

NEWSLETTER



ISSUE 2, Spring 2023

MESSAGE FROM THE BOARD MANAGER



Welcome to the second edition of our Mid and West Wales Safeguarding Board Newsletter!

In this edition we have aimed to provide you with some key information and updates on what is going on in the safeguarding world across our partner agencies in the Mid and West Wales region. This includes news from across the region and information on areas of practice, training, policy, legislation, campaigns as well as links to useful information and to an array of resources and information that can support you in your work.

We hope you enjoy our spring issue.

Julie Breckon

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NATIONAL

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EXECUTIVE BOARD ANNUAL DEVELOPMENT DAY

It's been a busy time for our Executive Board who came together in January for our annual development day to agree our strategic priorities and plan for the coming year.

Members from our local 4 local authorities Carmarthenshire, Ceredigion, Pembrokeshire and Powys, as well as our 2 Health boards, Hywel Dda, Powys Teaching Health Board, Dyfed Powys Police, Public Health Wales and the National Probation Service came together to agree strategic priorities for the coming year in how as a multi-agency partnership we work together to safeguard children and adults at risk.

To view our published strategic plan for 2023/24 please [click here](#).



SUICIDE PREVENTION WORK - PILOT RAPID RESPONSE MODEL

Working together to better understand risk factors associated with, and to prevent suicide in our communities has been part of the Mid and West Wales Safeguarding Boards work for many years. The devastating impact a suicide can have on those effected cannot be underestimated. Work and known best practice into this tragic area suggests early intervention by agencies working together collectively, alongside timely support provided to family members, peers and communities, can be highly effective in managing any ripple effects of a suspected suicide.

Partners of the Mid and West Wales Safeguarding Board, alongside third sector organisations are currently involved in a 12 month pilot Rapid Response Model which aims to provide a quick multi-agency response to anyone who may be affected by a suspected suicide. The model brings together key agencies in a formal setting immediately when a death has occurred and suicide is suspected as a cause. Agencies work together to map and identify key family members, peers and members of the community who may need services and support as a result of the death.

If you are a practitioner or manager working in social care, health or the police in Mid and West Wales, or part of a relevant third sector service, and a suspected suicide has occurred for a child or adult you have worked with, you may be invited to take part in a Rapid Response Meeting. The relevant senior manager responsible for safeguarding in your agency can provide you with more information or you can email the Regional Safeguarding Board at cysur@pembrokeshire.gov.uk

MENTAL HEALTH AWARENESS WEEK 2023

Mental Health Awareness Week takes place from Monday 15 – Sunday 21 May 2023 with the official theme for this year as anxiety.

The Mental Health Foundation will lead a campaign to mark the week, that aims to increase people's awareness and understanding of anxiety by providing information that can help prevent it from escalating to a more serious mental health illness. At the same time, they will promote information aimed to keep the pressure on to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

In previous campaigns they have compiled a wealth of resources to support each topic—this includes podcasts, blog posts, toolkits, reports, policy briefings and more.

Visit [their website](#) to find supportive materials on the themes of loneliness and mental health, nature and mental health, kindness and much more.

15 to 21 May 2023

Mental Health Awareness Week



FREE AND CONFIDENTIAL MENTAL HEALTH SUPPORT SERVICE FOR SOCIAL AND HEALTH CARE STAFF IN WALES

In support of this year's Mental Health theme we would like to draw attention to Canopi who offer a free and confidential mental health support service for social and health care staff in Wales.

Canopi (previously known as HHP Wales) provides support to those with mental health and psychological symptoms, including anxiety, depression, post-traumatic stress disorder (PTSD) and alcohol-related issues.

They offer various levels of mental health support including:

- **Self-help resources**
- **Support from Wellbeing Allies**
- **Guided self-help**
- **Virtual and face-to-face therapies with accredited specialists.**

Canopi exists as part of a wider network of support services that are available to health and social staff in Wales, including your GP. In collaboration with other organisations such as Social Care Wales, Health Education and Improvement Wales (HEIW) and NHS English Practitioner Health, they also sign-post to a wealth of online, app-based and virtual wellbeing services.

Visit <https://canopi.nhs.wales/> for more information.



Mental Health and Wellbeing

Did you know? The CYSUR website also has a 'Mental Health' section of the website with mental health and wellbeing resources, both to assist with negative feelings such as anxiety, worry and loneliness, and also to help promote positive mental health and mental wellbeing. [Click here](#) to

CEREDIGION USES VIRTUAL REALITY IN TRAUMA INFORMED PRACTICE TRAINING



The Learning & Development Team at Ceredigion County Council has begun their journey to incorporate Virtual Reality into training delivery. Several members of staff recently received training in how to use the VR headsets and navigate and access the content available.

The aim is to deliver 'Trauma Informed Practice training' using the immersive and powerful experience from a child's perspective.

Attendees reported the VR training enhanced their confidence and knowledge to shape their approach when communicating with vulnerable individuals, commenting.

"I thought the training to be very impactful and it gave me an experience of what it is like to be a child in a trauma setting, how they'd feel and where their behaviours and feelings come from. The VR aspect made the learning a lived experience which I won't forget easily in the future."

Going forward, Ceredigion intend to integrate the VR technique further within its services and training delivery, and intend to use this with staff who are involved in caring and decision making with parents, children and young people, domestic abuse and more.

LAUNCH OF THE WALES WITHOUT VIOLENCE FRAMEWORK

Led by the Peer Action Collective Cymru and the Wales Violence Prevention Unit, and informed by the views, experiences and aspirations of over 1,000 children, young people and professionals, the Wales Without Violence Framework is a guide to violence prevention that represents a shared vision for violence prevention in Wales.

This Framework is for all people working with children and young people who want to explore the evidence of what works to prevent violence – and seek guidance on how to put this into practice. It is especially relevant for professionals who have a role to play in developing violence prevention strategies, and in commissioning or delivering violence prevention activity.

The Framework will be published on 19th April, and an event will be held to showcase the Framework and the approach that enabled the team to produce it. Through a series of activities, guests will have an opportunity to consider how they can take the Framework forward in their area, as well as hear from children and young people on why preventing violence is important to them, and what they think will work to make the vision of a Wales without violence their reality.

The team will also be holding a virtual event for those unable to attend the launch to find out more about the Framework and how it can support violence prevention activity in Wales. Further details will be available soon.

The event will take place on Wednesday 19th April from 12:00 – 16:00.

[Sign up on Eventbrite.](#)

NEW PRACTICE GUIDANCE: REDUCING THE UNNECESSARY CRIMINALISATION OF CARE EXPERIENCED CHILDREN AND YOUNG ADULTS

New Mid and West Wales Safeguarding Board practice guidance has been produced to address the recommendations set out in the Welsh Governments 'All Wales Protocol for reducing the criminalisation of care experienced children and young adults', providing clear operational guidance for residential providers and agencies within the Criminal Justice System.

Access this new Practice Guidance on the Regional Policies and Procedures page of our [website here](#).



Mid and West Wales Safeguarding Board –
Reducing the Unnecessary Criminalisation of
Care Experienced Children and Young Adults:
Practice Guidance

THE MID AND WEST WALES SAFEGUARDING
BOARD

FORCED MARRIAGE TRAINING WORKSHOPS FOR SOCIAL CARE STAFF

The Forced Marriage Unit (FMU) provides advice and support to victims and potential victims of forced marriage, and to professionals dealing with cases. They are currently holding a series of online workshops open to all social care staff who may come into contact with victims of forced marriage.

The next two free workshop sessions will be held on Thurs 27th April or Thurs 29th June on Teams, workshop timings are 09.15am-12.00pm.

For more information or to sign up please visit <https://www.eventbrite.co.uk/o/hmg-forced-marriage-unit-33095672291>



PUBLISHED CHILD & ADULT PRACTICE REVIEWS



The prime purpose of practice reviews is to identify multi-agency learning and to make recommendations to improve safeguarding practice.

Please find below a recently published practice review available on the Child Practice Review [page of our website](#).

CYSUR 2 2020 - Concise Child Practice Review

This is a tragic situation that involved the sudden unexplained death of an infant (SUDI) 6.

View the [Published report](#)

VIOLENCE AGAINST WOMEN, DOMESTIC ABUSE AND SEXUAL VIOLENCE: NEW ANNUAL STRATEGIC DELIVERY PLAN 2023/24

A new Strategic Delivery Plan outlines how the Mid and West Wales Safeguarding Executive will deliver on the priorities outlined in 'Building Happier, Safer, Stronger Lives'- Mid and West Wales Violence against Women, Domestic Abuse and Sexual Violence Strategy 2023 – 2027.

For the next year, six strategic priorities as outlined below, will contribute to the prevention of domestic abuse, sexual violence and violence against women, the protection of victims and the support of all those affected. The Mid and West Wales VAWDASV Strategic Board will be responsible for the implementation and monitoring of the Strategic Delivery Plan reporting to the Regional Safeguarding Executive Board.

Priority 1. Challenge public attitudes to violence against women, domestic abuse and sexual violence across the Welsh population through awareness raising and space for public discussion with the aim to decrease its occurrence

Priority 2. Increase awareness in children, young people and adults of the importance of safe, equal and healthy relationships and empowering them to positive personal choices.

Priority 3. Increase focus on those who commit abuse to account and supporting those who may carry out abusive or violence behaviour to change their behaviour and avoid offending.

Priority 4. Make early intervention and prevention a priority

Priority 5. Relevant professionals are trained to provide effective, timely and appropriate responses to victims and survivors

Priority 6. Provide all victims with equal access to appropriately resourced, high quality, needs-led, strengths based, intersectional and responsive services

SAFE VIDEO LINK SITES IN WALES

Safe Video Link Evidence Facilities are remote sites in Wales where survivors of domestic abuse and sexual violence can deliver their evidence in a safe and secure environment.

A number of resources have been collated which draw together all the promotional material related to these sites, including a staff 'Information pack' – which has all the key promotional documents and key information for providers and staff. You can access this information pack and a leaflet explaining more about Safe Video Evidence sites on this dedicated [page on our website](#).

For additional information and support relating to this service call: 0808 80 10 800 Text: 07860 077 333 Email: info@livefearfreehelpline.wales

Galop - National LGBT+ Domestic Abuse Helpline 0800 999 5428 Email: help@galop.org.uk

Dyn Project (support for Heterosexual, Gay, Bisexual & Trans men who are experiencing Domestic abuse) 0808 801 0321 Email: support@dynwales.org

SAFE VIDEO LINK EVIDENCE FACILITY



Safe Video Link Evidence Facilities mean you don't have to give your evidence in a court room. Facilities are in safe and secure locations, away from court, and based in supportive surroundings. You would give your evidence via a secure computer link which is viewed in the court room. You will be questioned via this link.

WHERE CAN I DO THIS?

There are facilities all across Wales including North Wales, Gwent, Cwm Taf Morgannwg, Western Bay, Mid & West Wales, Cardiff and the Vale

WHY WOULD I GIVE EVIDENCE REMOTELY?

Victims and witnesses of Domestic Abuse and Sexual Violence cases may feel safer and more protected not being in the same building as the perpetrator and their family/friends

IS IT COVID-SECURE?

Yes - all facilities have been checked and adhere to strict Covid-19 guidelines

Regional Perpetrator Intervention Programmes



BUILDING HAPPIER, SAFER & STRONGER LIVES

CHOICES - Choices aims to challenge and change the beliefs of those who engage in any act of domestic abuse, whilst at the same time supporting the victims of their abuse.

- ⦿ To reduce the impact of domestic abuse through positive engagement and an innovative approach
- ⦿ Increase the safety of victims and their families experiencing domestic abuse
- ⦿ Help participants on the programme to understand the effects of their behaviour on their partners, children and others.

email: enquiries@threshold-das.org.uk

Intervention Hub - An online Cognitive Behavioural Therapy (CBT) based intervention helping people tackle problematic thinking and behaviour.

- ⦿ Understand the harm being caused to partner & children
- ⦿ Challenge beliefs and attitudes
- ⦿ Learn new skills to develop a healthy relationship free of violence and abuse

email: gbranch@calandvs.org.uk

Reflecting on Relationships program - For those who have been identified as engaging in stalking behaviour

- ⦿ Suitable for those classified as high through to low risk perpetrators and those with complex presentation
- ⦿ Free 8-12 session program that can be delivered remotely or face-to-face
- ⦿ One-to-one, reflecting on relationships to make steps towards positive change

email: Elinor.spiers-morgan@dyfed-powys.police.uk

REGIONAL SURVIVOR ADVISORY PANEL UPDATE

The Mid & West Wales Regional Survivor Advisory Panel brings together survivors of domestic abuse and survivor voices to inform and influence VAWDASV policy and practice across the region. Participants also benefit from the therapeutic impacts of sharing their experiences and knowledge gained, of engaging with others who have had similar experiences, and from access to peer support.

The panel formed in January has now met twice, bringing experts by lived experience of VAWDASV together, to ensure the needs of survivors are at the heart of service planning. Already the panel has:

- advised on the development of the new Regional VAWDASV Strategy 2023-28 and annual delivery plan 2023-24
- consulted on a new project being developed by Dyfed Powys Health Board
- given feedback on a review being conducted by Dyfed Powys Office of the Police and Crime Commissioner.

If you would like to find out more about the panel and how to get involved, check out our [webpage](#) . Alternatively, you can contact the Regional VAWDASV team directly by emailing mww.survivor.panel@gmail.com

NHS WALES SAFEGUARDING CONFERENCE: HYWEL DDA UNIVERSITY HEALTH BOARD DISPLAY POSTERS

To celebrate NHS Wales Safeguarding Network 10th Anniversary, a conference was held “NHS Wales Safeguarding Together: Then, Now, Next” at City Hall, Cardiff on 8th March 2023. Our health partners Hywel Dda University Health Board were shortlisted to display 5 posters out of 10 that were displayed at the conference.

The shortlisted posters displayed were:



Strengthening SCAMHS for CYP with Safeguarding Needs & Children Looked After – Katie O’Shea S-CAMHS Psychological Therapies Lead

Health Assessment Framework – Janet Edmunds Lead Nurse LAC

Safeguarding in Pregnancy Database – Sian Maynard Named Safeguarding Midwife

Role for VAWDASV – Mandy Nichols Davies Head of Safeguarding/Rachel Munkley Lead Nurse Violence Against Women, Domestic Abuse, Sexual Violence and Safeguarding

FRAILTY – Quality Improvement Safeguarding – Veronica Jarman Frailty Clinical Nurse Specialist

Parenting. Give it time.

[Home](#) [0 to 4 years](#) [4 to 7 years](#) [8 to 12 years](#) [13+ years](#) [Support](#)



Free practical tips and expert advice for all your parenting challenges

This year marks the first anniversary since the law in Wales changed. All physical punishment is now illegal and children have the same protection from assault as adults. Anyone who physically punishes a child will be breaking the law. This represents a significant cultural shift in attitudes and approaches to parenting. It is important to note the law does not promote a punitive approach to those who use physical punishment as means of chastising children, however aims to promote alternative approaches to parenting and chastisement.

Parenting. Give it time offers positive parenting practical hints, tips and expert advice to encourage good behaviour from children and alternatives to physical punishment. Their parenting support page has a wealth of free practical tips and expert advice for all your parenting challenges, nicely grouped into various age ranges for ease of access.

If you are a practitioner who works directly with parents or carers please check out the link below which take you to some excellent resources that you can use in your work and that can also help and support parents directly. In a section dedicated to supporting you as a parent they offer resources in the following areas:

- **Family life:** Advice to help you get the right family life balance
- **The parenting team:** Advice to help you parent together and support each other
- **Co-parenting and relationship support:** Help and advice to support you with co-parenting and relationship support
- **Health and wellbeing:** Help and advice for you a parent to take time for your health and wellbeing
- **Family budget:** Help and advice for you as parents to manage your family on your financial budget

The [Parenting. Give it Time](#) website can be accessed for tips, advice and further support and helplines.

For more information relating to Ending Physical Punishment in Wales [click here](#) or access a summarised leaflet for downloading [here](#).

Ending physical punishment in Wales
Information for parents

Physically punishing children is illegal in Wales. We want to protect children and their rights, to give them the best start in life. As a parent, here's what you need to know.

What is physical punishment?
There are lots of types of physical punishment. It can mean smacking, hitting, slapping and shaking. But there are other types too. It isn't possible to give a set list of what makes up physical punishment because it can be anything where a child is punished using physical force. Research suggests that any type of physical punishment could be harmful to children.

What's the law on physical punishment in Wales?
• All physical punishment is illegal in Wales.
• Children have the same protection from assault as adults.
• This means the law is clear - easy for children, parents, professionals and the public to understand.

What happens if I physically punish my child?
Anyone who physically punishes a child:
• will be breaking the law
• risks being arrested or charged with assault
• may get a criminal record, which is the same for any criminal offence.

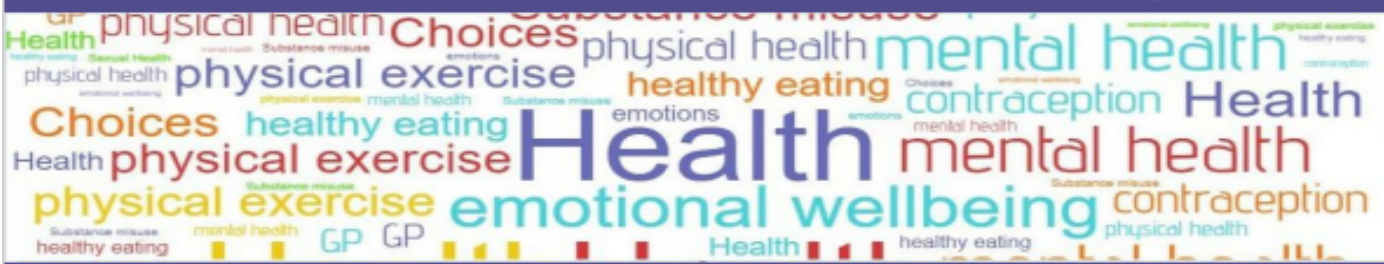
Information, advice and support is available for anyone who needs it, to help them find positive ways to manage children's behaviour and to help avoid such a situation ever happening.

Does it mean I can't discipline my child?
No. Every child needs discipline; it is an essential part of good parenting. However, discipline is very different to physical punishment.
Discipline is about providing a child with boundaries, guidance and support so they learn appropriate behaviour.
Physical punishment is not a necessary part of disciplining children. It may look like it works because children often stop what they're doing when they get a smack. But physical punishment of children is not effective in improving children's behaviour and it doesn't help children learn about self-control or appropriate behaviour.
Physical punishment can:
• hurt a child
• make a child feel fear, anger, sadness and confusion
• give children the message that violence is ok and is an appropriate response to strong feelings
• be associated with negative outcomes for children.

For more information on ending physical punishment in Wales go to: [gov.wales/endphysicalpunishment](#)
For positive parenting tips and information go to: [Parenting. Give it time: gov.wales/givetime](#)

Heidi Coley
Co-ordinator
Ending Physical Punishment

LOOKED AFTER CHILDREN



Your health matters to us

Do you want to talk about....

Anxiety

Alcohol, drugs or smoking

Changes to your body

Relationships

Sleep

Feeling sad or angry

Healthy eating

If you have any worries in relation to your health, please ask a carer to get in touch with your local Looked After Children and Young People Health Team for support and advice



Emotional
Well-being



Healthy
Relationships



Quit
Smoking



Mental
Health



CHOICES
Substance Misuse

'The poster 'Your Health Matters' has been developed by the LAC Health Team to be used within the setting of the Children Residential Homes. The poster includes QR codes which link to health promotion topics and support information and also as a prompt if the young people want to speak to the nurse they can get staff to contact the team!

SAFEGUARDING AWARENESS DAYS

Please find upcoming safeguarding awareness day dates for your diaries. Remember to follow us on social media for links and resources that support each of these days!

MAY

15th – 21st May	Mental Health Awareness Week
15th – 21st May	Hoarding Awareness Week
25th May	International Missing Children Day

JUNE

6th – 12th June	Carers Week
6th – 12th June	Child Safety Week
15th June	World Elder Abuse Awareness Day
16th June	Stop Cyberbullying Day
17th – 24th June	Drowning Prevention Week
19th – 25th June	Learning Disability week
26th June	International Day against Drug Abuse and Illicit Trafficking

JULY

14th July	National Day of Remembrance for Victims of Honour Based Violence
24th July	The Big Listen – Samaritans Awareness Day
30th July	World Day against Trafficking in Persons

OUR SOCIAL MEDIA

FACEBOOK



@CYSURCYMRU

INSTAGRAM



@CYSURCYMRU

TWITTER



@CYSURCYMRU

@CWMPASCYMRU

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