

# E-Bulletin

01  
SPRING 2021

## Welcome...

### to the Cwm Taf Morgannwg Safeguarding Board's Spring Bulletin for 2021.

It has been just over a year since the lockdown first began and since then we have all experienced a time that we couldn't have previously imagined. With the vaccination programme successfully well underway and restrictions gradually beginning to ease, there now seems to be light at the end of the tunnel and we can hopefully look forward to enjoying some sort of normality soon.

Many lives have very sadly been lost over the past year due to Covid-19 and the Safeguarding Board would like to offer its condolences to all those affected. There have been potentially many more victims as a result of the lockdowns, including:

- Men and women in abusive relationships who have been at an increased risk of physical, sexual and mental harm from their partners,
- Children who have been experiencing neglect and physical and/or and sexual harm at home.
- People of all ages whose mental health have been affected, sometimes to the point of them attempting or completing suicide.

The Safeguarding Board and its partners have been working hard to protect and prevent children, young people and adults from the abuse and neglect. At the beginning of lockdown last year, oversight of our key safeguarding responsibilities was carried out via the Bronze groups in RCT, Merthyr Tydfil and Bridgend and the Regional Silver Command Group.

These groups have since stood down, but the focus on the impact of Covid continues through the work of the Board.

#### RECENTLY APPROVED POLICIES & PROCEDURES

The policies and procedures that have recently been approved by the Safeguarding Board, are:

- **Emergency Admissions Protocol**
- **Pre-Birth Referrals and Conferences**
- **Management of Self-Harm**
- **Sexually Harmful Behaviour Guidance**
- **Working with Parents or Carers who Misuse Substances**



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Cwm Taf Morgannwg  
Bwrdd Diogelu  
Safeguarding Board

For further information:

**[www.ctmsb.co.uk](http://www.ctmsb.co.uk)**

✉ [ctmsafeguarding@rctcbc.gov.uk](mailto:ctmsafeguarding@rctcbc.gov.uk)

Facebook: [@CwmTafMorgannwg SafeguardingBoard](https://www.facebook.com/CwmTafMorgannwgSafeguardingBoard)

Twitter: [@CTMSB1](https://twitter.com/CTMSB1)

Mae croeso i chi gyfathrebu â ni yn y Gymraeg  
You are welcome to communicate with us in Welsh

# Suicide Prevention

**It is predicted that the number of attempted and completed suicides which have taken place over the past year will be higher in comparison to previous years. It is thought that this may be due, in part, to the impact that lockdown restrictions have been having on people, through isolation, increased risk of harm at home, financial difficulties, poor mental health and losing the outlets which were previously used to help with mental health, such as going to the gym, travelling and seeing friends.**

The Safeguarding Board in conjunction with Cwm Taf Morgannwg Mind and other partners, through the work of its **Immediate Response Group** process, recognised a need to address the increasing number of suicides in the region.

In considering a suitable response, it was recognised that the responsibility for dealing with and preventing suicides sat with a number of different partnerships and structures across the region. It was noted that although each of these partnerships and structures played an important role in trying to tackle the issue of suicide, there was no joined-up approach in place and opportunities to collaborate had not been maximised.

A multi-agency Suicide Prevention Steering Group (now the Suicide Prevention Strategic Group) was set up in July 2020, co-ordinated and chaired by the Safeguarding Board.

A subsequent Task and Finish Group was convened, chaired by the CTMSB Business Manager, to carry out a more detailed scoping exercise on the current provision for tackling suicide in the Cwm Taf Morgannwg region and to identify any gaps and/or opportunities to improve co-ordination and collaboration.

The work was further enhanced with the support of the newly-appointed Welsh Government Regional Suicide and Self Harm Prevention Co-ordinator.

A Task and Finish group and a subsequent workshop were also held to align all existing suicide prevention plans, identify common themes and align them to the **Talk to Me 2** objectives.

The Safeguarding Board also took the opportunity to use Safeguarding Week 2020 to focus on positive mental well-being and suicide prevention, under the theme of 'Talking Saves Lives' and held a number of online events to raise awareness of mental health, well-being and suicide prevention as well promoting information and signposting to support services on its website and social media channels.

During Safeguarding Week 2020, Cwm Taf Morgannwg Mind launched **Project Speak**, which aims to prevent suicide and save lives across the region.

In addition to the New Pathways Suicide Awareness training sessions, which took place during Safeguarding Week, the Safeguarding Board commissioned three additional sessions, which were open to the Board and its partners.

## Immediate response to Critical Incidents Protocol

The Safeguarding Board has reviewed its protocol for an Immediate Response to Critical Incidents and this approach has now been adopted across the region.

A critical incident (for the purposes of this protocol) can be defined as an event, or series of events;

- 1 That is sudden, unexpected and out of the realms of common human experience; and**
- 2 it has resulted in (or could have caused) death, life threatening injury or sustained serious and permanent impairment of health or development; and**
- 3 an immediate effective response requires multi-agency co-ordination to manage threat, risk, harm and the impact on a group of individuals and/or the wider community.**

An Immediate Response should be considered for any critical incident where the above definition is met. A request to consider an IRG can be made by any agency, via the Board's Business Unit, if the above definition is met.

The IRG Protocol can be accessed on the Safeguarding Board's website and by selecting this [link](#).

# New Emotional Wellbeing Service



A new Emotional Wellbeing service has been introduced in RCT, as part of the provision provided by the Therapeutic Families Team.

The service targets children and young people aged up to 18 years who have emerging or low to moderate emotional and mental health difficulties including anxiety, stress, psychosocial, attachment and behavioural difficulties. The provision will aim to meet these needs and prevent escalation to more specialist services, such as CAMHS.

The service will be provided by a Specialist CAMHS Liaison Practitioner, based in the Children's Services Therapeutic Families Team that operate from the Glynconel Centre.

Referrals can be made through WCCIS using the Therapeutic Families Team referral form and selecting following criteria:

Children and young people aged up to 18 years, who have emerging or low to moderate emotional and mental health difficulties and either they or their parent/carer require support in the management of these.



For further information about service or training opportunities, please contact:

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## Tackling Child Sexual Abuse

The Welsh Government published its National Action Plan for tackling child sexual abuse in July 2019 and as part of this, commissioned the Stop it Now/Lucy Faithfull Foundation to develop a public awareness campaign to promote attitudes to CSA that will contribute to the prevention of abuse.

These resources can be accessed by selecting this [link](#).

Additional resources have been produced and can be accessed by selecting the following links:

- Resources for schools with information for children on safe ways to speak out about abuse.
- Poster campaign on unsafe and unhealthy relationships for children and parents/carers.
- Non-statutory practice guidance to support those working in education settings, in managing cases of peer-on-peer abuse within the education settings.
- Resources for children on what will happen if they tell an adult they are being abused:
  - Under 12s
  - Over 12s

## Concerns regarding... Inter-Agency Safeguarding Practice (Professional Disagreements) (CRISP)

This multi-agency protocol is to help practitioners working with children, young people and adults at risk in finding a resolution when they have a professional disagreement or concern in relation to interagency safeguarding practice.

The objective of this document is to clearly set out the responsibility of each professional to:

- put the wellbeing of children and adults at risk first;
- challenge constructively if disagreements arise;
- follow through concerns to ensure that children and adults at risk are being adequately safeguarded.

The CRISP protocol can be accessed on the Safeguarding Board's website and by selecting this [link](#).

# Adult Practice Reviews

In accordance with the Social Services and Well Being (Wales) Act 2014, the Regional Safeguarding Board must arrange for an Adult Practice Review to be held where abuse or neglect of an adult is known or suspected and the adult has:

- died
- sustained potentially life threatening injury or
- sustained serious and permanent impairment of health

The purpose of the review will be to identify if there is any learning for future practice and to promote future improvements in relation to inter-agency adult protection practice.

The most recent Adult Practice Review undertaken by CTMSB can be found by selecting the following links:

- **CTMSB1/2019 Report**
- **CTMSB1/2019 7 minute briefing**

## STOP the spread of... MIS-INFORMATION

Welsh Government has published a new page on 'Keeping Safe Online' for practitioners and families about how to stop the spread of misinformation.

It includes information about different types of misinformation such as 'fake news', top tips to spot misinformation, teaching resources and resources for families.

Select this [link](#) to find out more.



## Home shouldn't be a place of fear

The Welsh Government's 'Home shouldn't be a place of fear' campaign aims to let those at risk of domestic abuse, sexual violence and coercive control know that help is available 24 hours a day, every day, via Live Fear Free.

There are a number of ways to contact the Live Fear Free helpline for help and support – by telephone 0808 801 0800, also live chat, text or email, visit the website for information.

Support is still needed to raise awareness of this to reach anyone in a position to help those who may be at an increased risk, including family, friends and service providers, also volunteers.

The **Spring 2021 'Partner Pack'** has been updated with new messaging and creatives as restrictions ease, and to also to promote the link to the on-line training available.

For further information on Live Fear Free, please select this [link](#).



Llinell Gymorth Live Fear  
Byw Heb Ofn Free Helpline  
0808 80 10 800  
ffôn • text • sgwrsio byw • e-bost  
call • text • live chat • email



## Safeguarding Children from Child Sexual Exploitation

On March 18th 2021, the Deputy Minister for Health and Social Services issued a Written Statement announcing the publication of 'Working Together to Safeguard People, Volume 7 – Statutory Guidance Safeguarding Children from Child Sexual Exploitation'.

Select this [link](#) to view the guidance.



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# Awareness Campaigns



Mental Health  
Foundation

## Mental Health Awareness Week

Monday 10<sup>th</sup> - Sunday 16<sup>th</sup> May

Hosted by the Mental Health Foundation, Mental Health Awareness Week will take place from 10<sup>th</sup> - 16<sup>th</sup> May 2021. The theme is 'Nature'.

[More information here](#) ➡

The  
Fostering  
Network

## Foster Care Fortnight

Monday 10<sup>th</sup> - Sunday 23<sup>rd</sup> May

Foster Care Fortnight is The Fostering Network's annual campaign to raise awareness of the transformational power of fostering and to celebrate the fostering community and is taking place this year from 10<sup>th</sup> - 23<sup>rd</sup> May.

[More information here](#) ➡

Learning at  
Work Week  
2021

## Learning at Work Week

Monday 17<sup>th</sup> - Sunday 23<sup>rd</sup> May

Learning at Work Week 2021 will take place from 17<sup>th</sup> - 23<sup>rd</sup> May 2021 on the theme 'Made for Learning'. Co-ordinated by the Campaign for Learning since 1999, the primary goal of Learning at Work Week is to spotlight the benefits of learning and development at work and build learning cultures at work.

[More information here](#) ➡



## Carers Week

Monday 7<sup>th</sup> - Sunday 13<sup>th</sup> June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

[More information here](#) ➡

**SAMARITANS**

## 24/7 Samaritans - The Big Listen

July 2021

Every six seconds, somebody contacts Samaritans. Ten times a minute they help someone turn their life around. Every July, Samaritans branches hold local events to talk about the services they offer in their communities and to raise awareness of the importance of talking to help with mental health.

[More information here](#) ➡