

## Boards Newsletter

Winter 2019

### VAWDASV National Communications Campaign – This is Not Love: This is Control

### Advocacy Gateway

### The Truth Project

### 7 Minute Briefings

### Child Practice Reviews Published

### All Wales Safeguarding Procedures Update

### NSPCC – ‘Let children know you’re listening’ resources

### Adverse Childhood Experiences (ACEs)

### VAWDASV National Communications Campaign – This is not Love: This is Control

The ‘**This is not love: This is control**’ campaign was launched on 17<sup>th</sup> January and aims to help people identify coercive control behaviours in a relationship and to recognise them as wrong and abusive. It also aims to help people experiencing or witnessing these kinds of behaviours to seek advice and support from the Live Fear Free Helpline.

The campaign shows couples in everyday situations with the signs of control appearing subtly, illustrating that while on the outside a relationship can look loving, patterns of behaviour can have a serious effect on people, making them feel controlled, dependent, isolated or scared.

The aim of the campaign is to empower people to improve their lives by recognising the signs of controlling behaviour and changing the path that leads to physical abuse.

This multi-media campaign includes a film airing on national television, and digital and social media. <https://youtu.be/x-ne3ZK3QFs>

All campaign advertising signposts victims and concerned parties to contact the Live Fear Free 24-hour Helpline 0808 80 10 800 for help and support.

[www.livefearfree.org.uk](http://www.livefearfree.org.uk)



Porth Eiriolaeth  
Caerdydd a'r Fro

Cardiff & Vale  
Advocacy Gateway

### Advocacy Gateway

The Cardiff and Vale Advocacy Gateway is the single point of access for Adults looking for support to help them participate in the planning and delivery of their care and support.

Where a person does not have someone who can advocate for them, the Cardiff and Vale Advocacy Gateway can help.

The Cardiff and Vale Advocacy Gateway is a free phone number: **0808 801 0577**, available from 09:00 – 17:00 Monday to Friday. The Gateway will offer:

- Advice on the different types of advocacy available in Cardiff and the Vale of Glamorgan
- Give information on the different advocacy organisations in Cardiff and the Vale of Glamorgan
- Assist, by making contact with a relevant local Advocacy organisation through three-way conversations or by making an onward referral
- And, Signpost to other relevant support organisations

We are pleased to announce that Naomi Meredith joined the Business Unit on the 21<sup>st</sup> January as Interim Business Manager.

## The Truth Project

The Truth Project offers victims and survivors the opportunity to share what they experienced in person, by phone or in writing. Participants can also share any recommendations to keep children safe in the future. You can contact the Truth Project on 0800 917 1000. They are open weekdays 08:00 – 20:00, Saturdays 10:00 – 12:00. Calls are free and do not show on your bill.

Website: [www.iicsa.org.uk](http://www.iicsa.org.uk)



## 7 Minute Briefings

A suite of 7 Minute Briefings have been added to the website which includes;

- Adolescent Neglect
- Adult Practice Review Themes
- Child Exploitation
- Co Sleeping
- County Lines
- Critical Thinking
- Curiosity
- Elder Domestic Abuse
- Financial Abuse
- Harmful Sexual Behaviour

Links to the Adults briefings are [here](#) and Children's are [here](#)

## Child Practice Reviews (CPRs) Published

**CPR 02/2016** has been published by the Regional Safeguarding Children Board with recommendations made in relation to training, offering an advocate to children in receipt of Local Authority Care, different types of communication and developing a local policy relating to welfare checks.

Copies of the report can be requested via the Business Unit or can be downloaded from the website:

[www.cardiffandvalersb.co.uk](http://www.cardiffandvalersb.co.uk)

## All Wales Safeguarding Procedures – Update

The draft section for Decision Making has been sent out to regions and feedback is currently being collated. Due to the amount of feedback coming back to the project team a new template has been developed. The next section, Planning and Intervention, is due to go out to regions for consultation in early April.

Social Care Wales have started the digitalisation of the procedures and this is an example of how they will look on the mobile phone app that will accompany them. The Social Care Wales website will host the online version of the procedures.



## National Society for the Prevention of Cruelty to Children (NSPCC) – ‘Let children know you’re listening’ resources

On 19<sup>th</sup> February 2019, the NSPCC launched a National safeguarding resource as part of the ‘Professionals Breaking the Silence Project’. In addition to the launch a number of associated National learning events have been planned, part funded by the Welsh Government and arranged by the Safeguarding Boards across Wales. Cardiff and Vale Regional Safeguarding Board’s learning event was held on 20<sup>th</sup> February, which was attended by practitioners from across all multi-agencies.

The resources are designed to support practitioners to respond when a child discloses abuse. There are three simple steps to remember to ensure that children and young people always feel listened to:

- Show you care, help them OPEN UP.
- Take your time, SLOW DOWN.
- Show you understand, REFLECT BACK

The resources can be accessed from the following website: [www.nspcc.org.uk/listen](http://www.nspcc.org.uk/listen)



### Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences (ACES) are traumatic experiences that occur in childhood and are remembered throughout adulthood. These experiences range from suffering verbal, mental, sexual and physical abuse, to being raised in a household affected by domestic violence, hostile parental separation or parental mental illness, alcohol or drug abuse or incarceration.

The Adverse Childhood Experiences (ACEs) Support Hub has been established to help tackle ACEs. It will help create the environment for change and support individuals, communities and organisations to help create an ACE aware society.

The ACEs Support Hub is funded by Welsh Government with the aim of mitigating and tackling ACEs within the next two years based on Welsh research that has been undertaken. The research identified that there is multi-generational ACEs in Wales affecting people from all social and economic backgrounds.

The Cardiff and Vale Regional Safeguarding Board hosted an ACE Workshop on Friday 22<sup>nd</sup> February, attended by practitioners from multi-agencies. The workshop aimed to raise awareness of the Welsh research undertaken in relation to ACEs and to help increase the knowledge and understanding of ACEs amongst the workforce. One of the ACE Support Hub’s goals is to develop knowledge and skills among professionals and is looking to convene a steering group. If you are interested in joining the group or would like more information please contact: [ACE@wales.nhs.uk](mailto:ACE@wales.nhs.uk)

For more information on the work being undertaken by the ACEs support hub please visit

[www.aceawarewales.com](http://www.aceawarewales.com)



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To contact the Business Unit please call 02922 330880  
or email [cardiffandvalersb@cardiff.gov.uk](mailto:cardiffandvalersb@cardiff.gov.uk)