

Safeguarding Newsletter



The Safeguarding Team

Meet the Team!



Mark Soady

Designated Safeguarding Lead (DSL)
& Apprenticeships Head of Learner Services



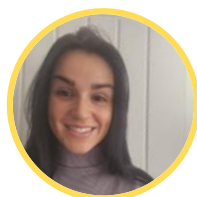
Clare Stuart

Deputy DSL
& Safeguarding Team Leader



Jaspreet Hothi

Prevent Lead
& Safeguarding Specialist



Alana



Sarah



Luke



Jamie

Safeguarding support options, ways to access support at QA if you are worried for yourself or someone else:

- Call us on **07808 050273** or email safeguarding@qa.com
- Complete a Safeguarding Self-Referral Form if the concern relates to you. **Safeguarding Self-Referral Form (Learners) QA Ltd**
- Complete a Safeguarding Referral Form if you are worried about someone else. **Safeguarding Referral Form (Staff/Employer/Peer) QA Ltd**



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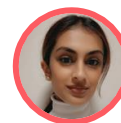
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Prevent



Jaspreet Hothi

Prevent Lead
& Safeguarding Specialist

What is Prevent in the UK?

Prevent is one of the four strands of the UK government's counter-terrorism strategy (CONTEST) and focuses on safeguarding individuals from being drawn into terrorism or extremist ideologies. It works with schools, local authorities, healthcare providers, and community groups to identify and support people at risk of radicalisation through education, early intervention, and tailored support programs.

The objectives of Prevent are to :

- *'Tackle the ideological causes of terrorism'*
- *'Intervene early to support people susceptible to radicalisation'*
- *'Enable people who have already engaged in terrorism to disengage and rehabilitate'*

To learn more, follow this link - [Prevent duty guidance: England and Wales \(2023\) - GOV.UK](#)

Glossary of Terms

Term	Meaning To learn more, follow this link - Glossary of terms GOV.UK
Extreme Right-Wing Terrorism (ERWT)	Involves violence driven by ideologies like Cultural Nationalism, White Nationalism, or White Supremacy. Individuals may follow more than one ideology.
Ideology	A belief system used to radicalise others. Tools include narratives, propaganda, grievances, and conspiracy theories.
Permissive Environment	A setting (online or offline) that allows radical ideologies to grow. Exploited by extremists to spread harmful beliefs.
Left-Wing, Anarchist, and Single-Issue Terrorism (LASIT)	Violent acts driven by extreme left-wing views or anarchism, aiming to overthrow the state.
Islamist Terrorism	Use of violence to create a strict Islamic society, often inspired by Daesh or al-Qa'ida. Not the same as Islam or its followers.
Online Radicalisation	When the internet helps radicalise individuals through exposure to extremist content and like-minded networks.

Awareness Question: What might you notice that could suggest someone is being radicalised, and what would you do if you had a concern?

NOT SURE? Follow this link to learn more [What are the signs of radicalisation?](#)



British Values

A Time For Reflection ...

The 19th of June marks 8 years since the tragic events near Finsbury Park in London. On this day in 2017, Darren Osborne a right-wing extremist deliberately drove a van into a group of worshippers near a mosque, resulting in one death and injuries to eleven others.

The date is often recognised as a time to remember those who were affected — the individual who lost their life, those who were injured, and the wider impact on the community.

Whilst this is hugely important, it is also an opportunity to explore and revisit Fundamental British Values—particularly the importance of mutual respect and tolerance for people of different faiths and beliefs.

Mutual Respect & Tolerance



Rule of Law



Individual Liberty



Democracy



Here are two thoughtful questions to encourage reflection and discussion:

1. Why is it important to promote mutual respect and tolerance in a diverse society like the UK?
2. How should British values be taught or promoted today?



Regional Safeguarding



Click the pins to see regional news

Scotland

Damage and Reckless behaviour decreased by 7% to 39,249 incidents

Significant increase in shoplifting crimes recorded – rising by 76% in Edinburgh

Northern England

The Northeast region reported an overall crime rate of 127.3 crimes per 1000 people which is higher than the national average.

The region experienced 29,700 shoplifting offences, accounting for 32.3% of all crimes.

The Midlands

Total crime decreased by 6% in the past year, equating to 18,000 fewer offences.

3000 fewer victims of domestic abuse compared to the previous year.

Southwest England

Antisocial Behaviour (ASB) incidents rise by nearly 10% (Feb 24 – Feb 25)

County Lines operations Disrupted – 42 arrests, 10 dangerous weapons recovered and £35,000 in drugs seized.

London & Southeast England

There were 256,000 violent crimes recorded in the area in the last 12 months. This accounts for 22.2% of all crimes in the region.

Kent reported 42 per 1000 people – 21% above the national average



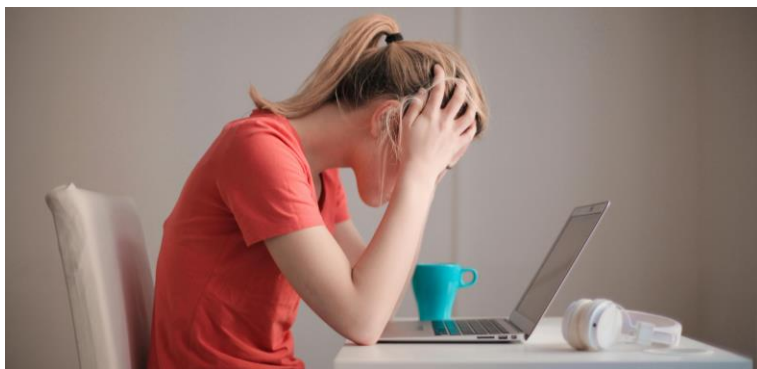
Wellbeing

Feeling stressed, anxious or panicky?

Stress and anxiety are both natural components of the fight-or-flight response and the body's reaction to challenging situations.

This response exists to keep a person alert, focused, and prepared to handle difficulties. Although stress and anxiety are normal experiences, they can occasionally become overwhelming.

- Racing thoughts or constant worry
- Trouble sleeping or feeling restless
- Muscle tension or headaches
- Feeling irritable or on edge
- Difficulty concentrating
- Sudden feelings of panic or dread



If these sound familiar, you're not alone—and there are simple steps you can take to help yourself feel better.

Next Steps to Support Your Wellbeing :

1. **Pause and Breathe** : Try deep breathing exercises to calm your nervous system. Even a few slow, mindful breaths can make a difference.
2. **Move Your Body** : Gentle exercise like walking or stretching can help reduce tension.
3. **Limit Stimulants** : Cut back on caffeine or sugar that might be adding to your anxiety.
4. **Reach Out** : Talk to a friend, family member, or professional—you don't have to face it alone.
5. **Try the Stress Coach App** : This app offers guided exercises, mindfulness practices, and personalised tips to manage stress and anxiety anytime, anywhere. It's like having a coach in your pocket to support you through tough moments.



Stresscoach

Learn to manage Anxiety
a digital coach to cope better with anxiety



For more wellbeing guidance head over to the learner portal [Your wellbeing](#)



Safeguarding

Awareness Calendar



March for Men 2025 - 02/06/2025 - National



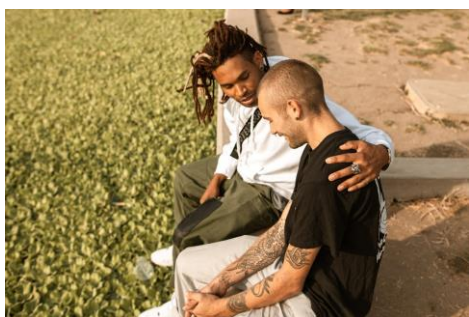
[Visit the Official Website](#)

Prostate Cancer UK are asking you to walk with them in Battersea Park, London this June to help beat prostate cancer. Everybody is welcome, including children, dogs and families and you can choose whether to walk 2km, 5km or 10km around the park.

Don't worry if you can't make it to Battersea Park, you can still join other March for Men supporters, up and down the UK, who are heading to their local parks on the first weekend of June.



Men's Health Week 2025 - 09/06/2025 – 15/06/2025 - International



[Visit the Official Website](#)

Men's Health Week is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively.

Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed.



Loneliness Awareness Week - 09/06/2025 – 15/06/2025 - National



[Join Our Live Event](#)

Loneliness Awareness Week is a campaign created by the Marmalade Trust, a UK charity that helps people who experience loneliness.

The campaign's goals are to: Raise awareness of loneliness, empower people to make connections, and create supportive communities. Join us in this live session so we can discuss this topic. So, grab a brew and let's connect.



News of the Month

1 in 10 adults have no savings - FCA

The Financial Conduct Authority (FCA) Financial Lives survey has indicated that up to 21% of the UK population has less than £1000 tucked away. 10% of people have nothing saved at all!

Millions in the UK are financially vulnerable, with the FCA's Financial Lives survey revealing that 13 million adults—about 25% of the population—have low financial resilience, struggling with debt, low savings, and missed bill payments. One in ten (10%) adults have no savings, while another 21% have less than £1,000 set aside. Nearly 12 million people feel overwhelmed by money matters, and 2.8 million are trapped in persistent credit card debt. Among retirees, 3.8 million fear their funds won't last through retirement.

Headline Figures (Based on ~52 million UK adults)

5.2 million

(10%) of people have
no savings

26 Million

(50%) of people have
Unsecured Debt

£12,500

(Median Debt)
among 18 -34s

11 Million

People using Buy
Now, Pay Later
Systems

12 Million People feel overwhelmed or stressed with financial matters, including **40%** of adults with **credit cards** or **loans** saying they suffer anxiety.

The use of *Buy Now, Pay Later* services has surged, with 11 million users—up 2 million since the last survey. Notably, half of UK adults have unsecured debt, with a median of £6,300 owed. Young adults aged 18–34 carry a median of £12,500 in debt, though only £1,300 when excluding student loans.

Support is Available

Get free, confidential and independent advice on dealing with debt problems.

Find out about [debt advice in Scotland](#) or [debt advice in Northern Ireland](#).

www.gov.uk/debt-advice



Click Here



Learner Feedback



Jaspreet has been instrumental in my support needed during a difficult time. I felt very comforted by the support given, always very friendly, professional, and knowledgeable. Jaspreet continued to alter the advice appropriate for my changing circumstance and adapted everything for my needs. - **L3 learner**



The communication of Luke and his ability to fully try to sympathise with me and understand me as a person he was patient and always asked leading follow up questions that helped me open up. After each session Luke sent me a list of actionable items and useful resources to aid me in accomplishing the things we talked about. The resources aided me and gave a directional path to achieve my goals and in return be in a better mental state over the course of our meetings. - **L6 Apprentice**



Alana was a great listener and let me speak through all my problems. She helped me rationalise my thoughts and helped me try lots of different techniques to find the ones that work for me. Alana also encouraged me and supported me to speak to my GP and helped me gather my thoughts about the support the GP could offer. Overall she's really helped me find my spark again - **L7 learner**



Clare has been instrumental in supporting me with my mental health journey in the last year. When I initially met Clare, I had low self-esteem, low confidence and lots of self doubt. However, my regular meetings with Clare, her hints and tips and just being a person who would had the time to listen to me, I felt heard, seen and supported. **Degree learner**



Helpful Links

If you find that either yourself, a learner or a loved one is struggling with either their mental health or other life circumstances please have a look at these helpful links:

Personal Challenges

- **Samaritans** – 24/7 support online or by phone for those struggling – Open Christmas Day
<http://www.samaritans.org/>
- **Mind** - support for mental health and informative resources on mental illness -
<https://www.mind.org.uk/information-support/helplines/>
- **SANE** - a leading UK mental health charity improving quality of life for anyone affected by mental illness -
<https://www.sane.org.uk/>
- **Hub of Hope** - [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)
- **National Domestic Abuse Helpline** - [Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#) (Targeted at women)
- **Respect Men's Advice Helpline** - [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadvice.org.uk\)](#) (Targeted at men)

Work

- **ACAS** - [Acas | Making working life better for everyone in Britain](#)

Accommodation / Homelessness

- **Shelter** – Support for Homelessness – [Get help from Shelter - Shelter England](#)
- **Citizens Advice** - [Citizens Advice](#)
- [Help if you're homeless or about to become homeless - GOV.UK](#)
- [Support for those at risk of homelessness | The Salvation Army](#)

Financial

- **MIND (Cost of Living Support)** - [If this speaks to you, speak to us: cost of living – Mind](#)
- **Turn2us** - [Tackling Financial Insecurity Together | Turn2us](#)
- **Step Change** - [StepChange Debt Charity. Free Expert Debt Help & Advice](#)
- [Citizens Advice: Financial Guidance](#)

