

Safeguarding Yourself & Others – Safeguarding Adults Conference

Wednesday 22 November 2023

Jubilee Conference Centre, Nottingham

09.00 am	Registration and Refreshments		
09:30 am	Welcome – Stuart Sale, CEO, Ann Craft Trust.		
09:45 am	<p>Keynote – The secret to beating burnout and performing in life and work, Leanne Spencer.</p> <p><i>Leanne Spencer is an award-winning entrepreneur and wellbeing speaker. Leanne’s expertise is in stress management, burnout prevention, recovery and resilience. Using the power of storytelling, Leanne will explore how you can minimise risk of burnout, manage your energy and have more fun by following the unique Cadence Approach™.</i></p>		
10:45 am	Break		
11.15am	Breakout session- choose one from:		
	<p>Conscious connected breathwork, Rhys Thomas</p> <p>Conscious connected breathwork allows us to reconnect to the body by consciously connecting each inhale and each exhale without pause. By doing this we connect with the present moment, opening a portal to deep healing with the potential of releasing stress, tension, suppressed emotions and trauma from the body.</p> <p>The session will include a short introduction to the technique and an opportunity to ask questions.</p>	<p>An introduction to trauma informed practice, One Small Thing.</p> <p>At this workshop, we will explore:</p> <p>What is a trauma informed practice?</p> <p>The definitions of trauma and the impact of trauma.</p> <p>Some practical ways to apply a trauma informed approach to your work.</p>	<p>Exploring the relationship between Safeguarding and Wellbeing in the Sport and Activity Sector, Ann Craft Trust</p> <p>Promoting the wellbeing of all adults is at the heart of safeguarding adults in sport and activity – athletes, participants, staff members and volunteers. This is easy to say, but how does this work in practice? This workshop will identify the connections between safeguarding and wellbeing and explore how person-centred strategies are vital in creating safer cultures and when addressing specific concerns.</p>

	<p>The breathwork session typically last for 45 minutes and the session will close with Rhys sharing some aftercare and an opportunity for delegates to share and reflect on their experiences if they wish to.</p>		<p>The workshop will begin by looking at a model of wellbeing to identify the elements of the lives of adults that need to be supported in sport and activity, before identifying the resources available to help you understand and triage welfare concerns.</p>
12:30pm	<p>Lunch</p> <p>Join us for a hot fork buffet and an opportunity to network with staff from the Ann Craft Trust and conference speakers.</p> <p>After lunch, there will be an opportunity to see the University of Nottingham's Jubilee campus and have a wellbeing walk around the lake.</p>		
1:45pm	<p>Breakout session- choose one from:</p>		
	<p>Suicide Prevention, Harmless.</p> <p>This workshop will improve your knowledge and understanding of suicide and better understand the relationship between mental health, self-harm and suicide. The workshop will explain how you can identify someone who could be experiencing suicidality and increase your confidence about how to intervene to support someone in crisis.</p>	<p>An introduction to trauma informed practice, One Small Thing.</p> <p>At this workshop, we will explore:</p> <p>What is a trauma informed practice?</p> <p>The definitions of trauma and the impact of trauma.</p> <p>Some practical ways to apply a trauma informed approach to your work.</p>	<p>Safeguarding your wellbeing at work, Survivors Network</p> <p>For those working in a welfare or safeguarding role, repeated exposure to the traumatic experiences of others can have a huge impact on wellbeing. This session will help delegates to explore the signs, causes, and impacts of compassion fatigue and burnout, and will investigate the importance of upholding personal boundaries and practicing healthy empathy at work. We will also discuss how employers and managers can support their staff and themselves in the workplace to create safer cultures.</p>
3:00pm	<p>Break</p>		

<p>3.15pm</p>	<p>Tackling Vicarious Trauma: Practicing Self-Care at Work, Survivors Network</p> <p>Working in a safeguarding or welfare role can impact your own wellbeing and the wellbeing of the staff you manage and support. The final keynote will raise awareness of what we mean by vicarious trauma, with a focus on exploring a variety of self-care and resilience-building tools and techniques that enable staff and volunteers to effectively manage their wellbeing in the workplace and beyond.</p>
<p>4:00pm</p>	<p>Reflections & Conference Close Stuart Sale, Ann Craft Trust</p>
<p>4:15pm</p>	<p>Drinks Reception</p> <p>After a busy day of learning, we hope you can take this opportunity to relax and socialise with the Ann Craft Trust team and fellow delegates (optional).</p>