

Peak Accountancy Training

Safeguarding Newsletter | September 2024 | Issue 34



In this month's newsletter:

Article 1 – From Turkey Teeth to Brazilian Butt Lifts

Article 2 – Office Culture

Introduction

Welcome to another edition of Safeguarding news!

The summer break is now well behind us and new classes are all underway. Many of you reading this will be new apprentices with Peak so it is an opportune time to explain what Safeguarding and Safeguarding news is all about.

Safeguarding whilst being a requirement for Peak because of operating apprenticeships is something we take very seriously. We want to ensure that all our apprentices feel safe whether in the workplace, whilst studying or in their day to day lives. We want you to know that you can always talk to us if you have any concerns or issues.

To us safeguarding is partly down to being informed and being engaged in safeguarding issues. During your regular reviews with your advisor apart from asking you directly who you can go to if you feel concerned or vulnerable (incidentally the Designated Safeguarding Lead at Peak is myself Clive Pauling assisted by Suzanne Hardy as Deputy Safeguarding Lead) but also to engage you in conversation about latest safeguarding stories.

Safeguarding news tries, in each edition to provide information on issues which we think could impact on our students. Making safeguarding relevant is our approach.

This month we have two articles which we hope you will find interesting.

Enjoy your studies and above all stay safe.

Peak Accountancy Training

Safeguarding Newsletter | September 2024

Article 1 – From Turkey Teeth to Brazilian Butt Lifts

The continuing trend for cosmetic surgery is not without its horror stories and dangers. At 60 I appreciate I am, maybe, not the best person to give an objective view on the reasons why society seems so fixated on the perfect body and the perfect teeth.



For some there are undoubtedly reasons because of injuries and surgery. Body confidence is important and part of our emotional and physical wellbeing but chasing an image that may not in itself even be real, as it is created using AI, photo filters, or airbrushing is altogether a different thing. Why compare yourself to such a degree. We should all make choices with all the information and not be influenced solely by influencers, social media and TV. After all, shouldn't we celebrate diversity? You may want to read the following article on boosting body confidence [Ditch the mirror and celebrate your strengths: therapists on 20 ways to boost your body confidence | Body image | The Guardian](#)

However, if the choice starts to veer toward 'turkey teeth' or cosmetic surgery you need to assess the risks. Only last week we heard the incredibly sad story of mother of 5 Alice Webb who died in Gloucestershire Royal Hospital who became unwell following a non-surgical Brazilian butt lift <https://www.bbc.co.uk/news/articles/cx2m829lmk9o>

Many dentists in the UK are reluctant to deal with issues following turkey teeth procedures. If you are considering cosmetic procedures, it is vital that to carry out your research. There could be a good reason why it is cheap. The following advice from the NHS is worth a read <https://www.nhs.uk/conditions/cosmetic-procedures/advice/choosing-who-will-do-your-procedure/> You don't want your attempts to make yourself more body confident backfire, so research is key.

Peak Accountancy Training

Safeguarding Newsletter | July 2024

Article 2 – Office culture

I am sure you will have seen the horrific stories emerging about Mohammed Al Fayed - please be aware the following article contains content that may cause distress: [Ex-Harrods employees accuse its late owner, Mohamed Al Fayed, of rape - BBC News](#) such cultures of fear influenced by autocratic individuals I would hope, are not representative of the work environments of any of our apprentices. This story I would hope is extreme, but any instance is one too many.

Unfortunately, in any work environment and it doesn't matter if the organisation is large or small there are risks of unwanted attention and bullying. If you are the subject of unwanted attention whether physical or mental you must talk to someone. Your employer should have lines of communication, grievance procedures that mean you can talk to someone independent in confidence. As an apprentice with Peak, you can talk to your advisor or the Peak safeguarding team.



The following information is available from ACAS [Harassment - Discrimination at work - Acas](#)

Peak Accountancy Training

Safeguarding Newsletter | September 2024



Clive Pauling

Safeguarding Lead

clive@peakaccountancytraining.co.uk

07837 712 510



Suzanne Hardy

Safeguarding Deputy

suzanne@peakaccountancytraining.co.uk

07903 286 459

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

Links from previous issues:

Safety	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 Advice - Cold Callers/Suspicious Activity - Cheshire Police Alert
Prevent	"Martyn's Law" - What you need to know ProtectUK
Men's Mental health	https://www.priorygroup.com/blog/40-of-men-wont-talk-to-anyone-about-their-mental-health
Scams	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
Sexual Health	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/
Stoptober/ Vaping	https://www.nhs.uk/better-health/quit-smoking/ https://www.blf.org.uk/take-action/campaign-with-us/stoptober
Grief	www.cruse.org.uk Support and self-care for grief - Mind Get help with grief after bereavement or loss - NHS (www.nhs.uk)
Modern Slavery	Modern slavery and human trafficking - National Crime Agency The Issue — Human Trafficking Foundation
Disability Rights	Human Rights: Our Rights - Disability Justice Helplines Disability Rights UK
Dementia	https://www.alzheimersresearchuk.org/ https://www.nhs.uk/conditions/alzheimers-disease/ https://www.dementiauk.org/about-dementia/young-onset-dementia/