



Sunderland Safeguarding Adults Board Newsletter



Sunderland Safeguarding Adults Board¹ 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. It leads and holds partners to account for safeguarding adults in the city, and is responsible for monitoring and challenging the effectiveness of what partner agencies do to support this. Follow us on Twitter: @SunderlandSAB

Issue 17 | June 2023

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¹<https://www.sunderlandsab.org.uk>

- 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.

Multi-Agency Safeguarding Adults Procedures

SSAB is pleased to announce the refresh of the layout and content of their Multi-Agency Safeguarding Adults Procedures, which are now live and accessible from the SSAB website². The layout is more user friendly to aid navigation and access to specific guidance and is for use across all partner agencies working in Sunderland.

Save the Date! Think Family Safeguarding Conference 2023

Sunderland Safeguarding Adults Board is pleased to be collaborating with Sunderland Safeguarding Children's Partnership, South Tyneside and Sunderland NHS Foundation Trust, Sunderland and South Tyneside Integrated Care Partnerships and South Tyneside Safeguarding Children and Adults Partnership to deliver a free Think Family conference on Wednesday 20th September 2023.

The final programme will be confirmed at a later date, however the range of topics to be covered (which may be subject to change) include:

- Fire prevention and learning from recent cases
- Self-neglect
- Learning from South Tyneside and Sunderland Safeguarding Adults Reviews on mental capacity and executive functioning
- Suicide in relation to young people
- Exploitation relating to criminal activity and knife crime

Further information regarding the confirmed programme and booking information will be circulated in due course.

²<http://www.sunderlandsab.org.uk/>



**Subject: 'Save the Date – 20th September 2023 – Safeguarding Conference
'Think Family'**

Dear Colleagues,

You are requested to save the date of **20th September 2023** for the joint collaborative conference held by South Tyneside and Sunderland NHS Foundation Trust, South Tyneside and Sunderland Integrated Care Providers, South Tyneside Safeguarding Adults and Children Partnership, Sunderland Safeguarding Adults Board and Sunderland Safeguarding Children Partnership.

To be held at **Rainton Meadows Arena, Mercantile Road, Houghton le Spring, DH4 6PH from 8.30am until 4.30pm.**

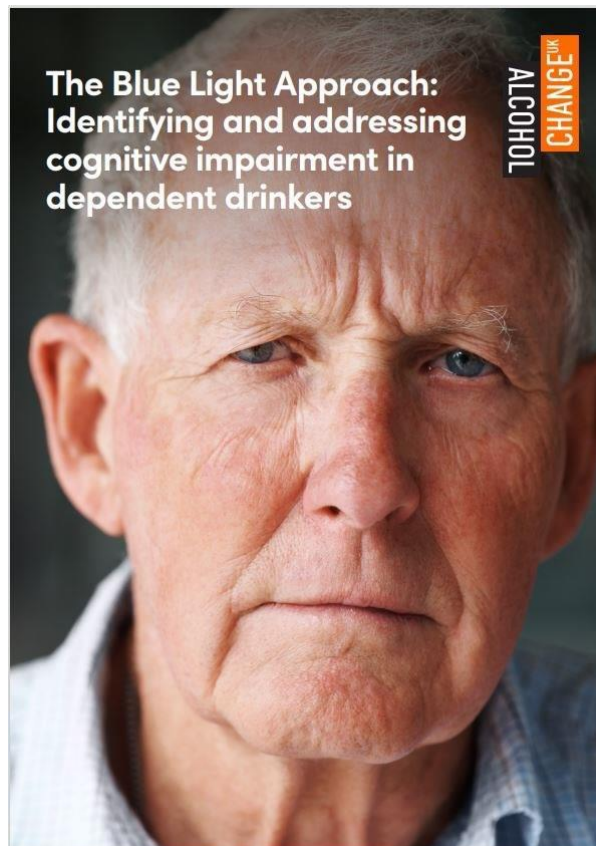
The final programme is yet to be confirmed; however the range of topics to be covered at the conference (which may be subject to change) is set out below:

- Fire prevention and learning from recent cases
- Self-Neglect and learning from South Tyneside and Sunderland Safeguarding Adult reviews around Mental Capacity and executive functioning
- Suicide in relation to young people
- Exploitation relating to criminal activity and knife crime

Please note places are limited and will be allocated on a first-come first-served basis.

Further information regarding the programme and booking information will be circulated in due course.

Alcohol Change UK: Identifying and Addressing Cognitive Impairment in Dependent Drinkers



Alcohol Change UK developed this guidance as part of a national, multi-partner initiative to develop accessible national practice guidance and training on the assessment and management of cognitive impairment in dependent drinkers. Sunderland Safeguarding Adults Board are proud to have been one of the project partners involved in the development of the guidance, which is also supported by a series of webinars.

Cognitive impairment is very common in dependent drinkers.

- People are more likely to drink problematically because of traumatic brain injuries (TBI) or other brain damage experienced before birth, in childhood or in early adult life.
- As a drinking career progresses brain damage caused by alcohol and poor nutrition and vitamin deficiency accumulates.
- Physical damage to the brain from falls, fights, fits and impulsive self-harm accumulates to similar effect.
- This damage impairs memory but also impulse control, executive function and the ability to regulate cognition, emotion, and behaviour, therefore, making it harder to engage with recovery.
- The drinking lifestyle may generate other forms of cognitive impairment e.g. the damage from strokes, poor sleeping patterns or the 'brain fog' associated with hepatitis C.

This accumulating damage generates a downward spiral. As the cognitive impairment increases, impulse control decreases, consequently drinking and the risk of further head injury may also increase. Those head injuries then further impair impulse control leading to the risk of more drinking.

Therefore, anyone working with dependent drinkers needs to be aware of the impact of cognitive impairment.

However, most practitioners will not meet dependent drinkers with a diagnosis of cognitive impairment; they will meet dependent drinkers who are confused, impulsive and possibly self-destructive and who they suspect may have a cognitive impairment. The problem is that the next steps can be very difficult.

Securing a diagnosis may be a challenge. Memory and brain injury services may require someone to be alcohol-free for three months before they can be assessed. The dependent drinkers themselves may be hard to engage into constructive interventions and may struggle to engage in traditional ways of assessing cognitive impairment. Their behaviour may be dismissed as a 'lifestyle choice' or attributed to intoxication rather than brain damage.

It is this situation that is the focus of this guidance. Its target audience is the practitioner struggling with an individual who finds it difficult to move forward because of cognitive impairments or the challenging requirements of other services.

Webinar Series

This series of webinars are free to access and relevant to anyone who encounters dependent drinkers in their work:

³https://s3.eu-west-2.amazonaws.com/files.alcoholchange.org.uk/documents/ACUK_Cognitive_Impairment_Guide_V6_Final.pdf

Alcohol Related Brain Damage by Professor Ken Wilson⁴

Using Legal Powers to protect Cognitively Impaired Drinkers by Professor Sir Michael Preston Shoot⁵

Understanding Memory, Brain Injury and Neuropsychiatry Services by Dr Rafey Faruqi⁶

The Glasgow Model by Grant Brand⁷

The Use of Pabrinex Dr Julia Lewis⁸

Speech and Language Therapy for Cognitively Impaired Drinkers by Leigh Andrews⁹

Living with Korsakoff's Psychosis by Sharon and Mark Holmes¹⁰

[Alcohol Change UK: Alcohol Assertive Outreach - A Handbook](#)



2 - Download the handbook¹¹

This handbook has also been published by Alcohol Change UK in 2023. Its introduction states: The experience of Alcohol Change UK's Blue Light approach has shown that if people need support but don't come into services, services may need to go out and find them through assertive outreach. That means making time to work with people in their own settings and build engagement with them through persistent and consistent interactions. This handbook is based on a recognition that identifying an alcohol problem does not always lead smoothly and naturally to treating it. Alcohol assertive outreach is a method for moving positively, patiently and persistently with someone across the gap between identification and treatment, and beyond. This handbook is about how you can implement it effectively in your local area.

⁴<https://youtu.be/sEpzXEITZXE>

⁵<https://youtu.be/OiqxAWMXx0g>

⁶<https://youtu.be/tR82dLYbV8g>

⁷<https://youtu.be/H7wxODkw57o>

⁸<https://youtu.be/hhLzZv41N6A>

⁹<https://youtu.be/Dm2xGZK7oUg>

¹⁰<https://youtu.be/eF7W1N-CpTI>

¹¹<https://alcoholchange.org.uk/publication/alcohol-assertive-outreach-a-handbook>

Focus on: Controlling or Coercive Behaviour

In April 2023, the Home Office issued a Controlling or Coercive Behaviour Statutory Guidance Framework¹². This statutory guidance was issued under section 77 of the Serious Crime Act 2015. Any persons or agency investigating offences in relation to controlling or coercive behaviour under section 76 of the 2015 Act must have regard to it. The guidance is primarily aimed at statutory and non-statutory bodies working with victims, perpetrators and commissioning services, including the police, criminal justice agencies and other agencies.

This guidance provides information on controlling or coercive behaviour, to assist in identifying, evidencing, charging, prosecuting and convicting the offence. This guidance also provides information on: reducing the risk of harm to and supporting the victim and their family, including how other agencies and support services can assist; and managing the perpetrator.

Defining Controlling or Coercive Behaviour

Controlling or coercive behaviour is an intentional pattern of behaviour that occurs on two or more occasions, or which takes place over time, in order for one individual to exert power, control or coercion over another.

Controlling or coercive behaviour can be part of a wider pattern of abuse, which includes other forms of often more overt or visible forms of abuse, such as physical or sexual assault.

Section 68 of the Domestic Abuse Act 2021 (the 2021 Act) amended the definition of “personally connected” in section 76 of the Serious Crime 2015 Act. This removed the “living together” requirement, which means that the offence of controlling or coercive behaviour now applies to partners, ex-partners or family members, regardless of whether the victim and perpetrator live together.

The following list outlines behaviours that are within the range of controlling or coercive behaviour:

Physical and sexual violence/abuse and violent behaviour

- Physical violence, and threats of physical violence;
- Physical intimidation e.g. blocking doors, clenching or shaking fists, slamming doors, hitting walls, pretending to hit or swing, throwing objects at or around the victim, displaying weapons or harmful objects, driving dangerously or erratically with the victim in the car; and
- Sexual assault, coercion or abuse, and threats of sexual assault.

Emotional and psychological abuse

- Abuse relating to faith or beliefs;
- Verbal abuse;
- Constant criticism of the victim’s role as a partner, spouse or parent;
- Criticising the victim’s choice of friends and associates;

¹²<https://www.gov.uk/government/publications/controlling-or-coercive-behaviour-statutory-guidance-framework>

- Intentionally undermining and/or manipulating the victim; and
- Posting unwanted messages on the victim's social media.

Controlling Behaviours

- Controlling or monitoring the victim's daily activities and behaviour, for example making them account for their time, dictating what they can wear, what and when they can eat, when and where they may sleep, who they meet or talk to, where they may work, restricting access to training/development etc.;
- Using digital systems, such as smart devices or social media, to coerce, control, upset and monitor the victim (e.g. restricting and checking phone use, needing to know passwords for accounts, using location tracking on devices, posting of a possibly triggering image);
- Controlling and monitoring the victim's access to their post;
- Acts of coercion or force to persuade the victim to do something that they are unwilling to do;
- Economic abuse (e.g. coerced debt, controlling spending / bank accounts / investments / mortgages / benefit payments);
- Using a victim's workplace to control them, e.g. denying access to work, dictating where they work, turning up at work;
- Making and enforcing rules and regulations that the victim is expected to follow and using punishments to make them comply e.g. making accusations or humiliating a person in public or private for deviating from the rules;
- Coercing the victim into carrying out criminal behaviour such as selling drugs or carrying weapons;
- Following the victim and/or appearing unexpectedly, e.g. at their place of work or at places where they are meeting friends;
- Reproductive coercion, including restricting a victim's access to birth control; refusing to use a birth control method; forced pregnancy; forcing a victim to get an abortion, to undergo in vitro fertilisation (IVF) or other procedure; or denying access to such a procedure;
- Using substances such as alcohol or drugs to control a victim through dependency, or controlling their access to substances;
- Using child arrangements and child maintenance to control the victim.

Restrictive Behaviours

- Withholding and/or destroying the victim's immigration documents, e.g. passports and visas;
- Preventing normal leisure activities such as volunteering, joining local clubs and groups, sports teams, civil/charitable activity, etc.;
- Preventing the victim from learning a language, improving their existing language skills, such as English if this is not their first language, or making friends outside of their ethnic/ or cultural background;

- Refusing to interpret (including British Sign Language, BSL, for deaf victims) on behalf of the victim;
- Hindering access to communication, e.g. refusing to make information accessible, denying access to communication support tools, augmentative and alternative communication (AAC), and/or professionals who support communication;
- Restricting access to health and social care appointments, or preventing the victim from accessing health or social care, including refusing to allow the victim to attend appointments alone (especially relevant for victims with disabilities or long-term health conditions);
- Preventing the victim from taking medication, or accessing medical equipment, or over-medicating them; and
- Isolating the victim from family, friends, colleagues and professionals who may be trying to support them, intercepting messages or phone calls.

Threatening Behaviours

- Threats of being placed in an institution against the victim's will, e.g. care home, supported living facility, mental health facility, etc. (particularly for disabled or elderly victims);
- Threats to expose/exposure of sensitive information (e.g. sexual activity, private sexual photos or films, sexual orientation and/or transgender identity), or making false allegations to family members, friends, work colleagues, community or others, including via photos or the internet; (Note: threats to disclose private sexual photographs and films, without the consent of the relevant individual, and with the intent to cause distress, has been made a specific offence under Section 69 of the Domestic Abuse Act 2021)
- Making false allegations to statutory agencies (e.g. Police, Children's Services, Jobcentre, Child Maintenance Services);
- Using children to control the victim, e.g. threatening to take the children away, threatening to harm the children;
- Using pets to control or coerce a victim, e.g. harming, or threatening to harm or give away pets;
- Intimidation and threats of disclosure of health status or an impairment to family, friends, work colleagues and the wider community, particularly where this may carry a stigma in the community;
- Threats to the victim, including to their family, friends and pets, that make them feel afraid;
- Threats to report a victim to immigration enforcement and/or the police, or threaten to remove the victim to their country of origin; and
- Intimidation or threats to go to the police to report alleged offending.

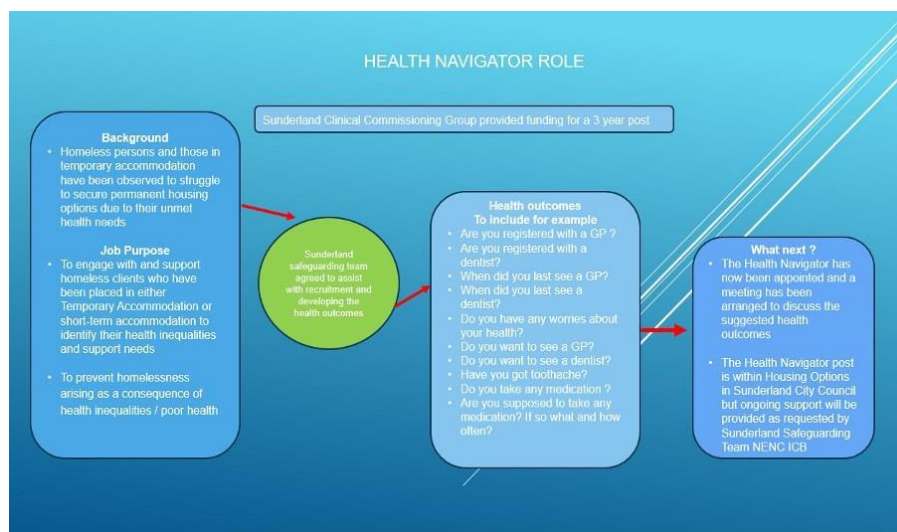
Controlling or Coercive Behaviour

Statutory Guidance Framework

5 April 2023

Health Navigator Role

NENC ICB (Sunderland) has agreed to provide funding for a three-year project to support homeless people and those in temporary or short-term accommodation with a Health Navigator, who can assist with addressing health inequalities so they can find suitable long-term accommodation. NENC ICB (Sunderland) Safeguarding Team will assist housing with identifying appropriate health needs to support their evaluation of the project. Clear outcomes have been developed and an audit process will be in place to monitor these outcomes.



3 - Click to enlarge

Learning from Whorlton Hall: Organisational Abuse

In May 2023, Durham Safeguarding Adults Partnership published its full report of the Safeguarding Adults Review into Whorlton Hall. The main themes was organisational abuse. The Whorlton Hall SAR report was written by authors from SCIE, using a 'systems findings' approach. Their analysis of 'what happened and why' in relation to Whorlton Hall allows us to draw out learning about systemic weaknesses impacting on our ability to keep safe people with learning disabilities and/or who are autistic, who are in, or at risk of being admitted, to equivalent specialist mental health facilities.

The report draws out seven systems findings:

1. Lack of standards or expertise requirements for provider-led safeguarding investigations of cultures.
2. Centrality of a sustained relationship of trust with a professional to enable effective safeguarding responses for individuals in specialist hospital settings.
3. An illusion of advocacy provision for people with learning disabilities and/or who are autistic, and who are inpatients or at risk of being admitted to a specialist hospital.
4. Need for closer working between Care Quality Commission (CQC) and Local Authorities to improve outcomes from organisational safeguarding enquiries in specialist hospitals.
5. Gaps in guidance and funding responsibilities for emergency specialist hospital closures after organisational abuse or deregulation.
6. No clear national approach to absorb learning, coordinate and resource action to transform care.
7. No evidence for what made a CCG (Clinical Commissioning Group) effective at 'micro' commissioning and quality assurance of services for people with learning disabilities and/or who are autistic, to inform Integrated Care Services (ICS's).

To read the report in full, visit the Durham Safeguarding Adults Partnership¹³ website.



SSAB Safeguarding Adults Training

SSAB provides multi-agency safeguarding adults training in trainer-led and e-learning formats. As a Board we continue to embrace alternative ways of working and new technology to support the delivery of adult safeguarding, and following delegate feedback we are now offering a hybrid training programme with both classroom-based and virtual trainer-led training in 2023.

Training content is regularly reviewed and refreshed to ensure that it reflects current themes and trends of adult safeguarding in Sunderland and is available to all employees and volunteers working in health and/or social care settings, care homes and home care service providers, housing, independent sector, and the voluntary, charity and community sector within Sunderland.

For further information on the courses available and how to book, visit SSAB's website¹⁴.

¹³<http://www.safeguardingdurhamadults.info/article/18039/Latest-news>



Digital Inclusion: Sunderland, Our Smart City

Digital exclusion, from poor technical skills to no broadband access and/or not being able to afford a mobile phone, can mean that people who are at risk of neglect or abuse don't have the opportunity to improve their situation and get access to the correct information, help and support, benefits, jobs opportunities, etc. This can make their situation worse and lead to risk of more neglect, self-neglect, or abuse.

Sunderland City Council has a Digital Inclusion Plan, which SSAB partner agencies are encouraged to help with. Two key elements of this plan are currently progressing with the aim of addressing some of the issues highlighted above:

- Low-cost broadband campaign – a social media campaign commences in June, and its key message is: Internet access has arguably become an essential household utility. People use the internet daily to tackle many challenges and inequalities. You, and your organisation, can help fix the digital divide by simply raising awareness of how to access discounted broadband rates. Approximately 29,000 Sunderland residents are eligible, but only around 1,200 take advantage. Collectively, if all those eligible, signed up to the reduced packages, it could save the city £5.2m per year. See the full list of tariffs in Sunderland: Internet in my Home - Sunderland City Council¹⁵.
- Data Bank – Fixing the digital divide: Did you know that Public Sector Services can sign up to the National Digital Inclusion Network? Benefits include joining the National Databank - Good Things Foundation¹⁶. The Databank will provide your Service with access to free SIM data cards, which can be distributed to people who need to go online to help themselves but cannot afford to. It has been compared to a foodbank, but instead of food you supply mobile phone data supporting people living in data poverty access an essential utility, the internet. To help themselves:
 - Pay: Parking, school meals, garden waste, etc.
 - Apply: Benefits, schools, allotments, jobs, courses, etc.
 - Report: Anti-social behaviour, fly tipping, safeguarding concerns, etc.

¹⁴http://www.sunderlandsab.org.uk/?page_id=41

¹⁵<https://sunderlandcitycouncil.sharepoint.com/sites/TW-SCC-N-SST-SSAB2/Shared Documents/Newsletter/2023/2. June/Internet in my Home - Sunderland City Council>

¹⁶<https://www.goodthingsfoundation.org/>

If you'd like to register your Team's interest in joining the Data Bank Scheme email nicol.mcconnell2@sunderland.gov.uk¹⁷ to be invited along to a Q&A workshop to learn more about the opportunity.



Sunderland Safeguarding Learning Week 2023

[#safeguardingsunderlandtogether](https://twitter.com/safeguardingsunderlandtogether)

To coincide with National Safeguarding Adults Week (20th - 24th November), Sunderland Safeguarding Adults Board are once again partnering with Sunderland Safeguarding Children Partnership and Safer Sunderland Partnership to bring you Sunderland Safeguarding Learning Week, a week of conferences, workshops, talks, presentations and more. This year's theme will focus on the welfare and wellbeing of yourself and others, with daily themes including:

- What's My Role in Safeguarding?
- Taking the Lead on Safeguarding in Your Organisation
- Who Cares for the Carers?
- Adopting a Trauma-Informed Approach to Safeguarding
- Listen, Learn, Lead - Co-Production with Experts by Experience

The week begins on Monday 20th November 2023, with a full timetable of events under development.

Details on how to book your place for each event will be available soon.



If you and your service wish to contribute to learning week through one of the topics detailed above, please contact strategic.safeguarding@sunderland.gov.uk¹⁸

¹⁷<mailto:nicol.mcconnell2@sunderland.gov.uk>

¹⁸<mailto:strategic.safeguarding@sunderland.gov.uk>

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.

Social Care Institute for Excellence (SCIE): Mental Capacity Resources

The SCIE website has resources on the Mental Capacity Act (MCA), which can be useful for referring to when working with people who lack, or may lack, capacity. Resources include:

Executive dysfunction and the MCA | National Mental Capacity webinar (scie.org.uk)¹⁹ - this webinar by the National Mental Capacity Forum was held in April 2023 and focuses on the challenges of assessing decision-making capacity in the context of executive dysfunction. It provides an introduction to the concept of executive functioning and its assessment, considers scenarios in which executive dysfunction becomes an issue in the assessment of capacity, and reflects on the ways in which the statutory definition of mental incapacity applies in such cases.

MCA Directory | SCIE²⁰ - SCIE's MCA Directory has been reviewed and updated to continue to provide a single space for sharing useful information and tools to support the implementation of the Mental Capacity Act and Deprivation of Liberty Safeguards.

Mental Capacity Act (MCA) and DoLS | SCIE²¹ - MCA and DoLS guides and videos

Report a Concern

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

¹⁹[https://www.scie.org.uk/mca/directory/forum/nmc-webinars/executive-dysfunction?utm_campaign=13876800_SCIELine late April 2023&utm_medium=email&utm_source=SOCIAL CARE INSTITUTE FOR EXCELLENCE &utm_sfid=003G000002dLxeSIAS&utm_role=Policy%2Fpublic affairs&dm_i=405,89FEO,NUB3ZD,XXUV7,1](https://www.scie.org.uk/mca/directory/forum/nmc-webinars/executive-dysfunction?utm_campaign=13876800_SCIELine%20late%20April%202023&utm_medium=email&utm_source=SOCIAL_CARE_INSTITUTE_FOR_EXCELLENCE&utm_sfid=003G000002dLxeSIAS&utm_role=Policy%2Fpublic%2Faffairs&dm_i=405,89FEO,NUB3ZD,XXUV7,1)

²⁰<https://www.scie.org.uk/mca/directory>

²¹[https://www.scie.org.uk/mca/?utm_campaign=13944980_SCIELine late May 2023 Corrected version&utm_medium=email&utm_source=SOCIAL CARE INSTITUTE FOR EXCELLENCE &utm_sfid=003G000002dLxeSIAS&utm_role=Policy%2Fpublic affairs&dm_i=405,8AW0K,NUB3ZD,Y5DVP,1](https://www.scie.org.uk/mca/?utm_campaign=13944980_SCIELine%20late%20May%202023%20Corrected%20version&utm_medium=email&utm_source=SOCIAL_CARE_INSTITUTE_FOR_EXCELLENCE&utm_sfid=003G000002dLxeSIAS&utm_role=Policy%2Fpublic%2Faffairs&dm_i=405,8AW0K,NUB3ZD,Y5DVP,1)

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)²²

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.uk²³

²²<https://adultsportal.sunderland.gov.uk/web/portal/pages/safeguarding>

²³<mailto:strategic.safeguarding@sunderland.gov.uk>