



March 2025

Learn. To Change.



Safeguarding Newsletter



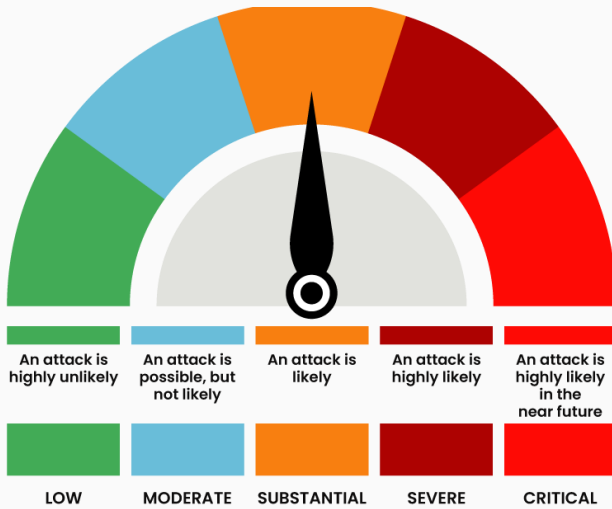
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Prevent



National Threat Level
The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism remains substantial which means an attack is considered likely.

Inside Britain's fascist fight club: Secret footage shows far-right group preparing for 'race war'

A white supremacist group masquerading as a fitness club has been secretly working to build a far-right militia, holding training sessions in plain sight.

An undercover investigation by ITV News has revealed how 'Active Club England' is following a blueprint established by neo-Nazi networks in the US and Europe, using extreme fitness and fraternity as a front to recruit and radicalise members for a so-called "race war".

Among its latest recruits is a convicted violent criminal, previously jailed for a knife attack in a supermarket. The 28-year-old, who calls himself 'Glenn' but who ITV News has identified as Jay Barlow, joined in December - weeks after he was sentenced for separate offences.

Talking Point: Have you noticed anything around you? Does this make you extra vigilant?



Click the above image to watch more on the undercover investigation.

Find out how to report any concerns you have about a learner who you think may be susceptible to radicalisation into terrorism [here](#).



British Values

According to the Department for Education (DfE), **'fundamental British values'** comprise of:

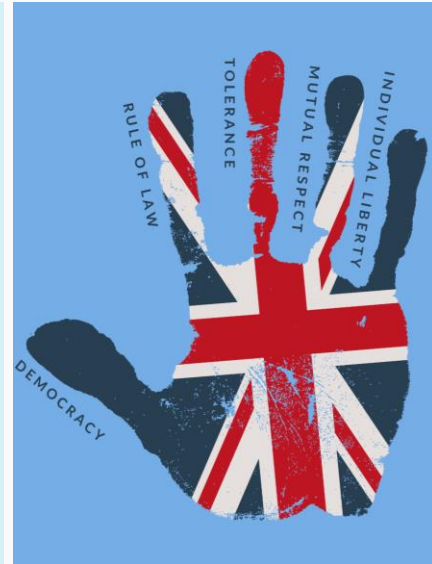
Democracy

The rule of law

Individual liberty

Mutual respect for and tolerance of those with different faiths and beliefs, and for those without faith.

The Department for Education requires that schools, colleges, and training providers ensure students are prepared for life in modern Britain by nurturing their understanding of 'core British principles.



Man who 'exhibited fixated behaviour' to Raducanu given restraining order

Raducanu was approached by the man close to the Dubai tournament site on Monday - the day between her first-round and second-round matches.

The man was deemed to have "exhibited fixated behaviour", according to the WTA in a statement on Tuesday. In psychological terms, this phrase is used to describe obsessive, unhealthy and unwanted behaviour.

Raducanu was given a letter by the man, which sources in Dubai told BBC Sport included his name and telephone number, that she opened later in her hotel.

After Raducanu informed the WTA about her concerns, tournament security teams were notified on Tuesday afternoon.

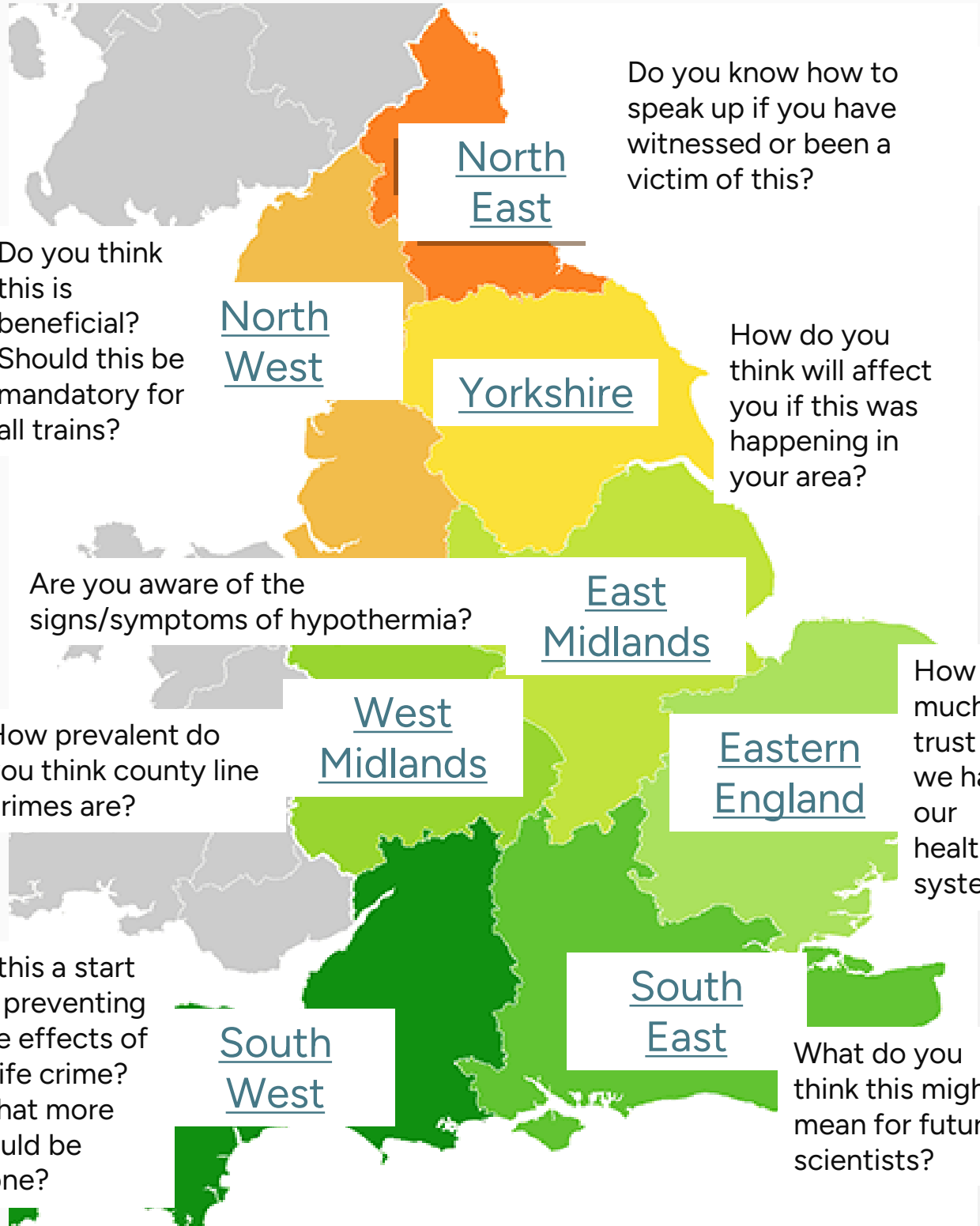
However, the man was still able to enter the small stadium where Raducanu played Czech opponent Muchova later that evening.

To see more, click [here](#).

Talking Point: How would you feel if this was done to you? Do you think this aligns with our British Values?



Regional Safeguarding





Wellbeing



World Sleep Day 2025: Recharge, Refresh, Repeat!

On March 14, 2025, the world will hit *pause* to celebrate something we all love but never seem to get enough of—SLEEP!

World Sleep Day, organized by the World Sleep Society, is more than just a reminder to catch some Z's; it's a global movement to highlight the power of good rest and why it's crucial for our health, happiness, and daily performance.

This Year's Theme: "Sleep Equity for Global Health"

Not everyone has access to restful, uninterrupted sleep. Whether it's stress, work schedules, or even societal inequalities, millions of people struggle to get the rest they need. In 2025, the focus is on making quality sleep a right, not a privilege.

Why Should You Care?

Because sleep is your brain's reset button! It boosts memory, improves mood, strengthens immunity, and even helps you live longer. Not enough sleep - expect brain fog, irritability, and a craving for way too much caffeine.

How to Celebrate?

- ❖ **Master the Art of Napping** – 20-minute power naps = instant energy boost!
- ❖ **Ditch the Screens** – Swap doomscrolling for a good book before bed.
- ❖ **Upgrade Your Sleep Space** – Think cozy blankets, dim lighting, and no distractions.
- ❖ **Join a Sleep Challenge** – Try hitting 7–9 hours for a week and feel the difference!

This World Sleep Day, let's ditch the "I'll sleep when I'm dead" mindset and embrace the power of rest. Your brain (and body) will thank you.

Talking Point: Are you a morning bird or a night owl? What will you change about your sleep routine to enhance your quality of sleep?



Safeguarding

Common Myths About Self-Harm

Self-harm is often misunderstood, leading to stigma, silence, and misinformation. Let's debunk some of the most common myths and replace them with facts and understanding.

- **Myth 1:** "Self-harm is just attention-seeking."
- **Truth:** Most people who self-harm do it in private and actively hide their injuries. It's not about seeking attention, it's often a way to cope with emotional distress.
- **Myth 2:** "Only teenagers self-harm."
- **Truth:** While self-harm is more common among adolescents, **people of all ages** can struggle with it, including adults.
- **Myth 3:** "People who self-harm can just stop if they really want to."
- **Truth:** Self-harm can become a cycle of addiction and is often a deeply ingrained coping mechanism. Stopping isn't just about willpower - it takes time, support, and healthier coping strategies to heal.

Self-Injury Awareness Day 2025: Breaking the Silence, Building Support

Every year on March 1st, the world comes together for Self-Injury Awareness Day (SIAD). A time to foster understanding, compassion, and education about self-harm. This global event encourages open conversations, challenges misconceptions, and promotes resources for those who struggle.

What is Self-Injury?

Self-harm, also known as non-suicidal self-injury, is when someone deliberately hurts themselves as a way to cope with emotional pain, stress, or overwhelming feelings. It's more common than many realise. Studies suggest that about 17% of people will engage in self-injury at some point in their lives, with rates being higher among adolescents and young adults.

Talking Point: Are you aware of how you can support someone experiencing this?





News of the Month

Comic Relief/Red Nose Day 21st March

This Red Nose Day, on 21 March 2025, let's celebrate 40 years of going big, giving big, and feeling good together. So, take on the challenge, host a bake sale, buy a Red Nose and join the nation for a night of laughs.

Click [here](#) to read Nyla's story

In her first year of life, Nyla faced frequent hospitalisations, contributing to developmental delays. But, since attending Dingley's Promise, Nyla has received transformative support, resulting in remarkable progress in her development.

Talking Point: What could you do to make a difference?



COMIC
RELIEF



International Women's Day 8th March

One of the best ways to forge gender equality is to understand what works and to do more of this, faster.

Accelerate Action is the theme for 2025 and is a worldwide call to acknowledge strategies, resources, and activity that positively impact women's advancement, and to support and elevate their implementation.

At the current rate of progress, it will take until 2158, which is roughly five generations from now, to reach full gender parity, according to data from the World Economic Forum.

Talking Point: Do you think there is a gender disparity? What else can be done about this?



Learner Feedback

The best part of my QA experience by far. Everything, constant check ups when I missed calls (which was 99% the time due to high stress at work/home/bereavement aftermath etc.) Alana helped me multiple times with extensions and actionable plans, never minimised my struggles or hardships, always super supportive with everything. Really helped me contextualise what was important (my health and my mental wellbeing) over unfair demands from work that I couldn't step outside myself to see objectively and having to juggle this with multiple responsibilities on the apprenticeship –

Degree Apprentice



Jaspreet was excellent. When I first started speaking to her, I was depressed and very emotional. Her kind and calm way of talking to me, was just what I needed. She gave me hope when I felt my most vulnerable. All her supportive suggestions were useful and very much tailored to my own situation and feelings. Not only was she excellent at her job but with such a lovely approach. I definitely believe that she played a big part in my not giving up not only my apprenticeship but also my job.

She has helped me get into a position where I have hope, and the strength to continue to improve. –

DA Apprentice



Luke has a knack for helping me feel completely comfortable to raise and discuss difficult topics, which is helping me get to the root of some of the impacts from issues I've been experiencing / dealing with. Additionally, he asks questions and offers comments which help me to relate to and understand these from a broader perspective. I am so grateful for his support, thank you. -

DA Apprentice



Helpful Links



If you find that either yourself, a learner or a loved one is struggling with either their mental health or other life circumstances please have a look at these helpful links:

Personal Challenges

- **Samaritans** – 24/7 support online or by phone for those struggling – Open Christmas Day <http://www.samaritans.org/>
- **Mind** - support for mental health and informative resources on mental illness - <https://www.mind.org.uk/information-support/helplines/>
- **SANE** - a leading UK mental health charity improving quality of life for anyone affected by mental illness - <https://www.sane.org.uk/>
- **Hub of Hope** - [Mental Health Support Network provided by Chasing the Stigma | Hub of hope](#)
- **National Domestic Abuse Helpline** - [Home | Refuge National Domestic Abuse Helpline \(nationaldahelpline.org.uk\)](#) (Targeted at women)
- **Respect Men's Advice Helpline** - [Domestic Abuse Helpline for Men | Men's Advice Line UK \(mensadviceline.org.uk\)](#) (Targeted at men)

Work

- **ACAS** - [Acas | Making working life better for everyone in Britain](#)

Accommodation/Homelessness

- **Shelter** – Support for Homelessness – [Get help from Shelter - Shelter England](#)
- **Citizens Advice** - [Citizens Advice](#)
- [Help if you're homeless or about to become homeless - GOV.UK](#)
- [Support for those at risk of homelessness | The Salvation Army](#)

Financial

- **MIND (Cost of Living Support)** - [If this speaks to you, speak to us: cost of living – Mind](#)
- **Turn2us** - [Tackling Financial Insecurity Together | Turn2us](#)
- **Step Change** - [StepChange Debt Charity. Free Expert Debt Help & Advice](#)
- [Citizens Advice: Financial Guidance](#)



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