



# 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 19 | Winter 2023 -24

### This issue at a glance:

- Domestic Homicide Reviews (DHRs): Change of name to Domestic Abuse Related Death Reviews
- South Tyneside & Sunderland NHS Foundation Trust Podcast: The Importance of Safeguarding
- Safeguarding Learning Week 2023
- Focus On: Safeguarding Your Wellbeing at Work
- SSAB's Training Offer
- Sunderland Safeguarding Adults Board Website
- Useful Resources

## 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.

## Domestic Homicide Reviews (DHRs): Change of name to Domestic Abuse Related Death Reviews

Whilst Sunderland Safeguarding Adults Board does not have Domestic Homicide Reviews (DHRs) as part of its remit or responsibilities, there can be cross-cutting learning from DHRs which SSAB can be briefed about and may decide needs to take action on. SSAB has become aware that the name of DHRs is soon to be changed by the Government, in response to a public consultation on the matter.

The government is taking action to better recognise the often hidden victims of domestic abuse who die after suicide, coercive and controlling behaviour, and economic abuse. Publishing its response to a public consultation on reviews conducted after fatal domestic abuse cases, the government is strengthening the law to highlight that these reviews can take place when a death has occurred as a result of domestic abuse, including in suicide cases, in line with the legal definition of domestic abuse as introduced in the Domestic Abuse Act 2021. This means that a Domestic Homicide Review can be commissioned whenever there is a death that has, or appears to have, resulted from domestic abuse. As well as physical abuse, this includes controlling or coercive behaviour and emotional and economic abuse. It will help to ensure that lessons are learned from fatal domestic abuse cases. The government has also announced that the name of these reviews will be changed from 'Domestic Homicide Review' to 'Domestic Abuse Related Death Review', to better reflect all deaths which fall within their scope. The changes will be brought into law via an amendment to the Victims and Prisoners Bill. More information can be found on the [Gov.UK website](https://www.gov.uk).

## South Tyneside & Sunderland NHS Foundation Trust Podcast: The Importance of Safeguarding



Our People Podcast - S3. E18: Safeguarding

South Tyneside & Sunderland NHS Foundation Trust (STSFT) have recently produced a podcast discussing the importance of safeguarding.

STSFT's 'Our People' Podcast visited Tracy Dawson, Kerry Pate and Janice Blakey from their Safeguarding team. The team discuss the importance of safeguarding at STSFT and how they advise and support STSFT's staff and patients. They also talk about how someone can look after their own wellbeing and provide an example of what a case may look like.

The podcast can be listened to on YouTube here: [Our People Podcast - S3. E18: Safeguarding - YouTube](#)

## Safeguarding Learning Week 2023

[How can you prioritise the welfare and wellbeing of yourself and others?](#)

Safeguarding Learning Week 2023 took place 20th - 24th November. Following the success of the event in 2022, Sunderland Safeguarding Adults Board (SSAB) again collaborated with Sunderland Safeguarding Children Partnership (SSCP) to deliver a week-long event to celebrate all we do in Sunderland to support our own and our colleagues' wellbeing when working in safeguarding.

Each day of the week we explored a different safeguarding theme to consider how we might respond to various safeguarding challenges:

- **Monday** - Our role in safeguarding
- **Tuesday** - Leading on safeguarding in our organisations
- **Wednesday** - Secondary and vicarious trauma
- **Thursday** - Adopting a trauma-informed approach to safeguarding
- **Friday** - Co-production with experts by experience

### Seminars and Events

Throughout the week we hosted a number of seminars, workshops and other events.

#### **Monday 20 November**

- Vicarious Trauma - How to Look After Yourself: Stephen Mordue, speaker, writer, creator, delivered this session, which was also repeated through the week, to support practitioners, who work in safeguarding, to avoid vicarious trauma. The session sought to understand the impact of the emotional content of the work we do and explore strategies for managing our response to it.
- Managing the Impact of Disclosures on your Wellbeing: Claire Sullivan, Therapist, Trainer and Supervisor from TRUST (Therapeutic Relationships Used to Support Trauma), led this session exploring how professionals can manage the impact of safeguarding disclosures on their own wellbeing.
- Being Professionally Curious when Safeguarding Children: Delivered by Roni Johnson, Practice Development Social Worker. This workshop gave an opportunity for the workforce to take learning from national and local learning reviews.

#### **Tuesday 21 November**

- Trauma in Sunderland: Daren Burdon, Nurse Consultant and Michelle Glascott, Consultant Nurse, both from CNTW and Stephen Laverton, Strategic Manager Community Safety &

Safeguarding delivered this session, which provided an insight into Trauma, championing the work of our CNTW mental health colleagues and highlighting themes in Sunderland.

- Closed Cultures: Faye Gregory-Smith and Verity Burnett, Business Managers at Sunderland Care and Support led this session, which included safeguarding principles, professional curiosity, closed cultures, learning from safeguarding adults reviews (SARs), and advocacy.
- Complex Adults Risk Management (CARM): This session was delivered by Alyson Boucher, Senior Practitioner, Safeguarding Adults Team, Sunderland City Council and Wendy Proctor, Designated Nurse for Safeguarding Adults NENC ICB. The session focussed on the CARM process, specifically What is CARM (national and regional process)? CARM criteria for referral, CARM process and multi-agency involvement, benefits of the CARM process, and participation in a clinical case discussion.

### **Wednesday 22 November**

- Complimentary taster sessions provided by students from New College Durham including manicures, neck, back, hand and arm massages, along with eyebrow shaping.
- Employee Wellbeing: Kathy McKenna, Washington Mind delivered this session focussing on our own wellbeing.
- Mental Capacity, Executive Functioning and Learning from Safeguarding Adults Reviews: Delivered by Mike Ward, Consultant Alcohol Change UK and author of SSAB's [Alan SAR](#). In this session Mike focussed on the learning from the Alan SAR, substance misuse and mental capacity.
- Missing Adults: Northumbria Police delivered this webinar which covered the multi-agency Missing Adults Protocol which is in place across the Northumbria Police force area, the role of Missing From Home Coordinators, the Police response to missing adults, expectations of professionals when reporting an adult missing, and Missing protocols - Herbert and Winne protocols

### **Thursday 23 November**

- Taking the Lead of Safeguarding in your Organisation: During this session delivered by Ronnie Lynn, Together for Children's School Improvement Officer for Safeguarding, explored how to create an effective culture of safeguarding within our organisations. Attitudes, motivations and barriers to an effective safeguarding culture were also explored.
- Using Trauma-Informed Practice to Increase Engagement with Families: Angela Ward, Family Nurse Supervisor delivered this session and provided an overview of the Family Nurse Partnership Programme. The session's objectives were to: articulate features of trauma-informed practice, reflect on your own practice with insight, and name the internal and external barriers to engagement.

### **Friday 24 November**

- Listen, Learn, Lead - Why is Co-Production with Children so Important?: This session, delivered by Caitlin Scott and Alex Quinn, RSHE workers, provided an insight into TfC's RSHE team principles when listening to the child's voice. The RSHE team gave an insight into the service they deliver to children and young people. The importance of not only listening to the child and young person's voice but ensuring it is embedded throughout the support they

offer. Outcomes and the differences made by listening and learning from the child and young person were also presented as well as co-production and the importance of involving children and young people within service design, delivery and evaluation.

- Listen, Learn, Lead - Co-Production with Experts by Experience: Sunderland People First (a self-advocacy group for people with learning disabilities) talked about what co-production is and its importance. They shared their personal experiences of being involved in co-production and reflected on what has worked well and what could be improved in the future.

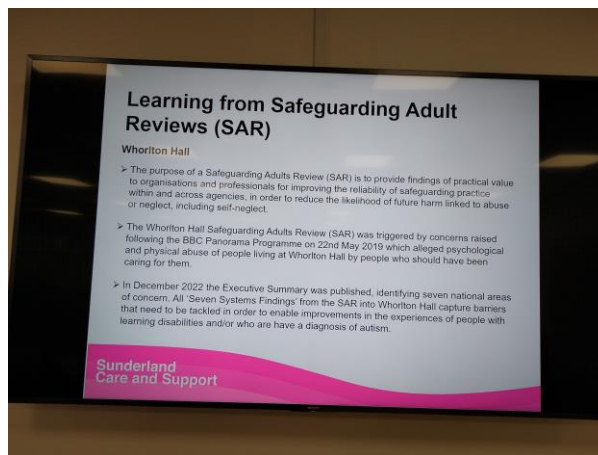
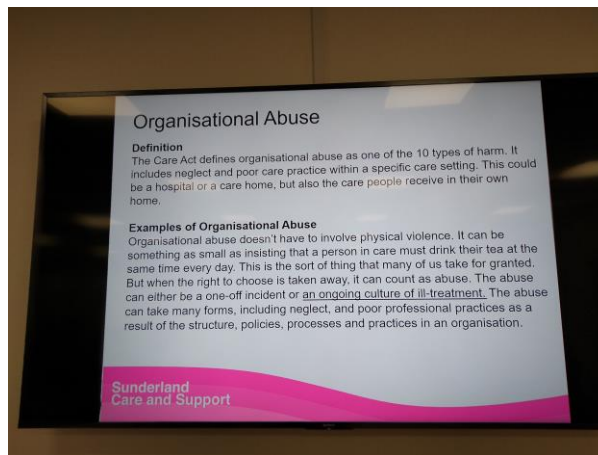
### A Week of Activity Across SSAB and SSCP Partnerships

Below is a small selection of some of the activity that took place across the partnerships during the week, you can get a bigger picture of the week's activity by searching the hashtag #SafeguardingSunderlandTogether









## A Big Thank You

SSAB and SSCP would like to say a big thank you to everyone involved in Safeguarding Learning Week 2023 - whether you delivered a learning session, hosted an event, attended a session or simply shared some resources across your organisation.

The positive response to this year's Safeguarding Learning Week demonstrates just how many people are committed to making a difference.

## Save the Date!

Safeguarding Learning Week 2024 will take place 18th - 22nd November. More details will be shared in due course.

## Safeguarding Your Wellbeing At Work

The following is reproduced from an article written for Ann Craft Trust for Safeguarding Adults Week 2023, and the author is credited at the end:

Every November, Safeguarding Learning Week provides an opportunity to raise awareness about abuse and neglect and talk about how best to protect and care for adults at risk of abuse. This is the day-to-day role for many of us, and a role we feel truly passionate about. We all chose this career path as we wanted to help people and make a difference, to make their lives better, because we care about people's wellbeing.

But, who cares for the carers? Why does prioritising our own wellbeing feel unnatural, alien, and even selfish? Our everyday roles are filled with stressful situations, and although we want to do the best we can for the people we support, we are faced with:

- More complex cases
- Reduced capacity in teams
- Higher caseloads
- Professional differences between agencies and teams

This means that staff burnout is a real possibility. This has been well researched, and is at high levels in the [health and social care sector](#) with the British Psychology Society describing staff burnout as a '[modern epidemic](#)'. In adult safeguarding, supporting people who are experiencing abuse and neglect can also lead to [vicarious trauma for professionals](#). This is where we empathise with those experiencing trauma, which then impacts on our own wellbeing. This means that prioritising our physical and mental wellbeing is more important than ever.

### You can't pour from an empty cup

You may have heard the phrase 'you can't pour from an empty cup', meaning that if you don't look after your own wellbeing, you won't have the energy, headspace or motivation to care for others. Staff wellbeing can impact on the care and safety of the adults we are trying so hard to support and protect.

[Research](#) has found a direct link between poor staff wellbeing and worse patient safety. Tired and stressed staff are more likely to make mistakes and take more sick leave, potentially putting the people we support at risk. This isn't a situation any of us want to happen and is actually the opposite of what we go to work for. Thankfully, there are things we can do to support the wellbeing of ourselves and our colleagues.

### Time to think differently

We're all a little guilty of seeing wellbeing emails come round and putting them to the side because we're too busy.

- 'I'll read it tomorrow'.
- 'I'll just finish this report, then I'll read it'.
- 'I'm too busy for this nonsense, I've got work to do'.
- 'I'll send it to my personal email and read it at home'.
- 'Managers don't really care about my wellbeing, they just send these emails round to tick a box'.
- 'I have too many other emails, I don't have time for wellbeing'.

### *Sound familiar?*

The result is that wellbeing is seen as something for those with the luxury of time to factor it into the day, those who aren't really busy, or something that can't be done on work time but needs to be in your own time.

But guess what – the time when the phone is ringing non-stop, you have deadlines looming and you're under pressure, is the time you need wellbeing the most.



Taking five minutes out of your day won't really impact that deadline, but it will reduce your stress levels, clarify your thinking and increase your ability to cope, meaning you are better equipped to care for others. Think of wellbeing as time **invested**, not time wasted.

### Benefits of wellbeing

The mental benefits of improving our wellbeing are huge and are well recognised – lower stress levels, higher resilience to cope with difficult situations, clearer thinking and improved outlook. But we don't often think about the physical benefits.

A study at the [University of Michigan](#) found that activities such as yoga and meditation can actually alter gene expression, leading to lower levels of inflammation in the body! Pretty powerful stuff.

### Culture

As well as making our own wellbeing a priority, we all have a part to play in changing the workplace culture where wellbeing is seen as a luxury. This applies to all roles not just managers and is something we all have the power to change.

Ask yourself what your first thoughts are if you see a colleague taking 5 minutes to stretch and do mindfulness at their desk. Are you happy to see them looking after themselves physically and mentally so they are a more considerate, capable team member who actively lowers their stress levels? Or are you thinking 'who on earth do they think they are, we're snowed under here and they are faffing about timewasting with breathing exercises while the rest of us struggle?'. All the wellbeing advice in the world won't make a difference if we can't let ourselves and others put it into practice.

We seem to be pre-programmed to look harshly on anything new in the workplace, but we all have the power to shift our mindset and be more open to wellbeing being part of our workday, both for our benefit and for the benefit of the people we support. **Culture change doesn't happen in policies and procedures, it happens with us.**

Authored by Emma Coleman, Nottingham City Safeguarding Adults Board Manager, for Ann Craft Trust, as part of their information for Safeguarding Adults Week 2023.

### SSAB's Training Offer

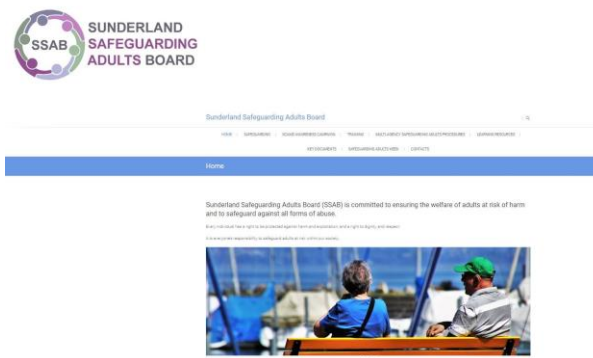


SSAB's training offer consists of both e-learning and trainer-led training courses. All details of the SSAB's training offer are available on the [Training](#) page of the SSAB website. This includes:

- E-learning - there are a large number of courses on a range of safeguarding topics, these are FREE to do - the links on the Training page will take you to SSAB's area on the Virtual College website (SSAB's commissioned e-learning provider) to either register, or log-in if already previously registered.

- Trainer-led training - SSAB offers 5 courses: Raising a Safeguarding Adults Concern; Multi-Agency Roles in the Safeguarding Adults Process; MCA & DoLS; How to Assess Mental Capacity; Self-Neglect & Hoarding. Courses are offered via a hybrid model, so attendees can choose to sign up for either online delivery or in-person delivery. Sign up is via a nomination form which is on the [Training](#) page. Trainer-led training is FREE to NHS and Council staff (due to contributions to the SSAB budget) and £20 per person per course for everyone else. To read about the course content for these 5 courses, see the [Training](#) page on the SSAB website for clickable links to the course outlines documents.

## Sunderland Safeguarding Adults Board Website



Have you had a look at what's on offer yet? The [SSAB website](#) has a range of resources to support safeguarding adults practice and is regularly updated. As well as providing links to access multi-agency [training](#), the website also hosts:

- New-look [multi-agency safeguarding adults procedures](#)
- Learning resources, including published Safeguarding Adults Reviews, 7 Minute Briefings on a range of topics, self-neglect resources
- Key documents: publications, newsletters, forms, guidance, SSAB Annual Reports, Complex Adults Risk Management (CARM) documentation
- Safeguarding adults campaigns information

## Useful Resources

*Please note, these links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by SSAB of any of the products, services or opinions of the Board or its representatives. SSAB bears no responsibility for the accuracy, legality or content of the external site or for that of subsequent links. Please contact the external site for answers to questions regarding its content.*

### [Home Takeover / Cuckooing Animations](#)

A cross-partnership project in Newcastle has produced two animations on home takeover (sometimes referred to as home invasion or cuckooing). The animations are a joint effort across the Newcastle Safeguarding Adults Board (NSAB), The Newcastle Safeguarding Children Partnership and the Safe Newcastle Board, as well as input from the University of Northumbria, Newcastle. There are

two versions of the animations, one aimed at professionals and one aimed at young people (to be used in schools, Year 7 and above). Adults at risk of abuse can be victims of home takeover in any part of the country, so the key messages from these animations can also be applied to Sunderland. The animations can be viewed on YouTube, or via the NSAB website: [Home Takeover Animations Launched - Newcastle Safeguarding](#)

### Educational Films: Domestic Abuse, Female Genital Mutilation (FGM), Financial Abuse, Servitude, Mental Health

Some useful educational films have been developed in Oxford. These are available in both the English language & Arabic language. These are from an Integrated Care Board (ICB) commissioned piece of work to myth-bust some issues around domestic abuse, FGM, money, servitude & mental health. These films are led by the communities they impact and are a useful tool for you to share. The films can be viewed at: [OAC \(oxfordagainstcutting.org\)](#)

### New FREE E-learning from NHS England: Trauma Informed Care

#### **New free Trauma Informed Care e-learning programme now available from NHS England**

NHS England's e-learning for healthcare and Mental Health team have worked together to develop a new e-learning programme about trauma informed care.

The COVID-19 pandemic has highlighted a growing need for health and care professionals to understand the dynamics and impact of trauma on the lives of individuals, families and communities.

Whilst embedding trauma informed care requires a systematic multi-faceted approach, the aim of this programme is to support the learner in deepening their understanding on the importance of becoming more trauma sensitive in the way care is delivered, both as an individual and within a team or service.

The programme, which is aimed at frontline health and care professionals, emergency services colleagues, violence reduction units and education staff, consists of 5 modules:

- Human Development and Responses to Threat
- What Do We Mean by Trauma?
- Basic Awareness, Concepts and Challenges
- Public Health and Prevention, Personal Capacity
- Making Trauma Informed Approaches Part of Healthcare

On completion of the programme learners will have a greater understanding of trauma and its impact on the lives of everyone who encounters services, including those who work within it. It will help learners to recognise and sensitively respond to people who have experienced trauma.

For more information and to access the resource, please visit the [Trauma Informed Care programme page](#).

## 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, follow the link below to the on-line Portal for Providers and professionals: [Worried about someone? \(sunderland.gov.uk\)](#)

If you are a member of the public and worried about your own safety or about the safety of someone else, you can call Sunderland City Council on 0191 520 5552. Alternatively, you can also visit the Sunderland City Council website and complete the member of public [online referral form](#).

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](mailto:strategic.safeguarding@sunderland.gov.uk)**