

F-TEC – Open Minds

F-TEC Newsletter May/June 2022

What is Safeguarding?

Safeguarding is a term used in the United Kingdom and Ireland to denote measures to protect the health, well-being, and human rights of individuals, which allow people — especially children, young people, and vulnerable adults - to live free from abuse, harm, and neglect.

Safeguarding means:

- Protection from abuse and neglect
- Promotion of health and development
- Ensuring safety and care
- Ensuring optimum life chances

[Tackle Child Abuse – An England wide campaign to help you recognise the signs of child abuse and neglect. Supporting you to report your concerns.](#)

British Values are...

Democracy – Respect all views. Debate in peace. Participate willingly. Express your views confidently.

Rule of law - Help others do the right thing. Be honest, truthful, and loyal.

Individual Liberty – Be responsible for your actions. Work hard to improve. Diligently pursue your goals. Challenge bullying, prejudice, or bias with confidence

Respect and tolerance - Respect others. Embrace difference. Learn about and consider the cultures of other people. Accept the beliefs and faiths of others.



Radicalisation & Extremism

Everyone in the United Kingdom has the right to express their beliefs and interests openly. As a democratic society, the UK protects the rights of all law-abiding people, including those who belong to minority political, religious, and ethnic groups. However, it becomes a concern if a person begins to advocate or use violence to achieve a political, religious, or ideological goal.

What is radicalisation?

Radicalisation or extremism is where someone holds views that are intolerant of people who are of a different ethnicity, culture, religion, gender, or sexual identity. Extremists may try to force their views on others and, in some cases, may believe that these views can justify the use of violence in order to achieve certain aims.

Examples of violent extremist causes that have used violence to achieve their ends include white extremists from the far right or Islamist fundamentalists and animal rights activists. These usually attract people to their cause through a persuasive, sometimes violent narrative. The narratives often provide people with answers democracy doesn't give to the various grievances they may have either towards their school, family, missed opportunities in life or other. They then justify violence or criminal actions with the need to impose radical changes or avenge any suffering they themselves or others may have been subjected to.

What can put people at risk?

There is no single profile of a terrorist or violent extremist. Factors which may make people more vulnerable include:

- Substance and alcohol misuse
- Peer pressure
- Influence from older people or via the Internet
- Bullying
- Crime and anti-social behaviour
- Domestic violence
- Family tensions
- Race/hate crime
- Lack of self-esteem or identity
- Grievances (personal or political)
- Migration

STOP Terrorists' & Extremists' Online Presence

Tackling extremist material is important to protect the public and prevent offences that incite or promote terrorism and extremism.

The internet and social media provides many opportunities for those with extreme views to target young or vulnerable individuals.

The Counter Terrorism Internet Referral Unit (CTIRU) put considerable effort into removing terrorist and extremist material and have launched the STOP Terrorists' & Extremists' Online Presence campaign.

However, it is communities who defeat terrorism. Police depend on information from the public in their efforts to keep us all safe and are asking anyone who has concerns about online content to report it by clicking the STOP Terrorists' & Extremists' Online button below.



(Segment taken from Trafford Strategic Safeguarding Partnership 2022)

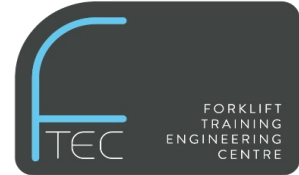
Mental Health and Wellbeing

Mental Health awareness week 9th to 15th May 2022 – We will give loneliness the attention it deserves.

The official theme is 'loneliness' and, across the week, we encourage you to build meaningful connections with your friends, family, colleagues, and communities.

Loneliness affects many of us at one time or another. We know that **loneliness can be both the driver for and a product of poor mental health.**

Our society is changing fast. The pandemic has given rise to a sense of loneliness and isolation undermining confidence in daily routines. In recent times, many of us have had far less access to



loved ones. Tech is enabling healthcare professionals to see more patients without the need to travel, but on the flip side of the coin, convenience and cost efficiencies are driving more and more activities online.

Our workplaces are also changing

With many adapting to home and hybrid working, we need to embrace this change while building and maintaining meaningful connections with our colleagues.

Mental Health UK believe that no one should be lonely or isolated. That's why they set up Clic – their online community here for everyone's mental health. Clic helps thousands of people feel more connected and less alone by offering resources and facilitating a safe environment where people can chat online that is moderated 24/7.

Mental Health UK offers lots of information and support. Please click on the link below...

[Mental Health UK - Forward Together \(mentalhealth-uk.org\)](https://www.mentalhealth-uk.org/)

Join Clic today

Get a personalised mental health action plan with practical tips to help you deal with stress, anxiety, low mood, and trouble sleeping, plus advice on how to cope with feelings of loneliness.

[Get Your Mind Plan - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/mentalhealth/yourmindplan/)

(Segment taken from Mental Health UK 2022)

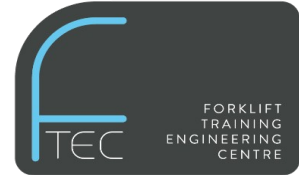
BEN – Life Coaching

Life coaching encourages you to be the best version of you. It will help you identify areas that you'd like to change or improve by looking at 'where you are now' and where you want to be'. It's Free for everyone who works or has worked, in the automotive industry.

Sign up today

[Life coaching | Ben support for life](#)

If you need any help or advice, please contact –



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By Victoria Cartner May 2022