

Peak Accountancy Training

Safeguarding Newsletter | April 2022 | Issue 18



In this month's
newsletter:

Article 1 – Allergies

Article 2 – Mental
Health

Introduction

Welcome to this month safeguarding news. As Peak continues to grow to support even more apprentices, we have made some changes to our safeguarding team. We have added a further 2 deputy safeguarding leads to our team, our Safeguarding team now comprises of:

- Clive Pauling – Designated Safeguarding Lead
- Suzanne Hardy - Deputy Safeguarding Lead
- Liz Nicholls - Deputy Safeguarding Lead
- Dianne Wilson-Roberts - Deputy Safeguarding Lead

Remember we are here to listen so if you have any concerns about yourself or others, please do make us aware and talk to us. We have a specific email: safeguarding@peakaccountancytraining.co.uk where you can raise any issues in confidence or of course, just pick up the phone. Remember as well that you can always talk to your work-based advisor or to your tutor. It helps to talk; it helps to share.

This month we have two articles that feature mental health and allergies. Both can affect not only your wellbeing but also your work and your studies. Have a read through the information and check out some of the links if you need further information.

Remember you can discuss any of the articles we publish in your regular reviews with your advisors.

Take care

Clive Pauling

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Article 1 - Allergy awareness week

This month marks allergy awareness week (April 20th – 25th).

Allergies come in many different forms. Some allergies can be life-threatening and cause the body to change suddenly. Think about nut allergies which often result in anaphylactic shock, a rare but severe allergic reaction that can be deadly if not treated right away. This is the body's extreme reaction to something it sees as a threat. Treatment is usually with an Jext 2 or an EpiPen (adrenaline), intravenous antihistamines and oxygen. However, most food allergies do not have such dramatic consequences, but should still be taken seriously as they can have long-term damaging effects on the person and cause great pain and discomfort.

If you carry an EpiPen or Jext 2 make sure that your tutor or examiner are aware. When you receive your medication, make sure you register it with the manufacturer who will issue a reminder to renew your prescription before the medication goes out of date, thus giving you a much better chance of survival if you have an anaphylaxis episode.



If you suspect someone is having an anaphylactic episode, call 999, find their EpiPen or Jext 2 and administer it. Follow any instructions on the medication.

There are many other more common allergies, pollen, animals, and dust to name a few. As spring approaches many of us will have the usual seasonal hay fever symptoms. Being ready with effective treatments before the symptoms start is something to think about. For most people over the counter antihistamines are sufficient, but if these do not make the symptoms manageable then you may have to talk to your pharmacist or GP.

Useful Websites:

www.allergyuk.org

www.anaphylaxis.org.uk

www.nhs.uk/conditions/allergies

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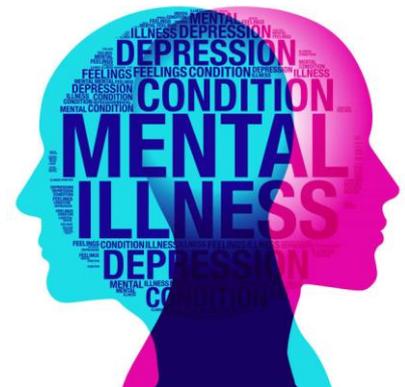
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Article 2 – Maintaining Good Mental Health.

All of us have heard how important it is to take care of our Mental health. It should be as important to us as eating a balanced diet and doing some exercise. In fact, a balanced diet and maintaining an exercise routine will help to contribute to positive mental health.

Next month marks Mental Health Awareness Week on May 9th-15th. Many things have a negative impact on our mental health, loneliness, sleep deprivation, poor work/life balance to name a few.

We can all do something that boosts our mood. For me it may be going for a walk or playing a musical instrument. It will vary from person to person and finding what gives you joy is an important step to maintaining good mental health.



Whilst maintaining our own good mental health is important, it is also important that we create atmospheres where everyone's positive mental health wellbeing is promoted. Take time to talk to colleagues and clients about their lives, without being unprofessional. If you know someone enjoys football, ask them about the latest match. If you know someone has a pet take an interest in them.

If you live alone, you will not necessarily get lonely, but it is more of a risk factor and it is important that you know who you can have a chat with if you do feel lonely, don't always rely on social media and technology to communicate with people. Sometimes a change of scenery where you can see other people is enough or arranging to meet a friend for a drink or a day out.

Lockdown certainly had a negative impact on many peoples' mental health, with uncertainty and loneliness top of the list. The government always allowed time outside of the home for exercise despite the rising cases of Covid 19 during the height of the pandemic, as it was seen as beneficial both physically and mentally.

Many of us now wear smart watches that can track our sleep. Making sure we maintain good sleep patterns. Getting good quality sleep helps us to cope better with the everyday stresses and strains of life. Making sure we turn off TVs and other screens before we go to bed, reading, listening to music or a story can all help to get a better quality of sleep.

The websites listed can help you cope whether you have good or poor mental health by providing exercises, tips or even a friendly voice at the end of the phone.

[5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Wellbeing - Mind](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

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Other contacts:

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