about-their-mental-health</a>
Scams	<a href="#">Take Five - To Stop Fraud   To Stop Fraud (takefive-stopfraud.org.uk)</a> <a href="#">Friends Against Scams - National Trading Standards (NTS) Scams Team initiative protecting and preventing people from becoming victims of scams</a>
Sexual Health	<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> <a href="https://www.nhs.uk/live-well/sexual-health/">https://www.nhs.uk/live-well/sexual-health/</a>
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 Helplines   Disability Rights UK</a>

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Dementia

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

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

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

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