

Peak Accountancy Training

Safeguarding Newsletter | January 2022 | Issue 15



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Introduction

Welcome to the first safeguarding news of 2022 and one month has already passed. In England plan B covid rules have now been relaxed and once again we move to a position of trying to live with Covid. Our vaccination programme has been an outstanding success in getting us this far and so I would encourage any of you who need to, to get jabbed! Complete your course of vaccines or get that booster booked in and help protect everyone and enable our society to truly return to a sense of normality.

I am aware that we have recently welcomed more apprentices to Peak and also as it is the start of the year a good opportunity to remind everyone what Safeguarding is all about, and Peak's role in safeguarding. Safeguarding is about looking out for and helping anybody who is vulnerable. This could be vulnerability caused by physical or mental threat but could also arise from illness, addiction, and maybe just a lack of knowledge and experience.

The Safeguarding team at Peak is headed up by myself (Clive Pauling) the Designated Safeguarding Lead, my Deputy is Suzanne Hardy, but all our staff are trained in safeguarding. We are here to help even if that is just to listen and provide signposts for where help can be found. Nobody should feel alone and here at Peak there is always someone to talk to. Safeguarding will feature in all of your reviews with your advisors and throughout your apprenticeship, your progress reviews, and this monthly newsletter we try to provide information and resources that we hope will give you tools that will be useful in dealing with work, studies and life.

Let's look forward to a successful and fulfilling 2022

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Article 1 – Health & Wellbeing

January is the time traditionally when everyone commits to resolutions, it may be to get fitter or to improve diet, lose some weight. How many of those 'commitments' falter before the end of January. Some of you may remember my challenge to myself to get back on my bike. Well, I have succeeded and since the start of the year have got myself out for a weekly ride. Has it helped? Yes, it has! I can feel my fitness has improved but those few hours out in the open countryside clears my head, thoughts of work and the list of jobs disappears. Years ago, in my youth I used to go fishing regularly and through a recommendation

recently found myself watching Bob Mortimer and Paul Whitehouse fishing show. Their idea of going fishing together was to help each other get over near fatal heart problems. Fishing being an opportunity to get out in the open, but equally as important to provide companionship, friendship and the ability to talk openly and therefore to help each other. The point I am trying to make is that exercise, a hobby, friends, and diet are powerful contributors to our wellbeing and will help us cope with work, study and life. In one of the shows a doctor they were talking to (by a river of course) was talking about depression, he explained how people try and throw a 'blanket' around themselves and try to hide whereas the better way forward is to get out, to exercise and to seek a social life. Things to think about and food for thought.

Talking of food, if healthy eating is your resolution the NHS has a food scanner app that you may like to try, it enables you to scan the foods that you are eating, and offering you a healthier alternative. [NHS Food Scanner app - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk) have a look, and maybe give it a try. I will keep you updated on my cycling but so far longest ride 32 miles. 😊



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Article 2 – Strut Safe + Hurry Sickness

I just thought I would end this month's newsletter with a couple of other links you may find useful.



The horrific murder of Sarah Everard caused a few students from Edinburgh to set up 'Strut Safe', this is the link to their website: [Home | Strut Safe](#) Strut safe was set up initially to provide a free walk home service for Edinburgh, it has been extended across the country on a phone service. It provides a phone number that you can call, and someone will stay on the phone and accompany you on your journey.

Hurry sickness is the name given to situations where you feel the pressure of multi-tasking, and feel the need to rush against the clock, feeling pressurised to get things done, and then getting flustered by problems which occur. Have a look at this link and a short video on 'hurry sickness' [Hurry Sickness - Stress Management Training From MindTools.com](#) you can also find some free tools on dealing with stress and time management.



Article 3 – PREVENT Resources

PREVENT is part of the government's strategy into safeguarding vulnerable individuals from being drawn into terrorism, and also in making everyone aware of the part they can play in combatting terrorism. I have been made aware of the following short video that shows what a small business owner and staff should do when confronted with a terrorist attack. The scenario is based on a small restaurant. Whilst most of you will not be employed in such an environment the responses can be applied to any business environment but also, we are all customers of restaurants and sadly, (but hopefully unlikely) we could find ourselves caught up in a situation like the one depicted. It is useful therefore for all of us to understand how we should react. Take the time to watch the video through the link below:

<https://www.youtube.com/c/CPNIUK>

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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