

**Cardiff & Vale of Glamorgan  
Regional Safeguarding Boards**

**National Safeguarding Week  
15<sup>th</sup> – 19<sup>th</sup> November 2021**

**Programme of Events**

**#SafeguardingWales**

## Monday 15<sup>th</sup> November 2021

Time	Name of Event & Description	Target audience	Venue	To book/Contact details
N/A	<p><b>Launch of Children &amp; Young People’s Safeguarding Padlet</b></p> <p>A Safeguarding Padlet has been developed consisting of short pre-recorded videos, animations and resources that will be shared with schools across Cardiff and VoG, covering a range of different topics tailored around the issues and concerns that exist within schools and those experienced by young people during the pandemic. Topics will focus upon mental health &amp; wellbeing, online safety, substance misuse, exploitation etc.</p>	Secondary Schools (Cardiff & VoG)	N/A	<p>For further information contact the Business Unit:</p> <p><a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a></p>
10:00 – 11:00	<p><b>Samaritans – Our Service, Who we are and What we do</b></p> <p>This online information session is for anybody who would like to know more about Samaritans and the service we offer. We’ll also explore ways in which you can open up a conversation with someone you may be worried about.</p>	Anyone who has an interest in finding out more about Samaritans, the work we do and how we might be relevant to signpost people to in a professional or personal capacity	Microsoft Teams (Live Event)	<p>Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a></p>
11:00 - 11:30	<p><b>The Interplay between Harmful Gambling and Mental Health</b> <i>(Robbie Thornhill, Chief Operating Officer, ARA Recovery for All)</i></p> <p>The presentation will focus on the interplay between harmful gambling and mental health, including the links between gambling and suicide, and how gambling is in many ways the ‘carbon monoxide’ of addictions, as the effects of gambling addiction is not seen until crisis point is reached. It is a hidden addiction, and overcoming the shame and stigma surrounding it is essential to accessibility of support. The presentation will include the importance of early intervention and raising awareness of gambling addiction among professionals and leaders in workplaces, and will conclude with a summary of what Ara does to encourage gamblers and people affected by a loved one’s gambling to seek help.</p>	<b>Multi-Agency Professionals</b>	Microsoft Teams (Live Event)	<p>Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a></p>

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11:30 - 12:00	<p><b>Launch of the C&amp;VRSB Children &amp; Young People’s Multi-Agency Safeguarding Training Package</b></p> <p>An opportunity to hear an overview of the contents of the Safeguarding Board's new standardised course, <i>What Happens Next - From Report to Conclusion</i>. This core knowledge course, aimed at anyone* who may be involved in reporting a concern or participating in the process following a report, focuses on how practitioners may be expected to contribute to and participate in each stage of the process. In addition, this session will explain how the course will be offered across Cardiff and the Vale, and allow for questions.</p>	*Multi-Agency / Multi-Sector	Microsoft Teams (Live event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
12:00 - 12:30	<p><b>Launch of the C&amp;VRSB Adults Multi-Agency Safeguarding Training Package</b></p> <p>An opportunity to hear an overview of the contents of the Safeguarding Board's new standardised course, <i>What Happens Next - From Report to Conclusion</i>. This core knowledge course, aimed at anyone* who may be involved in reporting a concern or participating in the process following a report, focuses on how practitioners may be expected to contribute to and participate in each stage of the process. In addition, this session will explain how the course will be offered across Cardiff and the Vale, and allow for questions.</p>	*Multi-Agency / Multi-Sector	Microsoft Teams (Live event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
13:00 - 14:30	<p><b>Workshop: Resolution of Professional Differences</b></p> <p>The workshop will aim to raise practitioners awareness of the protocol and how it can be evoked in order to escalate and raise concerns within a multi-agency context. Local examples and cases from published child practice reviews will be considered as example scenarios.</p>	Multi-Agency	Microsoft Teams (Live event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
13:00 - 13:30	<p><b>Mini Mindfulness (Rhydypennau Library)</b></p> <p>Join us for up to an hour of mindfulness, incorporating a chat, some mindfulness exercises, maybe even a song of the week. Contact Sue Thompson for a Microsoft Teams invite</p>	<b>Closed Session</b> (for service users only)	Microsoft Teams (Live event)	For further details contact: <a href="mailto:Sian.Young2@cardiff.gov.uk">Sian.Young2@cardiff.gov.uk</a>
14:00 - 15:00	<p><b>Domestic Abuse, Michael Taggart, Strategic Domestic Abuse Officer, Protecting Vulnerable People Unit</b></p>	Domestic Abuse will touch everyone – be it a personal	Microsoft Teams	Book via the Buisness Unit at

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	The presentation will consist of information around Domestic Abuse in Policing, control and coercive behaviour and stalking. Domestic Abuse – is it gender based? Victim Story.	experience, or witnessing as a bystander – it’s everyone’s business and this presentation will benefit all.	(Live Event)	<a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
15:30 – 16:30	<b>Drinkaware: Impact of COVID on Alcohol Behaviour</b> Drinkaware is an independent charity working to reduce alcohol misuse and harm in the UK. We're here to help people make better choices about drinking. Its work is led by extensive research into the effects of harmful drinking. Every year Drinkaware commissions a survey to track and understand the nation’s drinking. This year we wanted to understand the impact the pandemic has had on the nation's drinking. This session will review some of the key results from Drinkaware Monitor 2020: Drinking and the coronavirus pandemic. Importantly the Drinkaware team will also provide an update on the practical resources available to professionals and employers to support health and wellbeing of their workforce and of individuals at risk of harmful drinking	All Professionals who advise on alcohol awareness, employers who wish to support staff with wellbeing and health and safety	Microsoft Teams (Live Event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>

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## Tuesday 16<sup>th</sup> November 2021

Time	Name of Event & Description	Target audience	Venue	To book/Contact details
10:00 - 12:00	<p><b>Peter Thomas, Force Advisor on Mental Health</b> plus 1/2 other speakers</p> <p>SWP will set out it's engagement with service users, its partners in health, social services and the third sector and how SWP manages the risk to the individual and protects the public.</p>	Professionals	Microsoft Teams (Live Event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
10:00 - 11:00	<p><b>Dementia Awareness Session – (with Independent Living Services Community Engagement Officer and Dementia Champion Helen Harris)</b></p> <p>Helen Harris is a Community Engagement Officer for the Day Opportunities Team within Independent Living Services. Helen has worked with many service users living with dementia and became passionate about this area of her work. Helen trained to become a Dementia Champion and has hosted a range of Dementia Awareness sessions. The purpose of this presentation will raise awareness of dementia and explain how those living with the condition can be supported and live well.</p>	Multi-Agency Professionals	Microsoft Teams (Live Event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
10:00 - 12:00	<p><b>Maes-Y-Coed Community Centre's Virtual Coffee Morning.</b></p> <p>If you're feeling a bit lonely, join us for a chat at our virtual coffee morning.</p>	<b>Closed Session</b>  (for service users only)	Microsoft Teams (Live event)	For further information contact:  <a href="mailto:bookings@myc.wales">bookings@myc.wales</a>
11:00 - 12:00	<p><b>Safeguarding Themed Coffee Morning</b></p> <p>To include a 'Safeguarding Themed' presentation delivered by the Community Champions and raffle</p>	<b>Closed Event</b>  (open to Cardiff Tenants & Leaseholders only)		Jack Slowinski  <a href="mailto:jack.slowinski2@cardiff.gov.uk">jack.slowinski2@cardiff.gov.uk</a>
12:00 - 13:00	<p><b>Barnardo's First Episode Psychosis Service - (Children's Services Manager; Hayley Smith and Project Worker Laura Dyer)</b></p>	Open to all staff and managers supporting young people	Virtual Event - joining instructions nearer the date	Contact Cardiff and Vale Locality Admin to book a space  <a href="https://www.cardiffandvale.gov.uk">CardiffandValeLoc</a>

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	<p>First Episode Psychosis Awareness - we will provide an overview of Psychosis to increase participants understanding of the signs and symptoms. As part of the Headroom multi disciplinary team, we will outline the services available to young people experiencing their first episode and what support agencies can contribute to the young people's recovery</p>	aged between 16 -25 years		<a href="mailto:alityAdmin@barnardos.org.uk">alityAdmin@barnardos.org.uk</a>
14:00 - 15:00	<p><b>An introduction to POPYRUS - Prevention of Young Suicide</b> (by <i>Kate Henegan, Head of Papyrus in Wales</i>)</p> <p>Key objectives:</p> <ul style="list-style-type: none"> <li>• To raise awareness of Suicide and Suicide Prevention.</li> <li>• To promote POPYRUS - what we do, how you can help and how we can help you.</li> <li>• To develop Hope for a suicide safer community.</li> <li>• To understand the importance of self-care.</li> </ul> <p>To also feature “Sinking Feeling”, created in collaboration with the BAFTA Award-winning animation studio, Blue Zoo Animation Studio. “Sinking Feeling” explores themes of loneliness, isolation and the importance of peer support; it tackles the heart-breaking reality that many children and young people are suffering in silence without the vital help and support they need.’</p>	Multi-Agency Professionals	Microsoft Teams (Live Event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
14:00 - 15:00	<p><b>Independent Living Services Presentation</b> (by <i>Day Opportunities Team Leader, Chelsey Hayes</i>)</p> <p><i>Independent Living Services is a Cardiff Council service that provides a person-centred approach to empower Cardiff residents to live independently at home and connect to their community. The purpose of this presentation is to give an overview of the service and how they have reconnected older and vulnerable residents within their community.</i></p> <p><i>There will be a ‘live case study’ along with examples of those who have benefited from this service.</i></p>	Multi-Agency Professionals	Microsoft Teams (Live event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>

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15:00 - 16:00	<p><b>‘Mental Health impact of the pandemic on professionals and the population’</b></p> <p><i>Professor Jon Bisson, Division of Psychological Medicine and Clinical Neurosciences, Cardiff University School of Medicine</i></p>	Multi-Agency Professionals	Microsoft Teams (Live event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
15:00 - 17:00	<p><b>Building Resilience Against Violence &amp; Extremism (BRAVE)</b> <b>(Cardiff Prevent Team -delivered by Connect Futures &amp; St Giles Trust)</b></p> <p>The BRAVE workshop will focus on the grooming process for individuals being manipulated and exploited into extremism or county lines and how the process of grooming is mirrored by groups seeking to exploit the vulnerable into criminalty or terrorism.</p>	Multi-Agency Professionals – (working in safeguarding)	Microsoft Teams (Live event)	<p>To book: <a href="https://www.eventbrite.co.uk/e/171721813567">https://www.eventbrite.co.uk/e/171721813567</a></p> <p>For further information contact: <a href="mailto:Thomas.noaks3@cardiff.gov.uk">Thomas.noaks3@cardiff.gov.uk</a>; <a href="mailto:Nicola.winstanley@cardiff.gov.uk">Nicola.winstanley@cardiff.gov.uk</a></p>

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## Wednesday 17<sup>th</sup> November 2021

Time	Name of Event & Description	Target audience	Venue	To book/Contact details
10:00 – 11:00	<p><b>Sally Holland, Children's Commissioner for Wales - Using a children's rights approach to transform how Cardiff and the Vale safeguard children's mental health and wellbeing: progress and next steps</b></p> <p>Will outline the principles of a children's rights approach as applied to supporting and responding to children and young people's mental health and wellbeing needs. Professor Holland will then discuss the findings of her survey of children and young people during two 'lock down' periods - in May 2020 and January 2021, noting some specific feedback from children in Cardiff and the Vale. She will outline what can be learnt from these surveys, and how it is now more important than ever that we must work together to implement a No Wrong Door approach to children's mental health and wellbeing.</p> <p>She will reflect on encouraging progress and continuing barriers in the Cardiff and Vale region.</p>	Multi-Agency Professionals supporting children and young people's mental health and wellbeing across the various settings with which children interact	Microsoft Teams (Live Event)	Book via the Business Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
10:00 - 12:30 And 13:30 - 16:00	<p><b>The National Independent Safeguarding Board Wales, in partnership with The Wales Violence Prevention Unit, are pleased to announce an online conference;-</b></p> <p><b>'National Safeguarding Week 2021 Adult Safeguarding'</b></p>	Multi-Agency Professionals within Adult Safeguarding	Microsoft Teams (Live Event)  This will be a live virtual event, so you will be able to dip and out of	<a href="#">National Safeguarding Week 2021: Adult Safeguarding Conference Tickets, Wed 17 Nov 2021 at 10:00   Eventbrite</a>

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	<p>With presentations from:-</p> <ul style="list-style-type: none"> <li>- Helena Herklots – Older People’s Commissioner</li> <li>- Professor Suzy Braye – Emerita Professor of Social Work/ University of Sussex</li> <li>- Alistair Davey – Welsh Government</li> <li>- Dr Alyson Rees &amp; Dr Thomas Slater – School of Social Science/Cardiff University</li> <li>- Gillian Baranski &amp; Vicky Poole, Care Inspectorate Wales</li> <li>- Jon Drake &amp; Lara Snowdon- Wales Violence Prevention Unit</li> </ul>		slots as time permits.	
12:00 - 13:00	<p><b>Early intervention and support for children and young people experiencing anxiety -</b></p> <p><b>(Barnardo’s Cardiff Family Wellbeing Service - Hayley Smith, Ceri Ann Hunt, Emma Reed)</b></p> <p>Overview of signs and symptoms of anxiety. We will outline early intervention approaches that can be used to support children and young people experiencing anxiety, that may help prevent escalation</p>	Support workers and practitioners working with children and young people	Virtual Event - joining instructions nearer the date	Contact Cardiff and Vale Locality Admin to book a space <a href="mailto:CardiffandValeLocalityAdmin@barnardos.org.uk">CardiffandValeLocalityAdmin@barnardos.org.uk</a>
13:00 - 14:00	<p><b>Wellbeing Wednesday</b></p> <p><i>Social groups featuring low impact exercise and a friendly chat.</i></p>	<b>Closed session</b> (for service users only)		For further information contact: <a href="mailto:Sian.Young2@cardiff.gov.uk">Sian.Young2@cardiff.gov.uk</a>
14:00 - 16:00	<p><b>Jacob Abraham Foundation Session delivery by Bryn Morgan and Hannah Denman</b></p> <p>Suicide Brief Intervention Workshop: Reduce the stigma surrounding Suicide, provide an understanding of the contributing factors to Suicide &amp; warning signs, how to communicate</p>	Mental Health Professionals & Community Members	Microsoft Teams (Live Event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>

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	compassionately if you are concerned about someone, provide practical skills, support and signpost families, friends, communities who are bereaved by Suicide.			
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## Thursday 18<sup>th</sup> November 2021

Time	Name of Event & Description	Target audience	Venue	To book/Contact details
10:00 - 11:00	<p><b>Dementia Awareness Session – (with Independent Living Services Community Engagement Officer and Dementia Champion Helen Harris)</b></p> <p>Helen Harris is a Community Engagement Officer for the Day Opportunities Team within Independent Living Services. Helen has worked with many service users living with dementia and became passionate about this area of her work. Helen trained to become a Dementia Champion and has hosted a range of Dementia Awareness sessions. The purpose of this presentation will raise awareness of dementia and explain how those living with the condition can be supported and live well.</p>	Multi-Agency Professionals	MS Teams (Live event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
10:00 - 11:00	<p><b>Sporting Memories Foundation –</b></p> <p>Using the power of remembering and talking about sport to tackle dementia, depression, and loneliness.</p>	<b>Closed session</b> (for service users only)	MS Teams (Live event)	For further information contact: <a href="mailto:Nikki.Foster@thesmf.co.uk">Nikki.Foster@thesmf.co.uk</a>
11:00 - 12:00	<p><b>Mental health, debt, and loan sharks – Liz Emmons, Money Lending Unit</b></p> <p>An initial review of the established links between mental health problems and debt. Illustrations of the ways in which loan sharks exploit these problems, and advice about how frontline staff in many roles can engage with WIMLU to assist their service users.</p>	Frontline staff/volunteers who come into contact with vulnerable adults, whether engaged in support or advice, or in enforcement roles (eg rent arrears).	Microsoft Teams (Live Event)	Book via the Buisness Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>

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12:30 - 16:00	<p><b>“The Right to be Safe- preventing and responding to child sexual abuse and exploitation in Wales”</b></p> <p>Presentations from:</p> <ul style="list-style-type: none"> <li>▪ <i>May Baxter-Thornton and Emma Lewis</i>, Independent Inquiry into Child Sexual Abuse Victims and Survivors Consultative Panel (VSCP)</li> <li>▪ <i>Adam Richard Kaps</i>, Youth Worker and Survivor</li> <li>▪ <i>Anna Glinski</i>, Deputy Director (Knowledge and Practice Development) Centre of Expertise on child sexual abuse</li> <li>▪ <i>Dr Sophie Hallett</i>, Cardiff University</li> <li>▪ <i>Sharron Wareham</i>, Better Futures, service Manager, Barnardo’s Cymru</li> <li>▪ <i>Claire Short</i> , Stop it Now Wales, Wales National Manager</li> </ul>			<p>Sam Clutton, Welsh Government</p> <p>(Further details to follow and will be circulated from the Business Unit)</p> <p><a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a></p>
14:00 - 15:00	<p><b>Older People’s Commissioner for Wales – <i>Andrea Cooper</i>, <i>Safeguarding Lead and Val Billingham</i>, <i>Health and Social Care Lead</i></b></p> <p>We will be exploring the possible impacts of the pandemic on the mental health of older people, including potential increases in the abuse of older people (due for example, to increased social isolation and a withdrawal of usual monitoring arrangements).</p>	Practitioners, policy makers and others with an interest in promoting the wellbeing of older people	Microsoft Teams (Live Event)	<p>Book via the Business Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a></p>

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## Friday 19<sup>th</sup> November 2021

Time	Name of Event & Description	Target audience	Venue	To book/Contact details
10:00 - 11:00	<p><b>BAWSO - Mental health of victims of domestic abuse from a BME perspective</b></p> <p>Background on the forms DV in the BME communities and the barriers survivors face. This will then move on to how mental health is further exacerbated due to barriers. A survivor story (if possible) and some figures of clients we have supported thus far</p>	Practitioners who are working in the DV field, including victims from BME backgrounds who have suffered from FGM, FM or HBV. Survivors of abuse from all backgrounds	Microsoft Teams (Live Event)	Book via the Business Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>
11:00 - 12:00	<p><b>Tai Chi with Jeanette Edwards –</b></p> <p>Low impacted seated Tai Chi via Zoom.</p>	<b>Closed session</b> (to service users only)	Virtual (via Zoom)	For further information contact: <a href="mailto:jeanetteedwards373@yahoo.co.uk">jeanetteedwards373@yahoo.co.uk</a>
12:00 – 14:30	<p><b>Alcohol Change, Mike Ward</b></p> <p>Safeguarding Vulnerable Dependent Drinkers Workshop - The workshop is designed to enable professionals in England and Wales to use legal frameworks to manage and protect chronic dependent drinkers. This workshop focuses on how to make most effective use of the three main legal powers which can protect vulnerable dependent drinkers: the Care Act, the Mental Capacity Act and the Mental Health Act. It also focuses on a handful of other relevant powers such as anti-social behaviour powers. In addition, it emphasises the importance of a framework of processes that will enable the powers to be used most effectively and it explores what</p>	The workshop is appropriate for staff in all services who work with people who are at risk of alcohol related harm. This will include anyone working in public facing roles in health, social care, criminal justice, community safety, housing, homelessness, domestic abuse or other care roles	Microsoft Teams (Live Event)	Book via the Business Unit at <a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a>

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	constitutes a good care plan for this client group			
15:30 – 17:45	<p><b>Safeguarding Recognition Awards Ceremony</b></p> <p>To celebrate an array of outstanding contributions to safeguarding in a multi-agency context and to recognise those who have had a real impact of people’s lives</p>	<p>C&amp;VRSB Board members / Nominators / Nominees</p> <p>(by invite only)</p>	MS Teams (Live Event)	<p>For further information contact:</p> <p><a href="mailto:cardiffandvalersb@cardiff.gov.uk">cardiffandvalersb@cardiff.gov.uk</a></p>

## ADDITIONAL EVENTS THROUGHOUT THE WEEK

Name of Event & Description	Target audience	Venue	To book/Contact details
<p><b>Major Investigations &amp; Safeguarding Team (Shared Regulatory Services)</b> on the run-up to and during NSW have organised the following awareness raising events:</p> <ul style="list-style-type: none"> <li>• <b>A Mobile Bus Event</b></li> <li>• <b>Advertisements on Bill Boards and Local Buses</b> (throughout Cardiff/VoG/Bridgend)</li> <li>• <b>Bro Radio Transmission/Podcast –</b> (by Steven Bumford, SRS).</li> </ul> <p>Raising awareness of scams/doorstep crime and the different ways communities can protect themselves and report incidents.</p>	General public living within Cardiff/VoG/Bridgend	Cardiff/VoG/ Bridgend	<p>For further information contact:</p> <p><a href="mailto:ahunt@valeofglamorgan.gov.uk">ahunt@valeofglamorgan.gov.uk</a></p>
<p><b>VoG Housing/Sheltered Scheme –</b></p> <p>Daily Leaflet drops and conversations with residents throughout the week, raising awareness of key safeguarding messages.</p>	Residents of VoG Sheltered Housing Scheme	VoG	<p>For further information contact:</p> <p><a href="mailto:faslam@valeofglamorgan.gov.uk">faslam@valeofglamorgan.gov.uk</a></p>

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