



Safeguarding news



Dear Colleagues,

Welcome to the latest edition of Safeguarding News. This edition will focus on the following Safeguarding topics and support services:

- Keeping safe at home
- Isolation and emotional abuse
- Pegasus scheme
- Cuckooing
- Honour based violence
- Female genital mutilation (FGM) and Breast ironing

Doorstep safety

Bogus callers, sometimes known as doorstep thieves, are people who trick their way into peoples' homes with the intention of stealing money or property. These people often work in teams of 2 or more and they usually prey on people who are older or vulnerable. Bogus callers can be anyone and use several ways to gain entry to your home. They pretend to be council officials, workmen from the gas or water board, or even the police. Most official companies will send you a letter first and you can ask your gas, water or electricity supplier to give you a unique password for additional security.

Scams

Scams are frauds and tricks designed to cheat people out of their money. Scammers approach people in a variety of ways including by phone, post or online. Cheating people out of their money is financial abuse and we have a duty to protect vulnerable people from abuse under the Care Act 2014. The little book of scams advises what to do if you or someone you know is being scammed and where to get support if you've fallen victim to a scam.

Take action to tackle scams!

- Report scams and suspected scams to Action Fraud or tel: 0300 123 2040
- Send potential postal scams with a covering letter to Royal Mail at FREEPOST Scam Mail, email: scam.mail@royalmail.com or tel: 03456 113 413
- Report unsolicited marketing calls to the Information Commissioner's Office or tel: 0303 123 1113
- To stop sales call from UK based businesses to landlines and mobile phones register free of charge with the Telephone Preference Service or tel: 0345 070 0707
- The Mailing Preference Service (MPS) is free and can help reduce unsolicited mail, tel: 0845 703 4599
- AGE UK has information on avoiding all types of scams

Keeping safe at home

Everyone has a right to feel safe and to live without fear of abuse, neglect, or exploitation. It is important that we feel safe and secure in our own homes. Our priority is to help protect our learners and supported adults who attend our provisions, promote their wellbeing, and reduce the risk of harm for those with care and support needs. Some adults are less able to protect themselves than others and some have difficulty making their wishes and feelings known.

Who needs help to keep safe?

Adults over the age of 18 who:

- need care and support.
- are elderly and frail.
- have a physical/learning disability or sensory impairment
- have a long-term illness, such as cancer.
- have mental health needs (depression/paranoia/dementia/personality disorder/PTSD)
- have a substance/alcohol addiction.
- are unable to make choices for themselves.



What can we do to keep safe?



Home security:

- Lock your door when you're at home as well as when you go out.
- Keep your windows shut or consider fitting window restrictors if you like to leave the window open when you are asleep.
- If you have a key safe, think carefully about who you give access to it and change the number regularly. Do you want to give someone else a key, or let them in yourself?
- Have a personal alarm so that you can get help quickly. Get in touch with local companies who provide these services in your area. Your local council should be able to provide you with a list.
- Hide all valuables, including car keys, out of sight and away from the letterbox.



To keep your finances safe, we strongly recommend that you:

- Keep your money in a bank or building society, not at home.
- Have regular cheques and payments paid directly into your bank account.
- Arrange to have bills paid by direct debit from your bank account.
- Do not disclose passwords for online banking to anyone
- Always ensure you know who you are sending money to if you are making a payment or purchase. (see last Newsletter for information on scams!)
- NEVER give your PIN (Personal Identification Number) for any debit or credit cards to anyone.
- Don't be taken in by a 'hard luck' story especially if you are asked for a loan or a favour.



Social Isolation

Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease, and even death.

Social Isolation and Emotional abuse

The beginning of a new relationship is always fun and exciting. In the excitement of this new relationship, it's easy to neglect old friends in your desire to spend every waking minute with your new partner.

As a healthy relationship matures, a new balance gradually emerges. Slowly, you and your partner begin to grow into each other's lives. You meet and socialize with each other's family and friends, while still enjoying quality time together. At the same time, both partners continue to



pursue relationships and social time with family and friends on their own.

In an abusive relationship, however, this healthy balance does not emerge. Isolation—in which the abuser slowly severs all emotional ties except the one to him/her—is one of the earliest signs of emotional and/or physical abuse. And unfortunately, it is extremely effective, subtle, and difficult to detect. Yet while isolation may be difficult to detect, it's not impossible to recognize. For more information on domestic abuse please click on the following link : [Safer Peterborough](#)



PEGASUS SCHEME

People who might find it difficult to communicate with the police because of a disability can sign up for the Pegasus Scheme to save time when they need assistance from the police or other participating emergency services.

If you think you may struggle to communicate in an emergency, you can pre-register information with Cambridgeshire Constabulary such as your name, address, and trusted person or organisation, so that the police can access your information quickly if you call them. You then won't need to repeat all your details.

Once registered you'll be issued with a card and a personal identification number (PIN).

When you call the police, you can say 'Pegasus' and your PIN and they can access your details right away, which will save time so you can tell them why you need their help.

You can also show your card to a police officer, member of police staff, or other emergency services staff if you need assistance in person and they'll know you may need extra help and support.

You can change or update your details at any time.

If you agree, the police can share your Pegasus information with other participating emergency services (fire, ambulance) and local authorities.

You can register by contact visit the Cambridgeshire Constabulary website or clicking [here](#).



Who is at risk of social isolation?

Those who find themselves unexpectedly isolated due to the illness of a loved one, separation from friends or family, loss of mobility, worsening vision or hearing problems, disability, or lack of mobility or access to transportation, are at particular risk of loneliness and social.

Someone also may be at greater risk if they:

- Live alone
- Can't leave their home.
- Had a major loss or life change, such as the death of a spouse or partner, or retirement.
- Struggle with money
- Are a caregiver.
- Have psychological or cognitive challenges, or depression.
- Have limited social support.
- Have trouble hearing.
- Live in a rural, unsafe, and/or hard-to-reach neighbourhood
- Have language barriers where they live
- Experience age, racial, ethnic, sexual orientation, and/or gender identity discrimination where they live.
- Are not meaningfully engaged in activities or are feeling a lack of purpose.

People with hearing loss may find it hard to have conversations with friends and family, which can lead to less interaction with people, social isolation, and higher rates of loneliness.

PETERBOROUGH SAFE SPACES

If you or someone you know are experiencing domestic abuse, it can be difficult to find support or think about your options. That's why **UK SAYS NO MORE** have worked with retailers to provide Safe Spaces - places to reach out to friends and family safely and discreetly or contact specialist support.

Website www.uksaysnomore.org/safesp



List of safe spaces in Peterborough

HSBC Bank Cathedral Square	Boots stores: Serpentine Green Bretton Queensgate	TSB Bank 30-31 Long Causeway
Boots pharmacy High Street Eye	Wells Pharmacies: Paston Stanground Westwood	Please click here for more SAFE SPACE INFO



Introduction to cuckooing

Are you concerned about a neighbour after seeing a group of people staying or regularly appearing at their home? Has there been an increase in noise, disturbances, and unusual activity at their address as a result of these people? If so, it could be that they are being cuckooed. Cuckooing is where people take over a person’s home and use the property for illegal activity - dealing and/or storing drugs, sex working - as well as somewhere for a group to live or financially exploit the tenant. It takes the name from cuckoos who take over the nests of other birds.

Here are some of the common signs that someone’s property is being cuckooed:

- An increase in people entering and leaving
- An increase in cars or bikes outside
- An increase in anti-social behaviour and noise
- Change in appearance/unwashed/unkempt
- Increasing litter outside
- People coming and going at strange times
- Damage to the door/the door propped open
- Unknown people pressing buzzers or banging doors to gain access to the building
- You haven't seen the person who lives there recently or when you have, they have been anxious or distracted.

The most common form of cuckooing is where drug dealers take over a person's home and use it to store or distribute drugs.

Exploiters will often target the most vulnerable in society, such as those who:

- have connections with people involved with drug gangs.
- experience mental health difficulties
- experience substance misuse issues
- feel socially isolated.
- have a learning disability.
- have a physical disability or illness - older people who use drugs and have an illness or health condition are particularly vulnerable to cuckooing by county lines gangs.
- are a care leaver - it may be their first tenancy and experience of independent living.

Exploiters establish a relationship with the vulnerable person to access their home. Once they gain control over the victim - whether through drug dependency, debt or as part of their relationship - larger groups will sometimes move in. Threats are often used to control the victim.



Reporting

If you are concerned someone that you know is being cuckooed, you can [report in confidence to the Police online](#) or by calling [101](#).

Please have as much detail to hand when making your report - make a note of your concerns, times, dates, what has happened and the identity or names of people coming in and out of the address.

You can also [make an anonymous report to Crime Stoppers online](#) or by calling [0800 555 111](#).

Whilst safeguarding is everyone's duty, please remember to keep yourself safe. Do not approach any of the people you believe may be cuckooing your neighbour or take photographs. If you or someone is in danger and you need immediate support please call [999](#).

If your concerns are around a learner or supported adult, please speak to a designated person and follow the normal reporting procedures.

SUPPORT SERVICES – Support for young people

PAPYRUS HOPE line UK: (young suicide prevention society) Call Mon-Fri 10am-5pm and 7pm-10pm, Sat-Sun 2-5pm - **0800 068 4141**
Young Minds: Call for information and advice on child and adolescent mental health, Mon-Fri 9.30am-4pm - **0808 802 5544**
NSPCC Childline: Call 24hrs a day - **0800 1111**
NSPCC for Adults concerned about a child: Call 24hrs a day- **0808 8005000**
Family Lives: Call for advice on all aspects of parenting including dealing

SUPPORT SERVICES – General mental health

SAMARITANS Call for all mental health and suicidal thoughts, 24hrs a day, 365 days a year - **116 123**
LIFELINE Call everyday 11am-11pm for listening support and information to someone experiencing mental distress or if you are supporting someone in distress - **0808 808 2121**
MIND INFOLINE Call or text for help with all mental health challenges, Mon-Fri 9am-6pm - **0300 123 3393**
SANE Call everyday for emotional support, information and guidance for people affected by mental challenges, their families and carers, 4.40-10.30pm - **0300 304 7000**
CALM Call for help and support with mental health challenges, 365 days a year, 5pm-midnight - **0800 58 58 58**
SHOUT Text shout for support with a mental health crisis and other mental health challenges, 24 hours a day, 365 days a year- **85258**
KALEIDASCOPE GROUP The Kaleidoscope Plus Group have partnered up with Shout, a charity in Solihull, to provide a 24/7 crisis text messaging service. Text **TeamKPG** to **85258** for 24/7 support.

SUPPORT SERVICES – Carers support

LIFELINE Call everyday 11am-11pm for listening support and information to someone experiencing mental distress or if you are supporting someone in distress - **0808 808 2121**
SANE Call every day for emotional support, information and guidance for people affected by mental challenges, their families and carers, 4.40-10.30pm - **0300 304 7000**
NSPCC, WORRIED ABOUT A CHILD Call 24hrs a day - **0808 800 5000**
MENCAP Call for support for people with a learning disability, their families and carers, Mon-Fri 8am-6pm - **0808 808 1111**

Confidential text messaging service for parents & carers that offers support/advice on a wide range of issues. If you need help, simply TEXT US **0752 064 9887**



What is Female genital mutilation? (FGM)

“all procedures involving partial or total removal of the external female genitalia or other injury to the female genital organs for non-medical reasons.” World Health Organisation (WHO)

It's also known as female circumcision or cutting, and by other terms, such as Sunna, gudniin, halalays, tahur, megrez and khitan, among others.

For more information on this please click here National FGM Centre

Possible signs for teachers to look out for that indicate a girl may be at risk of FGM...

The parents are being **evasive** about why/where/who the girl is going on holiday with.

The girl has been asked to keep the holiday a **secret** by her parents.

The girl mentions she is attending a **special ceremony** or “going to become a woman”.

If you are concerned a girl is at risk follow your normal safeguarding procedures. If the girl is in immediate risk (i.e leaving the country in the next 24hrs) please alert the police.

For more information on affected communities head to <http://nationalfgmcentre.org.uk/world-fgm-prevalence-map/>

When I was “circumcised” I was five or six. It started as a ceremony – I was bought clothes, gold earrings and bangles. I had henna put on my hands and feet, it was like a celebration and I was the centre of attention. The equipment they use is handmade: a sharp curved knife which is not sterilised. And I was given no anaesthetic. They left a little hole for urination. There were no stitches but they treated the wound with herbs, salt and water. It bled a lot and I was in great pain. I was horribly frightened and crying. I came to the UK to study and about the same time suffered a great deal of bleeding and pain, so I went to hospital. It turned out that when they carried out the procedure, they left part of one of my labia inside me, so the UK doctors operated to get rid of it

Bint al-Sultan – Manor Gardens Advocacy Project

How to report a concern

Speak to a member of staff in college or the Day Opportunities Hub.

Look for the ‘Bee safe’ symbol, these are safe places to talk about safeguarding. Designated people also wear a yellow Bee lanyard.

Phone 01733 747474 after 5pm or at weekends 01733 234724.

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HONOUR BASED ABUSE

Definition There is currently no statutory definition of Honour Based Abuse in England and Wales, but a common definition has been adopted across government and criminal justice agencies: ‘A crime or incident which has, or may have been, committed to protect or defend the honour of the family and / or community’.

Honour Based Abuse, also known as honour based violence, can take many forms, including child marriage, virginity testing, enforced abortion, forced marriage, female genital mutilation, as well as physical, sexual and economic abuse and coercive control.

There is currently little accurate data on the true extent of Honour Based Abuse and its impact on women and girls – its true scale, scope and prevalence is not known, and so it remains a thriving but invisible problem.

The concept of ‘Honour’ For some communities, the concept of ‘honour’ is prized above the safety and wellbeing of individuals. To compromise a family’s ‘honour’ is to bring dishonour and shame – which can have severe consequences. This is sometimes used to justify emotional abuse, physical abuse, disownment and in some cases even murder.

A form of domestic abuse? Honour Based Abuse is often thought of as a ‘cultural’, ‘traditional’ or ‘religious’ problem. It can affect people of all ages, but often begins early in the family home. It can lead to a deeply embedded form of coercive control, built on expectations about acceptable and unacceptable behaviours. Control is often established without overt violence against the victim. For example, family members may threaten to kill themselves or ostracise the victim. Perpetrators are often partners or ex-partners, or family members. We know, through calls to the national Honour Based Abuse Helpline, that most victims experience abuse from multiple perpetrators, including parents and siblings.

Which communities are affected? Honour Based Abuse is more prevalent within communities from South Asia, the Middle East, and North and East Africa. Reports come from Muslim, Sikh, Hindu, Orthodox Jewish and occasionally traveller communities. It is not determined by gender – both perpetrators and victims can be male or female. However, cultural tradition does not mean Honour Based Abuse is acceptable.

Facts and figures

- Victims of Honour Based Abuse experience abuse for much longer than those not identified as at risk of Honour Based Abuse.
- Victims of Honour Based Abuse are seven times more likely to experience abuse from multiple perpetrators and are at greater risk of serious harm or homicide.
- Research suggests that at least one ‘honour’ killing occurs in the UK every month (and this is likely to be an underestimate)

Examples of honour-based violence

- physical abuse (kicking and beating).
- psychological pressure (strict monitoring, humiliation, threats).
- abandonment (leaving someone in their country of origin or sending them back there).
- forced suicide.
- honour killing (murder).
- Motives for honour-based violence

The most common reasons for committing honour-based violence are:

- conflicts of honour, for example concerning an inheritance
- loss of virginity outside marriage
- an extramarital affair
- rebellion against traditional forms of behaviour, dress or occupation
- insulting a family member
- not agree with a forced marriage
- homosexuality
- refusing to take part in honour-based violence against another person.