



Sunderland Safeguarding Adults Board Newsletter



[Sunderland Safeguarding Adults Board](#) is a multi-agency partnership providing strategic leadership for adult safeguarding across the City of Sunderland to promote the welfare of adults at risk of abuse and neglect, and is responsible for ensuring the effectiveness of what partner agencies do to support this. Follow us on Twitter: @SunderlandSAB

Issue 15 | December 2022

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Who Should Read this Newsletter?

Everyone with an interest in safeguarding adults, enabling them to live their lives free from abuse and neglect, to access and receive appropriate care. We hope this newsletter is a useful resource for you to receive information regarding safeguarding adults, keeping you up-to-date, sharing good

practice and important information. Please feel free to share this newsletter across your organisation.

Safeguarding Learning Week

In collaboration with the [Ann Craft Trust](#), Sunderland Safeguarding Adults Board (SSAB) was proud to support National Safeguarding Adults Week, 21st - 27th November 2022. Working with partners from the local authority, health, emergency services, community and charitable services and others the aim of the week was to create a time where we could all focus on safeguarding adults so we can be better, together.

This year SSAB teamed up with the [Sunderland Safeguarding Children Partnership \(SSCP\)](#) and the [Safer Sunderland Partnership \(SSP\)](#) to make the week a local Safeguarding Learning Week. The week followed themes from National Safeguarding Adults Week coordinated by the Ann Craft Trust and also delivered key safeguarding and community safety messages across childhood, adolescence and adulthood.

Events delivered included a conference, webinars, briefings a networking event and other learning opportunities.

SSAB would like to extend its thanks to the Sunderland Safeguarding Children Partnership (SSCP) and the Safer Sunderland Partnership (SSP) as well as local and regional partners who helped to deliver the week's activities.



Regional Self-Neglect Resources



The Self-Neglect Animation *What to do about Self-Neglect*, developed by the ADASS North East Regional SAR (Safeguarding Adults Review) Champions Group (of which SSAB is a member) was formally launched during Safeguarding Learning Week on Tuesday 22nd November 2022. The animation can be viewed by following [this link](#) and is complimented by a series of seven 7 minute briefings on a range of self-neglect topics.

The public are the target audience for the animation and the briefings are aimed at staff and volunteers, though both are easily accessible by any group from [SSAB's website](#).

Tyne and Wear Fire & Rescue Service: Safe and Well Visits



It is now well established that the risk factors which increase the vulnerability of an individual to fire are exactly aligned to those which affect a person's health and wellbeing - age, mobility, smoking, alcohol, mental health, living alone, etc.

This is the ethos behind TWFRS developing Safe and Well checks (formerly home safety checks), which will incorporate the standard home fire safety check with additional elements around health and wellbeing, focusing on a person-centred approach.

The Safe and Well check aims to identify all fire and lifestyle associated hazards, in order to reduce the risk of having a fire or accident in the home.

Tyne and Wear Fire and Rescue Service staff deliver various methods of fire safety education and protection advice and will fit appropriate smoke and heat detection, including specialised smoke and heat detection for people with a hearing impairment if required.

Education and advice are always tailored and appropriate to the personal needs and circumstances of the occupier in their home. Tyne and Wear Fire and Rescue Service staff will ensure that all aspects of fire safety and lifestyle risks are covered during the visit, including:

- Fire escape plans
- Bedtime routine
- Kitchen and cooking safety

- Electrical safety
- Smoking safety
- Candle safety

TWFRS will also offer brief advice and onward referral to the most appropriate partners for smoking cessation, alcohol and substance misuse, dementia, winter warmth, social isolation, hoarding, flu vaccine advice, access to benefits, carers support and crime prevention.

To request a visit email: PandE@twfire.gov.uk

Or call Freephone 0191 444 1500

Wearside Women in Need Findaway Project

For 40 years WWIN have supported the local community through their specialist domestic abuse services. Now – through Findaway – they hope to reach those impacted earlier, before the abuse escalates, by supporting those around them.

Findaway is a new project that recognises that families, friends, and community members – are usually the first to know, and best placed to support, if someone they know is in an abusive relationship. This is a Sunderland-based project supporting people across Sunderland and the surrounding area: Wearside, Tyneside & Northumberland.

This project is for anyone over the age of 16 who is worried about someone else's relationship, or that someone they know is being controlled, scared, or hurt by their partner, ex-partner, or family member. WWIN's Findaway Phonenumber, community training, workshops and peer support groups are facilitated by trained advocates. Their mission is to equip the community with the knowledge and skills they need to effectively support the people they care about.

Spotted any red flags?



-  Telling them what to wear
-  Blaming them for everything
-  Checking their phone and messages
-  Cutting them off from their family and friends
-  Not wanting them to spend time with anyone else

If you're worried about someone, talk to us: 0300 14 000 61

Controlling behaviour is not OK, and it can be dangerous. We can help you find the information and skills you need, if you're worried someone you know is being controlled, scared, or hurt by someone they love.
www.wefindaway.org.uk
hello@wefindaway.org.uk

A WWIN project. Registered Charity: 1181932



What is Findaway?



Findaway is a new project that recognises that families, friends and community members are usually the first to know, and best placed to support, if someone is being controlled, scared or hurt by their partner, ex-partner or family-member.



Our trained Findaway Phonenumber advisors offer practical information and signposting for people worried about someone else's relationship.

Who's it for?



Anyone worried about someone else's relationship or that someone they know is being controlled, scared, or hurt by their partner, ex-partner or family-member.

What if I'm worried about my own relationship?

If something doesn't feel right in your own relationship talk to your local domestic abuse service for free, confidential advice:

Newcastle: NIDAS - 0191 214 6501 / newcastleidas.co.uk

North Tyneside: Harbour - 0191 251 3305 / myharbour.org.uk

Sunderland: WWIN - 0800 066 5555 / wwin.org.uk

Northumberland: DASSN - 0167 082 0199 / myharbour.org.uk

Rural Northumberland: NDAS - 0143 460 8030 / nda.services

Gateshead: Domestic Abuse Service - 0191 433 3333

South Tyneside: Impact Family Services - 0191 456 7577

If you're worried, talk to us.



A WWIN project. Registered Charity: 1181932

7 Minute Briefing: Hypothermia



SSAB has recently published (with kind consent from Dr Anneka Clark, NHS Frimley ICB Safeguarding Team) a 7 -minute briefing on the topic of hypothermia. The briefing provides information on signs and symptoms and high-risk groups, as well as safeguarding considerations and tips for safety and prevention. The briefing is available from the [SSAB website](#).

Hypothermia

Recognition & Prevention

A serious medical condition in which a person's body temperature falls below the usual level (>35°C) as a result of being in severe cold for a long time

Reproduced with kind consent from:
Dr Anneka Clark
NHS Frimley ICB, Safeguarding Team



High risk groups*

- People with cardiovascular conditions
- People with mental health conditions
- Older people (65 and older)
- Pregnant women
- People who move in and out of homelessness
- People who have attended hospital due to a fall
- People with respiratory conditions (COPD, asthma)
- People with disabilities
- Young children (under five)
- People on a low income
- People with drug or alcohol addictions
- Recent immigrants and asylum-seekers

Signs & symptoms*

- Shivering
- Pale skin, blue lips
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness or lack of co-ordination
- Drowsiness or very low energy
- Confusion or memory loss
- Loss of consciousness

Safeguarding considerations

- 1 What factors could have led to the hypothermia?
- 2 If a child has hypothermia, have you raised a safeguarding concern?
- 3 If a vulnerable adult with care needs has hypothermia (e.g. a disabled person being cared for by family), have you raised an Adult Safeguarding Concern?
- 4 If the person is in a nursing home or residential care, have you raised an Adult Safeguarding Concern/spoken to your Safeguarding Lead?
- 5 Are there any other household members at risk, such as children or other vulnerable adults?
- 6 Is there any Self-Neglect/Hoarding? Does the patient have mental capacity? If so, consider implementing the Complex Adults Risk Management (CARM) process?
- 7 Does the patient have any history of severe mental illness, alcohol dependence or substance misuse?
- 8 Are there any potential future risks to the individual and to the wider community e.g. use of unsafe open fires, where the chimney may not have been swept/gas fires which could be hazardous? Consider a Safe and Well Check?
- 9 Is the patient a victim of financial abuse and cannot afford heating?
- 10 Is there any risk of exploitation or cuckooing?

Immediate treatment*

- Do call 999 ambulance
- Do remove any wet clothing or pads
- Do warm patient up slowly with blankets and a hat
- Do give warm drink or soup
- Do give a high calorie snack, like chocolate
- Do keep the patient awake and talking until help arrives
- Don't rewarm the patient too quickly, such as with a heater or hot bath
- Don't attempt to warm the arms and legs – heating and massaging the limbs can stress the heart and lungs
- Don't give the patient alcohol or a cigarette

Tips for safety and prevention

- 1 Consider giving opportunistic advice during interventions with older people on staying warm and well at home this winter (warm clothing, thermal vests and layers, hats, thick socks, warm drinks, good nutrition and getting up and moving regularly)
- 2 Be inquisitive when on home visits:
 - Does the environment feel cold?
 - Is the central heating on?
 - Is the person able to access hot drinks and meals?
- 3 Is the patient using a small gas heater or paraffin heater without adequate ventilation?
 - THINK carbon monoxide
 - THINK fire risk¹
- 4 Consider referral to the Social Prescriber for support with accessing Winter Fuel Payments, boiler services etc.
- 5 Signpost to Age UK website²

CareQuality Commission
Learning from Safety Incidents Issue 8: Hypothermia

Hypothermia can develop in vulnerable people after a relatively short exposure to cold weather. It can even develop after a small drop in room temperature.

Many people who use Health & Social Care services may be at risk of developing hypothermia. They include:

- Older people in Care Homes or receiving care at home
- People with reduced mental capacity, reduced mobility or a sensory impairment
- People who cannot communicate that they are exposed to cold

1. Green water, electric and stove and fire health code associated with 2012 Home NCC Guidelines (PGE) guidance 2012/12
2. <https://www.age-uk.org.uk/publications/elderly-care/elderly-care-services>
3. <https://www.nhs.uk/conditions/hypothermia/>
4. www.sunderlandnhs.org.uk/Topic_ID12347.aspx_ID12347
5. <http://www.age-uk.org.uk/about/what-we-do/health-and-welfare>
6. <https://www.nhs.uk/conditions/hypothermia/>
7. <https://www.nhs.uk/conditions/hypothermia/>
8. <https://www.nhs.uk/conditions/hypothermia/>
9. <https://www.nhs.uk/conditions/hypothermia/>
10. <https://www.nhs.uk/conditions/hypothermia/>

Loan Sharks and Scams

The new campaign #SleighNoToLoanSharks aims to protect communities from the devastating effects of illegal money lending in the run up to Christmas.

A [report](#) published by the Centre for Social Justice estimated that 1.08 million people could already be in debt to an illegal money lender. This is over 700,000 more people than the most recent official estimate.

Figures released by the [England Illegal Money Lending Team \(IMLT\)](#) show that nearly one in ten of those who borrowed money from loan sharks last year did so to cover the costs of Christmas.

More than half of victims (52%) supported by the IMLT in the first half of 2022 had borrowed from a loan shark to pay for essentials such as utilities, food and fuel.

Loan sharks pose a dangerous threat to all communities. They charge exorbitant interest rates and target the most vulnerable with aggressive and exploitative practices. The impact of illegal money lending is severe and far-reaching, with devastating consequences for the mental health and wellbeing of those affected.

The figures come amid national warnings that the scale of household debt will continue to rise as financial pressures on households leaves many struggling to afford their monthly bills. The IMLT is working hard to combat the growth in illegal lending by focusing on prevention, awareness and enforcement activities.

A new social media campaign, #SleighNoToLoanSharks, is being launched to alert people about the dangers of using loan sharks and help prevent them from falling into their traps in the run up to Christmas.

Follow these safety tips to protect yourself and loved ones from loan sharks:

1. If you're struggling to make ends meet and need cash fast, the thought of a loan shark might seem tempting, but remember these lenders are not your friends. Debt can quickly spiral out of control – it's important to think carefully before taking out a loan and consider other options.
2. Never send money or give credit card, online account details or copies of personal documents to anyone you don't know or trust. This information is valuable so make sure you protect it from criminals who can use it to find and stalk you, harass you or threaten those you love.
3. If you're thinking about borrowing money, it's important to check that your lender is genuine. Loan sharks operate illegally without the correct permission from the Financial Conduct Authority (FCA). Do your research first and check the firm or person you're dealing with is listed on the Financial Services Register.
4. When exploitative loan sharks are preying on hardship, it's vital for people to know there is an ethical, local, not-for-profit alternative available. Credit unions are a lifeline for many people, with their services helping members to save regularly, borrow responsibly and keep track of their finances. There are other community lenders who are mostly not for profit, and who reinvest any surpluses into serving vulnerable customers, which can be found on <https://www.findingfinance.org.uk/>
5. Getting trapped in a never-ending spiral of debt after borrowing from a loan shark can have devastating consequences, not only on your finances but also on most other aspects of your life, including your mental health, work and relationships with your family and friends. If you're worried about a friend or family member, or if you need help yourself, Stop Loan Sharks can offer confidential advice and support.

Are you worried about a friend or family member who is being taken advantage of by a loan shark? Contact the Stop Loan Sharks 24/7 Helpline on 0300 555 2222 for support or visit www.stoploansharks.co.uk. Live Chat is available on the website between 9am and 5pm, Monday to Friday.

Useful Resources

Cost of Living Hub

Sunderland City Council has a [virtual hub](#) where Sunderland residents can access information on the following topics in relation to the cost of living:

- Government help available
- Help with energy costs

- Household Support Fund
- Coping with debt and dealing with finances
- Mental health and wellbeing support
- Finding a career
- Housing and homelessness support
- Family support
- Food support services
- Warm spaces
- Further help and advice

Warm Spaces

Warm Spaces are available in Sunderland over the winter as part of the cost-of-living support offered. They are free to use and will provide a warm welcome to all. Some venues will also offer hot drinks, activities, and other services such as offering information and advice. Warm Spaces will be heated, safe, friendly, and neutral places. A map and information showing where the Warm Spaces venues are in Sunderland and opening times etc is available from www.sunderland.gov.uk/warm-spaces



Report a Concern

Everyone has a responsibility to safeguard children, young people and adults who may be at risk of abuse.

If you are worried about someone:

- In an emergency call 999
- If there is no immediate risk, call the police on 101

If you are a professional wishing to report a safeguarding concern regarding an adult, the Safeguarding Adult Concern (SAC) notification is now an on-line Portal for Providers and professionals: [Worried about someone? \(sunderland.gov.uk\)](http://www.sunderland.gov.uk)

If your concern relates to a child, please call 0191 520 5560.

Future Articles

If you have an idea for an article for a future publication, please contact the Strategic Safeguarding Team: strategic.safeguarding@sunderland.gov.uk