

# Safeguarding Bulletin

**Safeguarding adults and young people at risk**

**ann craft trust**  
acting against abuse

**January 2024**

**Issue 126**

Bringing you the latest research and news on safeguarding adults and young people at risk.

# Ann Craft Trust Team



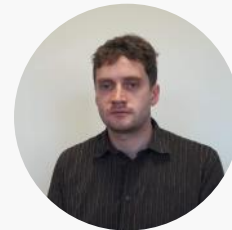
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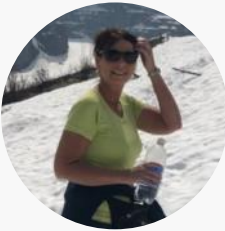
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# **Ann Craft Trust Safeguarding Bulletin**

**January 2024**

Issue 126

**Page 5 Editor's Note**

**Page 7 The Ann Craft Trust's Strategic Plan for 2024**

**Page 9 Safeguarding Adults Week 2023 Review**

**Page 15 The Ann Craft Trust Wellbeing in the Workplace Survey**

**Page 17 Safeguarding Your Wellbeing at Work**

Emma Coleman, Nottingham City Safeguarding Adults Board Manager

**Page 21 Community Interactions Help Support Older People Experiencing Abuse**

Andrea Cooper, Safeguarding Lead, Older People's Commissioner for Wales

**Page 24 2023 Highlights From The Ann Craft Trust Safeguarding Adults in Sport Team**

Nicola Dean, Safeguarding Adults in Sport Manager

**Page 32 Fair Play for Deaf Athletes Campaign**

**Page 37 Safeguarding News Watch – Safeguarding Adults at Risk**

**Page 38 Safeguarding News Watch – Safeguarding Adults in Sport and Activity**

**Page 39 Safeguarding Research and Resources**

**Page 38 From The Vault: More Than Just a Crime?**

Dr Deborah Kitson, Former CEO, Ann Craft Trust.

From Issue 69, October 2009

## Editor's Note—Stuart Sale, CEO

### Welcome to the latest edition of our safeguarding adults bulletin.

This bulletin coincides with my first anniversary working for the Ann Craft Trust. I remain immensely proud to work here. I've learned so much in the last 12 months and had the pleasure of getting to know both my colleagues and many of you across the safeguarding adults community.

The Ann Craft Trust has been at the forefront of safeguarding adults for more than 30 years, and has been producing bulletins, in one form or another for the whole time. During a recent office tidy-up, the team spent some time reminiscing over early bulletins. It was fascinating to see how far we've come in relation to Safeguarding Adults. But a recent news article demonstrated that we all still have so much to do.

We were all angered by the terrible abuse recently inflicted on residents at Grove House in Sutton. While it is reassuring to see the action of the judicial system in jailing three men, it demonstrates that our work in raising the profile of safeguarding adults must continue. Indeed, in this bulletin, you'll see details of our new

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*We believe that we can stop the abuse of adults through raising awareness, building understanding, and working together.*

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strategic plan. We believe that we can stop the abuse of adults through raising awareness, building understanding, and working together. I encourage you to think about your role in helping us achieve our vision too.

I was recently reminded of how far and wide our network goes. I was arranging for my son to be the matchday mascot for our favourite football team, who don't need to be named here! On sending the relevant paperwork to the officer at the club I was dealing with, I received an email from the person thanking the Ann Craft Trust for all the work we do and praising both our training and resources! I was so proud to hear about the impact we have across so many communities and sectors.

Happy reading!

Stuart



## **Safeguarding Adults at Risk Training for Managers and Safeguarding Leads**

**This online course will explore the roles and responsibilities of managers in terms of safeguarding adults at risk.**

We'll cover best practice, the expectations of regulators, and lessons learned from safeguarding adults reviews.

These courses always fill up fast, so don't miss out!

**6—7 February 2024** [Register Here >>](#)

**13—14 February 2024** [Register Here >>](#)

**11—12 March 2024** [Register Here >>](#)

**9—10 April 2024** [Register Here >>](#)

**23—24 April 2024** [Register Here >>](#)

**15—16 May 2024** [Register Here >>](#)

# The Ann Craft Trust's Strategic Plan For 2024

**In 2022, we celebrated 30 years of influencing change and generating awareness for safeguarding adults.**

Since then, staff and trustees have worked together to refresh our vision for safeguarding adults.

We've also considered our own role in achieving our vision - how we can continue to create awareness and support people and organisations to improve working practices that will establish a greater understanding of safeguarding adults.

In our new strategy we outline our strategic approach to deliver this: As a charity, as a team, and as a trusted safeguarding partner.

Our aim is to stop the abuse of adults. Through training, audits, and consultancy we can embed safeguarding best practice in organisations to create safer cultures and communities.

[Download the full strategy document here.](#)

## Our Goals



Promote good safeguarding governance to all organisations in all sectors.



Develop more partnerships within new and existing sectors across the UK, and work collaboratively with these partners so that we can respond to organisations that work across the four nations.



Provide accessible, up to date resources and training.



Undertake audits to help organisations work towards best practice in safeguarding adults.



To be a leading authority on safeguarding adults in the UK.



## Our Pillars



### Collaborate

We believe that working in partnerships allow us to share our knowledge of safeguarding and learn from others, as well as help identify the gaps within sectors that need to begin developing safer cultures. The insights generated can in turn develop resources that will inspire and influence changes.



### Advocate

We are passionate about supporting positive change for people in relation to safeguarding adults. We use research insights to form campaigns that will raise important issues and give people a voice. We listen, and through co-production, we start discussions that explore ways to make improvements in safeguarding adults practice.



### Research

We seek out opportunities to support pioneering research projects. We stay aware of the latest safeguarding research which informs our training, resources, and practice.



### Educate

We recognise that self-reflecting governance provides a good framework for establishing safer cultures. This must be learned before it can be practiced. We design and deliver our training and audit programmes to ensure those with safeguarding responsibilities can work to best-practice guidelines.

## Safeguarding good practice means that everyone is:



Free from abuse



Empowered



Treated with dignity  
and respect



Afforded equality  
of opportunity



Recognised, valued,  
and accepted



# Safeguarding Adults Week 2023—Self Care Empowers You to Safeguard Others

**Safeguarding  
Adults Week 2023**  
**Monday 20 – Friday 24 November**  
**#SafeguardingAdultsWeek**

**ann craft trust**  
acting against abuse

## **Safeguarding Adults Week 2023 took place 20 – 24 November.**

We host this week every year as an opportunity for organisations to come together to raise awareness of important safeguarding issues. Our aim is to start vital conversations and share best practice, so we can all be better together.

During Safeguarding Adults Week 2023, we focused on how you can prioritise the welfare and wellbeing of yourself and others. [Each day of the week we explored a different safeguarding theme](#) to consider how we might respond to various safeguarding challenges:

- **Monday** – What’s my role in safeguarding adults?
- **Tuesday** – Let’s start talking: Taking the lead on safeguarding in your organisation.
- **Wednesday** – Who cares for the carers? Secondary and vicarious trauma.
- **Thursday** – Adopting a trauma-informed approach to safeguarding adults.
- **Friday** – Listen, learn, lead: Co-production with experts by experience.

## Seminars and Events

Throughout the week, we hosted a number of seminars, workshops, and other events.

### **Monday 20 November: [‘Who’s looking after the people looking after the people?’](#)**

Ian Braid led a session about how individuals can look after their own wellbeing when supporting others.

**Monday 20 November: [Ann Craft Trust Seminar and AGM](#).** We were be joined by Open Door and The National Trust, who discussed how they’ve embedded safeguarding adults into their organisation.

### **Tuesday 21 November: [Let’s Start Talking – Taking The Lead on Safer Cultures in Your Organisation](#).**

Ann Craft Trust Safeguarding Adults Manager Laura Thorpe set-out what makes a safer culture, and provided participants with the space to reflect on the culture within their organisation.

### **Friday 24 November, 10–**

### **11am: [Developing Boccia England’s ‘Your Wellbeing Toolkit’](#).**

Boccia England discussed how they created their wellbeing toolkit. This was followed by a discussion about how to support the wellbeing of players, volunteers and staff in sport and activity organisations.

## **Looking After Yourself and Others – The 2023 Ann Craft Trust Safeguarding Adults Conference**

We held our annual Safeguarding Adults Conference in Nottingham on 22 November.

There were two keynote sessions, one from wellbeing speaker [Leanne Spencer](#) and one from the [Survivors Network](#). The conference also included a choice of workshops from [Harmless, One Small Thing](#), and again from The Survivors Network.

Former International Rugby player Rhys Thomas also led a breathwork session, guiding attendees through a proven technique for releasing stress, tension, suppressed emotions and trauma from the body. [You can listen to Rhys discussing his life and work in this episode of our Safeguarding Matters podcast.](#)

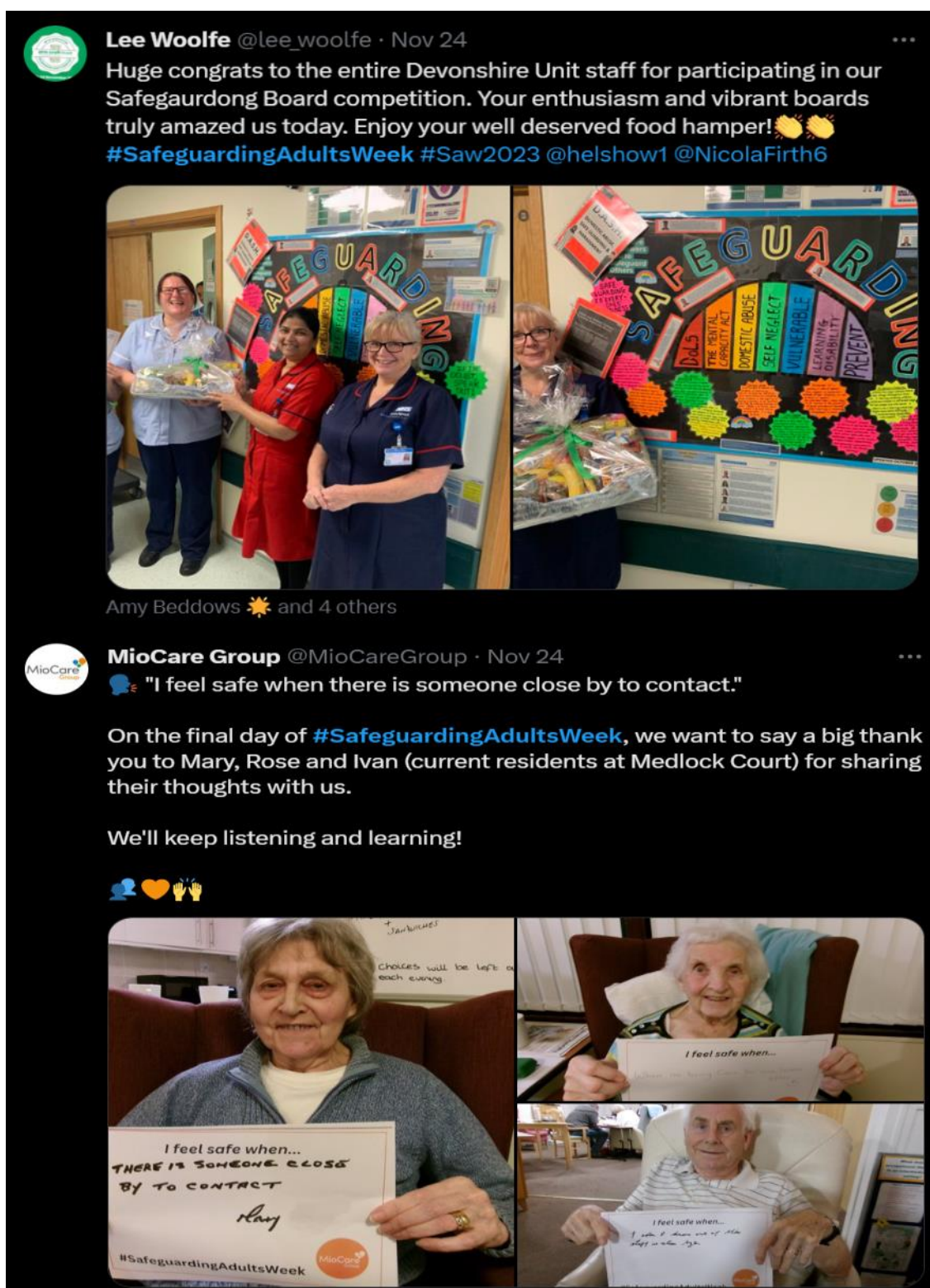
## **A Week of Activity in the Wider Safeguarding Community**

While we ran our own events, the wider safeguarding community marked Safeguarding Adults Week in a number of ways.

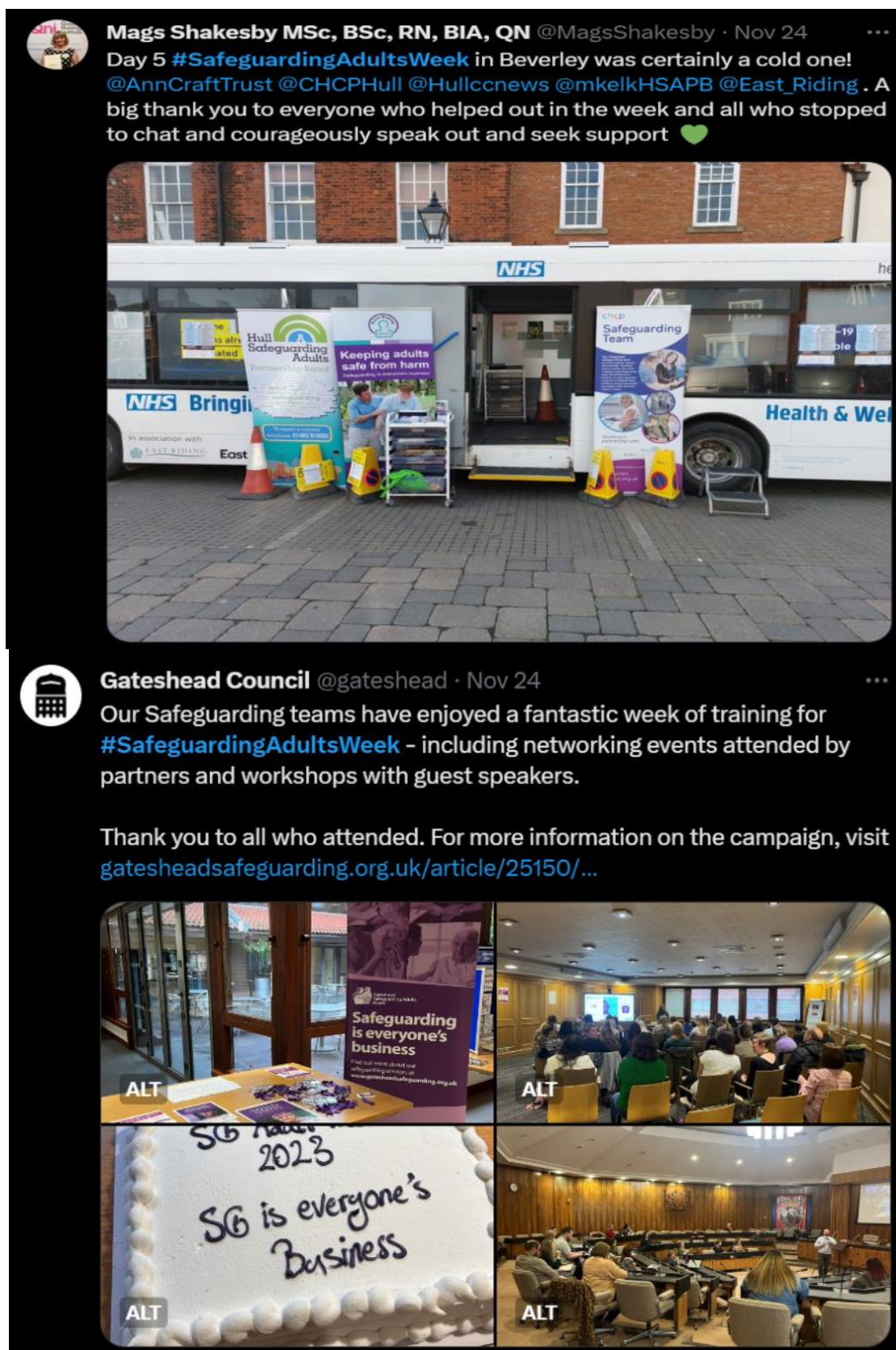
On social media, we asked anyone who wanted to support the week to use the hashtag #SafeguardingAdultsWeek. In this way we could help promote any activity that took place to as wide an audience as possible.

Below is just a small selection of some of the activity that took place across the country.

You can get a bigger picture of the week's activity by taking a look at the hashtag: [#SafeguardingAdultsWeek](https://twitter.com/hashtag/SafeguardingAdultsWeek).











## **A Massive Thank You**

The enthusiastic response to this year's Safeguarding Adults Week shows just how many people are committed to making a difference.

So no matter what you did to support Safeguarding Adults Week – whether you put on an event or simply shared some resources online – we'd like to say a massive **thank you**.

We're already talking about our plans for **Safeguarding Adults Week 2024**.

**Save the date!** Safeguarding Adults Week 2024 will take place **18–22 November**, with our annual Safeguarding Conference taking place on **20 November**. We'll be releasing more details soon.

We'd love to hear your thoughts. [So let us know what sort of themes you'd like us to cover, and what sort of resources you'd like us to produce!](#)

# The Ann Craft Trust Wellbeing in the Workplace Survey



**The 2023 Safeguarding Adults Week focused on how looking after our own wellbeing can empower us to safeguard others.**

As part of this, we ran a survey to investigate the current state of wellbeing in the workplace. We wanted to know what sort of wellbeing provisions are in place for those who work in safeguarding and other care roles. And we also wanted to know how people felt about these provisions, and whether or not they were proving effective.

The survey results paint a pretty positive picture. It seems the majority of

organisations do indeed provide adequate wellbeing provisions, and that staff are largely happy with the support that's on offer. Also, it's pleasing to see that the majority of staff would feel comfortable in discussing any issues with a manager, and that the majority feel confident that their manager would then take appropriate action.

## **Would You Feel Comfortable Discussing Mental Health Issues With Your Manager?**

In Safeguarding Adults Week we also happened to launch [our new strategy for 2024 and beyond](#). And our guiding vision

is to stop the abuse of all adults through raising awareness, building understanding, and working together.

With this in mind, it's discouraging to see that over a quarter of respondents do not feel satisfied with the wellbeing provisions in their workplace. Worse, nearly 30% of respondents would not feel comfortable discussing their wellbeing needs with their managers.

It's also discouraging to see the negative impact that safeguarding and support work seems to have on people. Up to 80% of participants reported how experiencing significant negative side effects as a result of their work. Of course, we all struggle with our work from time to time. But we must take care to ensure that our struggles don't become so severe that they fall into the category of [secondary or vicarious trauma](#).

### **Secondary and Vicarious Trauma**

As we explored during our [2023 Safeguarding Conference](#), the symptoms of secondary trauma can be highly similar to the symptoms of experiencing trauma first hand. This is a risk that all of us who work in safeguarding must be aware of, [which is why it's crucial that organisations provide suitable support services](#).

Our report features lots of suggestions for the sort of wellbeing support that managers could provide. But the most important thing a manager could do would be to work towards creating a welcoming and supportive culture. Staff should learn to spot the signs that they're struggling, and they should feel comfortable in discussing their concerns with their manager. And also, they should feel confident that if they do ever reach out for help, their manager will take appropriate action.

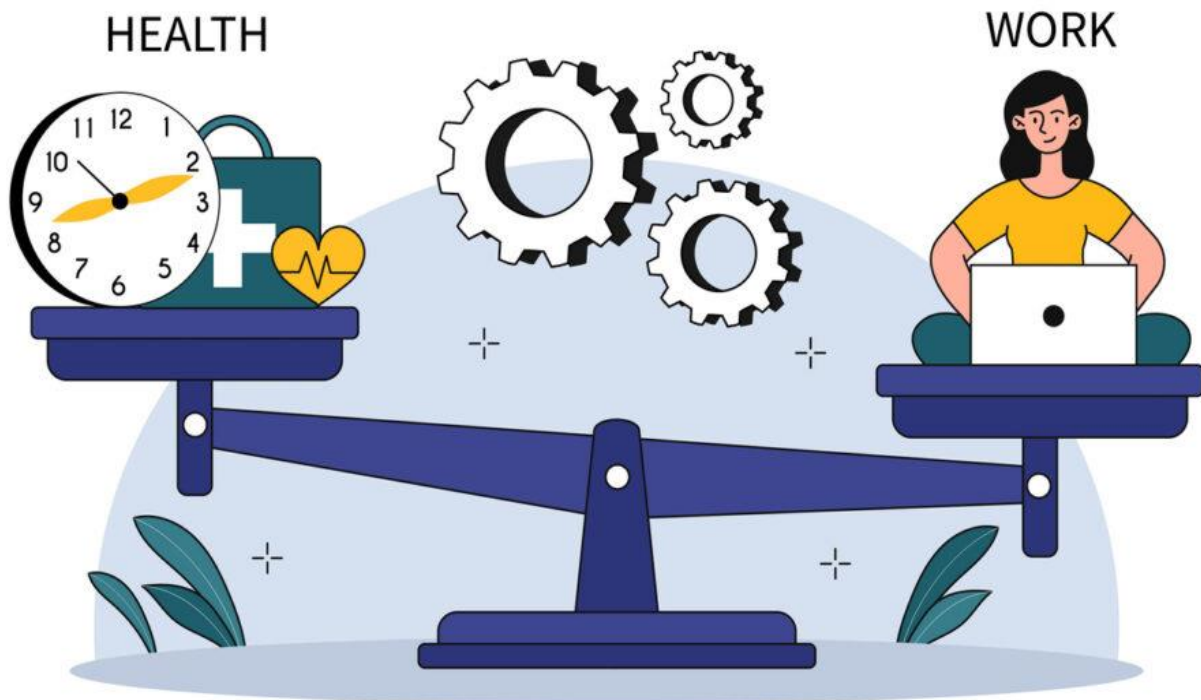
One of the key goals in our new strategy is to help organisations work towards best practice in safeguarding adults. If you'd like to discuss how we might help you work towards creating a safer culture for both your staff and for the people you support, [please don't hesitate to get in touch with us](#).

**[View the survey responses in full here.](#)**

**Please note that, in the interests of data privacy, we have omitted some responses from the report.**

# Safeguarding Your Wellbeing At Work

**Emma Coleman, Nottingham City Safeguarding Adults Board Manager.**



**Every November, Safeguarding Adults Week provides an opportunity to raise awareness about abuse and neglect and talk about how best to protect and care for adults at risk of abuse.**

This is the day-to-day role for many of us, and a role we feel truly passionate about.

We all chose this career path as we wanted to help people and make a difference, to make their lives better, because we care about people's wellbeing.

*But, who cares for the carers?*

Why does prioritising **our own wellbeing** feel unnatural, alien, and even selfish?

Our everyday roles are filled with stressful situations, and although we want to do the best we can for the people we support, we are faced with:

- More complex cases.
- Reduced capacity in teams.
- Higher caseloads.
- Professional differences between agencies and teams.

This means that **staff burnout** is a real possibility. This has been well researched, and is at high levels in the [health and social care sector](#) with the British Psychology Society describing staff burnout as a '[modern epidemic](#)'.

In adult safeguarding, supporting people who are experiencing abuse and neglect can also lead to [vicarious trauma for professionals](#). This is where we empathise with those experiencing trauma, which then impacts on our own wellbeing.

This means that prioritising our physical and mental wellbeing is more important than ever.

### **You can't pour from an empty cup**

You may have heard the phrase 'you can't pour from an empty cup', meaning that if you don't look after your own wellbeing, you won't have the energy, headspace or motivation to care for others.

Staff wellbeing can impact on the care and safety of the adults we are trying so hard to support and protect.

[Research](#) has found a direct link between poor staff wellbeing and worse patient safety. Tired and stressed staff are more likely to make mistakes and take more sick leave, potentially putting the people we support at risk.

This isn't a situation any of us want to happen and is actually the opposite of what we go to work for. Thankfully, there are things we can do to support the wellbeing of ourselves and our colleagues.

### **Time to think differently**

I think we're all a little guilty of seeing wellbeing emails come round and putting them to the side because we're too busy.

- 'I'll read it tomorrow'.
- 'I'll just finish this report, then I'll read it'.
- 'I'm too busy for this nonsense, I've got work to do'.
- 'I'll send it to my personal email and read it at home'.
- 'Managers don't really care about my wellbeing, they just send these emails round to tick a box'.
- 'I have too many other emails, I don't have time for wellbeing'.

### *Sound familiar?*

The result is that wellbeing is seen as something for those with the luxury of time to factor it into the day, those who aren't really busy, or something that can't be done on work time but needs to be in your own time.



But guess what – the time when the phone is ringing non-stop, you have deadlines looming and you're under pressure, is the time you need wellbeing the most.

Taking five minutes out of your day won't really impact that deadline, but it will reduce your stress levels, clarify your thinking and increase your ability to cope, meaning you are better equipped to care for others.

Think of wellbeing as time **invested**, not time wasted.

### **Benefits of wellbeing**

The mental benefits of improving our wellbeing are huge and are well recognised – lower stress levels, higher resilience to cope with difficult situations, clearer thinking and improved outlook. But we don't often think about the physical benefits.

A study at the [University of Michigan](#) found that activities such as yoga and meditation can **actually alter gene expression**, leading to lower levels of inflammation in the body! Pretty powerful stuff.

### **Culture**

As well as making our own wellbeing a priority, we all have a part to play in changing the workplace culture where

wellbeing is seen as a luxury. This applies to all roles not just managers and is something we all have the power to change.

Ask yourself what your first thoughts are if you see a colleague taking 5 minutes to stretch and do mindfulness at their desk. Are you happy to see them looking after themselves physically and mentally so they are a more considerate, capable team member who actively lowers their stress levels? Or are you thinking *'who on earth do they think they are, we're snowed under here and they are faffing about timewasting with breathing exercises while the rest of us struggle?'*. All the wellbeing advice in the world won't make a difference if we can't let ourselves and others put it into practice.

We seem to be pre-programmed to look harshly on anything new in the workplace, but we all have the power to shift our mindset and be more open to wellbeing being part of our workday, both for our benefit and for the benefit of the people we support. **Culture change doesn't happen in policies and procedures, it happens with us.**

## Wellbeing tips

Different activities work for different people, so it's worth trying a few things out and seeing what works for you.

- [Explore mental wellbeing tips from Every Mind Matters.](#)
- [Check out](#) the 5 ways to wellbeing.
- Read the [free self-kindness toolkit](#) for adults from British Red Cross.
- [Take a look at wellbeing advice from the Local Government Association.](#)
- **Music** is powerful, and research shows it can boost individual and societal wellbeing. Try listening to your favourite song in headphones.
- **Mindfulness** – many of us use Microsoft Teams, but did you know that this also includes Viva Insights with free mindfulness exercises, lo-fi tunes to work to, and a 'virtual commute' to help you wind down after the workday
- **Smart devices** record our daily activity, like FitBit. The app also contains free mindfulness exercises starting at just 3 minutes long!
- **Get outdoors!** The link between good mental health and nature has been known for a long time, but with more

remote working it can be easy to forget how important it is to leave the house for some fresh air and daylight.

- **Yoga and stretching** – There are plenty of free you-tube videos for desk workers to help stretch out and reduce tension. I've found them hugely beneficial – none of us will be at our best with back and neck ache, so taking the time to look after our physical wellbeing is key.

**Wellbeing is important.**

**You are important!**

# Community Interactions Play a Crucial Role in Helping to Support Older People Experiencing Abuse

**Andrea Cooper, Safeguarding Lead, Older People's Commissioner for Wales**



**Stopping the abuse of older people is one of my priorities as [Older People's Commissioner for Wales](#).**

I am working to improve evidence and data about older people's experiences of abuse and influence policy and practice, both locally and nationally.

Another key focus of this work includes raising awareness about potential signs of abuse, and where people can go for help and support, so that everyone can play a part in recognising where abuse is occurring, raising concerns and ensuring people experiencing abuse get the help

and support they need.

The [research I have undertaken into older people's experiences of abuse](#) has highlighted that individuals working and volunteering within our communities have a particular role to play in this as they are more likely to have regular/ongoing contact with older people and build relationships with them, which can help in terms of recognising changes in behaviour that could indicate that abuse is happening and/or encouraging individuals to disclose they are experiencing abuse.

Awareness has grown in recent years about the particular ways that abuse may affect older people, and the particular difficulties and barriers they may face that may prevent them from seeking or accessing support. But we must build on this so that abuse and its impact are more widely recognised and there is a better understanding of the help and support available.

The updated Welsh Government VAWDASV Strategy now also includes a specific strand focused on older people.

The launch of the Welsh Government's National Plan to Prevent the Abuse of Older People – the first of its kind in the UK – will also mean there is a greater focus on abuse across a range of public bodies and organisations in Wales, which will help to grow knowledge and understanding.

I will also continue to play my part as Older People's Commissioner, through sharing my research findings with stakeholders throughout Wales and the UK, distributing my [Get Help, Stay Safe leaflet](#) – which provides information about spotting the signs of abuse – and my [Abuse Support Services Directory](#), which enables older people and stakeholders in Wales to find information and contact details about support available.

By working together to raise awareness and call for change with a powerful, united voice, we can help to ensure that everyone experiencing or at risk of abuse, regardless of their age, can access the help and support they need so they are safe and protected.

# Get help Stay safe

**Information and support for  
older people experiencing abuse**





## **Safeguarding Adults in Sport and Activity—Essential Training for Club Welfare/Safeguarding Officers (England)**

This training covers the essentials for safeguarding adults in sport and activity clubs for Club Welfare/Safeguarding Officers.

This session includes how to identify concerns, respond to concerns and disclosures and how to create a safe culture within a sport or activity club setting

For those with no previous safeguarding adults training, we would recommend completing the [Introductory Training](#) prior to attending this course.

**5 February 2024:** [Register Here >>](#)

**18 April 2024:** [Register Here >>](#)

**19 June 2024:** [Register Here >>](#)

**19 September 2024:** [Register Here >>](#)



# 2023 Highlights From The Ann Craft Trust Safeguarding Adults in Sport Team

Nicola Dean, Safeguarding Adults in Sport Manager



## **The Ann Craft Trust Safeguarding Adults in Sport team changed once again in May.**

We welcomed [the new Safeguarding Adults in Sport Manager for Wales](#), Jodi Evans. Jodi has brought a wealth of safeguarding knowledge to the team and is learning the new language of sport!

Jodi also recorded her first ever [podcast with former Welsh Rugby International Rhys Thomas](#).

Cath Sykes is now full time, working four days across the Sport England contract

and one day as part of our Safeguarding Adults Team. This will enable her to pick up commissioned work from the wider sport and physical activity sector.

## **Funding priorities**

### **UK Sport**

UK Sport has confirmed their funding agreement with The Ann Craft Trust up to March 2025. Our work ensures UK Sport-funded organisations can continue to embed safeguarding adults awareness along with athlete wellbeing and welfare.

There has been another year of great progress and commitment shown from UK Sport-funded organisations. Among those we support on the UK Sport contract:

- 92% of Safeguarding Leads have completed Ann Craft Trust Advanced Training.
- 77% have a Safeguarding Adult Policy signed off by their board.
- 77% of boards have completed Ann Craft Trust training.
- 42% have completed the Safeguarding Adults in Sport & Activity Framework process. Some have even completed it twice!

With 2024 being an Olympic and Paralympic year, it's going to be a busy one for UK Sport-funded organisations. We look forward to continuing to support your work.

### **Sport England**

We are 18 months into our five year contract with Sport England as part of their [Uniting the Movement](#) strategy.

We are pleased with the engagement from across the sporting sector. The Ann Craft Trust is now in talks with national system partners as well as NGBs and Active Partnerships.

The support for the [Safeguarding Adults in Sport Framework](#) is growing. More organisations are working through it and attending our Peer Support sessions.

The participant engagement team has been connecting with the Active Partnership Network. Several local groups are now benefitting from this research, and we're drawing from key learning to develop our training delivery. If you would like our team to visit a club or group to find out what safeguarding means to them, [please get in touch](#).

We also contributed to the national working group for the Sport Welfare Officer programme. This will see a network of 63 welfare officers based in Active Partnerships. The aim is to support their local sports club welfare officers to promote good safeguarding practice for both children *and* adults. To have such a large investment into sport welfare at a local level is exciting. For those posts to focus on the participant experience for both children and adults is a positive development for all.

We will continue to support this programme through the recruitment process and ongoing CPD across the network.

The work with the wider sport and activity sector continued. Cath Sykes worked with

the forum to develop resources and create [a 'Roadmap' for organisations looking to embed safeguarding adults into their organisations.](#)

## **Sport Wales**

We are now seven months in to our four year contract with Sport Wales. Engagement is ramping up: Three sports are signed up to pilot the Framework and two others are planning to start their journey in 2024.

We have continued to deliver board training with the CPSU. Others have booked training for 2024. We have delivered multiple Essential and Advanced Training sessions in Wales, [with new dates also planned for 2024.](#)

Two guest speakers attended the Lead Officer Safeguarding forum. Andrea Cooper from the Older Peoples Commissioner for Wales shared a wealth of knowledge with Welsh lead officers. [She wrote about her experiences here.](#) Chief Inspector Chris Back also attended and provided a highly informative session on stalking, coercive control, and domestic abuse.

## **The Safeguarding Adults in Sport Framework**

21 NGBs and Active Partnerships completed [the Framework](#) in 2023. The sport team continue to support

organisations with their planning by running Framework information sessions and follow up peer support workshops.

Framework information sessions for 2024:

- [6 February.](#)
- [7 May.](#)
- [9 September.](#)
- [11 November.](#)

Peer support sessions for 2024:

- [21 February.](#)
- [20 May.](#)
- [25 September.](#)
- [27 November.](#)

## **Training**

We delivered four Advanced Training courses for Lead Safeguarding Officers. In total we reached 25 English NGBs, Active Partnerships, Sport England System Partners and other sport organisations. The engagement from participants has been positive as they grapple with some of the complexities of safeguarding adults.

In 2023 we introduced a new Essentials Training course aimed at Club Welfare Officers and Club Safeguarding Officers. Facilitated by our Safeguarding in Sport associate trainers, it has generated lots of debate, many lightbulb moments, and

some excellent feedback:

*This course was delivered very comprehensively by excellent presenters. Absolutely brilliant session – will help our Club Welfare officers so much!*

We also delivered board training to several Active Partnerships and NGBS. This was often in partnership with our colleagues in the CPSU to cover the responsibilities of the board in safeguarding both children and adults.

We have worked with UK Coaching to review, update and refresh the Safeguarding Adults in Physical Activity and Sport course for coaches. There are two versions of this course to choose from. They both contain the core Safeguarding Adults in Physical Activity and Sport module, plus an additional module with a focus on a topical aspect of safeguarding adults: Professional Boundaries and Adults with Care and Support Needs. [Learn more about these courses here.](#)

We were also commissioned to work on several other projects relating to sport and activity. This includes training and consultancy for Sport Scotland, the England and Wales Cricket Board, The Premier League, and the Football Association.

If you are unsure about what level of

training the roles in your organisation need, [check out this handy guide.](#)

For further information about arranging this for your organisations, [please contact the team.](#)

## **Conferences**

We attended several external conferences last year.

The [Include Summit](#) in April explored the links between DEI and safeguarding. There were many reminders to delegates about being the change that you want to see.

The [keynote on the second day by Suzy Levy](#) discussed how we might build the bridge between talking diversity and taking action. This resonated with the aims of our [#SaferCultureSaferSport campaign.](#)

We also attended the [Why Sport Conference](#) in September. This focused on the impact that inactivity can have on the nation's health. It also shared examples of programmes and initiatives to alleviate inactivity.

The Sport Governance Academy national conference took place in Manchester in November. This allowed us to continue to build our sporting connections as well as hearing first hand from some sport governance experts. Emma Gibson, Head of Safeguarding Adults in Sport, joined in a lively group discussion on building the



links across culture, safeguarding and governance.

Finally, the UK Coaching Awards 2023 that took place in Leeds in December. It was an awe-inspiring evening where we celebrated the talents, hard work and commitments of coaches from a wide range of areas.

## **Events**

Safeguarding Adults Week goes from strength to strength. Last year the sport team ran workshops alongside external partners. Ian Braid of [Docia Sport](#) started the week with a thought-provoking session that asked the question: *Who's looking after the people looking after the people?*

The week ended with George Bolland from Boccia England talking us through the '[Your Wellbeing Toolkit](#)'. This is an online tool that brings together a range of resources to support mental wellbeing from organisations and partners such as Mind and the NHS, as well as specific boccia content.

The Ann Craft Trust annual conference featured a keynote from Cadence Wellbeing Speaker and Burnout Prevention Expert, [Leanne Spencer](#). This was an uplifting start to the day which gave us all plenty to think about when it comes to the work/life balance.

The Safeguarding in Sport Team delivered a workshop in collaboration with our colleagues in Club Matters, Grace Clancey and Olivia Warwick, and Hayley Jarvis from MIND. The Workshop explored the relationship between safeguarding, wellbeing and welfare in the sport and activity sector. We looked at terminology and at identifying the connections between safeguarding and wellbeing. We also explored how person-centred strategies are vital in creating safer cultures and when addressing specific concerns.

More than 30 delegates attended this workshop. All took part in a group exercise to explore this topic, and there was plenty of useful discussion and healthy debate.

## **Case Data Collection Tool Research Group**

Joanne Pell worked with researchers from the University of Loughborough and representatives from across the sport sector to support research into safeguarding adults cases. This is the first piece of research to explore how sport organisations manage cases, starting with how they identify them. [You can read the research here.](#)

Following this research, the CPSU asked NGBs, for the first time, to include adult data in their case data collection. Next

year the group will analyse any adult data returned. This is the vital first step in moving this important area of work forward.

### **Collaboration and Partnership**

We would like to thank all of the organisations we work with. Thank you for your challenging questions and your feedback on our work.

In 2023 we continued to work closely with our Safeguarding Partners:

- The Child Protection in Sport Unit.
- NWG.
- Lime Culture.
- Sport Resolutions.
- UK Coaching.
- Club Matters (now called Boodle).

These collaborations have been essential in developing a clearer picture of what safeguarding should look like in sport and physical activity.

We also strengthened our links with organisations across the wider sport and activity sector. This includes the sport teams at MIND, Sport Structures, The Sports Governance Academy, and Continuum Leisure.

We continued to support the leisure industry through our links with Community

Leisure UK, along with our membership of the newly formed Leisure Centre Safeguarding Alliance.

The Safeguarding Adults in Sport Partnership continues to meet three times a year. Membership consists of representatives from the Active Partnership Network, UK Sport, Sport England, Sport Wales, NGBs, and the CPSU. Following a review, we have increased the NGB representation and are using a rolling chair arrangement.

### **Moving Into 2024**

2024 is shaping up to be another interesting year!

A key focus will be inducting and supporting the Sport Welfare Officers, ensuring that they have the skills and knowledge to be able to support clubs around safeguarding adults.

We will analyse the data from the Framework submissions to develop insight into safeguarding adults. We will identify what is working well and where the gaps are, which will drive our overall sport strategy.

The [#SaferCultureSaferSport](#) campaign will continue, with a focus on using the insight and resources to support organisations. Look out for an event in Spring/ Summer where we will bring our learning together.

There will be a continued focus on supporting NGBs and Active Partnerships to complete the Framework, as well as supporting other Systems Partners through the process, including the National Disability Sport Organisations.

The Lead Safeguarding Officer meetings for NGBs and Active Partnerships will continue in conjunction with the CPSU and NWG. We are also happy to announce we will be holding joint Ann Craft Trust and CPSU Wales hybrid Lead Officer Support Forums in February, June and Oct for 2024. For those able to join us in person, they will be held at the Sports Wales National Centre and via Zoom for online access. We will release more details about these forums early next year.

The Lead Safeguarding Officer Meeting for the wider sport activity sector meet four times a year. [Find dates and booking information here.](#)

Keep an eye out for the official launch of the Roadmap, and the e-learning resources for the wider sport and activity sector.

Finally, with 2024 being an Olympic and Paralympic year, it's going to be getting busy for UK Sport funded organisations. We look forward to continuing to support your work. And of course, to watching the games!



## **Safeguarding Adults in Sport and Activity—Essential Training for Club Welfare/Safeguarding Officers (Wales)**

This training covers the essentials for safeguarding adults in sport and activity clubs for Club Welfare/Safeguarding Officers.

This session includes how to identify concerns, respond to concerns and disclosures and how to create a safe culture within a sport or activity club setting

For those with no previous safeguarding adults training, we would recommend completing the [Introductory Training](#) prior to attending this course.

**21 February 2024:** [Register Here >>](#)

**24 April 2024:** [Register Here >>](#)

**17 June 2024:** [Register Here >>](#)

**10 September 2024:** [Register Here >>](#)



# Fair Play For Deaf Athletes Campaign

## Support the Fair Play for Deaf Athletes Campaign



**UK Deaf Sport are asking the Government to fund and support deaf athletes as they do Olympic and Paralympic athletes.**

As part of the campaign, UK Deaf Sport is calling for the government to commit £3m to deaf athletes over the next four years. This would represent just 0.5% of the current budget, but it would help create deaf athlete talent and performance pathways. It would also mean a competitive GB Team could compete at the next Deaflympics taking place in Tokyo in 2025.

UK Deaf Sport also argue that government funding for elite deaf sport will help encourage more deaf people to participate in sport at all levels. Not only would it improve the pathways, it would also help provide inspiring role models.

One in five adults are deaf. Recent research has found that 53% of deaf adults are inactive, making the deaf community one of the most inactive of all groups. UK Deaf Sport's campaign could lead to more deaf athletes enjoying all the benefits that physical activity can bring.

## **No Excuse**

Piers Martin, Chair of UK Deaf Sport said:

“It is not well-known that the Deaflympics is a separate event to the Paralympics. But that is simply not a valid excuse for the Government to continue to exclude elite deaf athletes.

“It is no surprise that activity levels amongst the 12 million strong deaf community are some of the worst across our society.

“Join us to challenge this Government to make such a simple, but fair, change that will make such a significant impact across the whole deaf community, and society at large.”

Emma Gibson, Head of Safeguarding Adults in Sport at The Ann Craft Trust, said:

“We support UK Deaf Sport in their campaign to increase funding to further develop opportunities for deaf people to reach their potential in sport.

“We can also see how this campaign could help influence grassroots participation rates for the deaf community, and this has to be a positive drive for change.”

To find out more about supporting this campaign please visit the [Fair Play for Deaf Athletes campaign page](#).



## **Safeguarding Adults in Sport and Activity Advanced Training (Level 3) for Safeguarding Leads (England)**

This course covers Safeguarding Adults for Lead Safeguarding Officers/Deputies in NGBs and Active Partnerships in England. It is also relevant for National Lead/Deputy Safeguarding Officers in unregulated/unfunded sport and activity organisations.

We'll explore best practice, the law, how to respond to and report safeguarding adult concerns, creating a safer culture and an inclusive and accessible environment, and the importance of effective safeguarding policies and procedures.

**12–20 March 2024:** [Register Here >>](#)

**4–12 June 2024:** [Register Here >>](#)

**10–18 September 2024:** [Register Here >>](#)

**3–11 December 2024:** [Register Here >>](#)



## **Safeguarding Adults in Sport and Activity Advanced Training (Level 3) for Safeguarding Leads (Wales)**

This course covers Safeguarding Adults for Lead Safeguarding Officers/Deputies in NGBs and Active Partnerships in Wales. It is also relevant for National Lead/Deputy Safeguarding Officers in unregulated/unfunded sport and activity organisations.

We'll explore best practice, the law, how to respond to and report safeguarding adult concerns, creating a safer culture and an inclusive and accessible environment, and the importance of effective safeguarding policies and procedures.

**13–21 February 2024:** [Register Here >>](#)

**26 March—3 April 2024:** [Register Here >>](#)

**9–17 July 2024:** [Register Here >>](#)

**24 September—2 October 2024:** [Register Here >>](#)



# Safeguarding Adults in Sport Framework

Supporting all sports organisations to implement best  
practice in safeguarding adults

**ann craft trust**  
acting against abuse

## **Free Information Session for Active Partnerships, National Specialist Partners, and National Governing Bodies Funded by UK Sport and/or Sport England**

The Safeguarding Adults in Sport Framework is an online tool supporting sport organisations to implement best practice in safeguarding adults. In this free online session, we'll discuss:

- Your funding requirement to undertake the Framework
- What the Framework is, and how it works.
- How to complete the Framework, and the evidence you'll need to submit

Members of The Ann Craft Trust Safeguarding Adults in Sport team will guide discussions, and you can share your views with individuals from other NGBs and APs.

**6 February 2024** [Register Here >>](#)

**7 May 2024** [Register Here >>](#)

**9 September 2024** [Register Here >>](#)

**11 November 2024** [Register Here >>](#)

Following these sessions, you will also have the opportunity to attend **peer support sessions** to network, ask questions, and discuss the framework with each other:

**21 February 2024** [Register Here >>](#)

**20 May 2024** [Register Here >>](#)

**25 September 2024** [Register Here >>](#)

**27 November 2024** [Register Here >>](#)

## Safeguarding News Watch:

# Safeguarding Adults

### Spain's First Parliamentarian with Down's Syndrome

9 January 2024 | [TheGuardian.com](https://www.theguardian.com)

### Wedding Registrar Stops Potential Case of Predatory Marriage

28 December 2023 | [BBC.co.uk](https://www.bbc.co.uk)

### New "Cash Boost" to Help Survivors Leave Abusive Relationships

22 November 2023 | [TheSun.co.uk](https://wwwthesun.co.uk)

### Three Jailed For Abusing Care Home Residents With Learning Disabilities

4 January 2024 | [BBC.co.uk](https://www.bbc.co.uk)

### Grandmother's Abusers Caught On Hidden Camera

12 January 2024 | [BBC.co.uk](https://www.bbc.co.uk)

### Adjournment Thwarts Victim's Chance to Confront his Abuser

17 January 2024 | [BBC.co.uk](https://www.bbc.co.uk)

### Teachers Strikes After Being Abused in Class by Pupils

11 January 2024 | [BBC.co.uk](https://www.bbc.co.uk)

## Safeguarding News Watch:

# Safeguarding Adults in Sport and Activity

### Running in the Dark—Women Need More Than Streetlights

9 January 2024 | [WomeninSport.org](https://www.womeninsport.org)

### UK Coaching Releases Newly-Updated Online Safeguarding Adults Course

January 2024 | [UKCoaching.org](https://www.ukcoaching.org)

### How To Welcome More Disabled People to Your Football Club

December 2023 | [EnglandFootball.com](https://www.EnglandFootball.com)

### Activity Alliance—Safeguarding Training Resources

December 2023 | [ActivityAlliance.org.uk](https://www.ActivityAlliance.org.uk)

### British Gymnastics Implements New Safeguarding Rules Following Whyte Report

29 November 2023 | [BBC.co.uk](https://www.BBC.co.uk)

### Bars Ignore Abuse From Sport Stars, Campaigner Says

16 January 2024 | [BBC.co.uk](https://www.BBC.co.uk)

### Cricket Sex Abuse Victim Says Sport Bosses Failed to Protect Him

7 September 2023 | [BBC.co.uk](https://www.BBC.co.uk)

# Safeguarding Research and Resources

## Revenge Porn Survey

A Nottingham Trent University researcher is exploring people's decisions to access support when they've had nude or sexual images shared of them without their consent.

If you've experienced this and want to help, complete the anonymous 10mins survey: [https://ntuppsychology.eu.qualtrics.com/jfe/form/SV\\_3rqRQ4G2DYDdiw6](https://ntuppsychology.eu.qualtrics.com/jfe/form/SV_3rqRQ4G2DYDdiw6)

## Understanding Co-Production

Training and resources from SCIE for health and social care managers, commissioners, frontline practitioners, service users, and carers.

Access here: <https://www.scie.org.uk/co-production/>

## Loneliness Help and Advice

Resources from Mental Health Foundation on coping with loneliness, and preventing some of the negative feelings and mental health problems that can come with it.

More information: <https://www.mentalhealth.org.uk/explore-mental-health/loneliness/help-and-advice>



## From The Vault: More Than Just a Crime?

Dr Deborah Kitson—Former CEO, Ann Craft Trust. From Issue 69, October 2009.

### **A cross government action plan for dealing with disability hate crime was published in September 2009.**

It was with keen interest that we waited to see how the government was going to set out its plan for working with hate crime, and specifically with disability hate crime

In his foreword, Alan Johnson referred to hate crime as a “manifestation of, and a means of sustaining, discrimination against certain groups in our society. Through fear, abuse and violence, hate crime limits people’s equality of opportunity and infringes their basic human rights.... With our Action Plan we are acting to tackle hate crime so that people may live without fear and feel confident in the responses they will receive if they report a hate crime.”

The document’s objectives refer to increasing confidence in the criminal justice system, preventing the escalation of hate crimes, and supporting victims. While these outcomes are needed, we have to take a much more in-depth look at hate crime, which appears to be worryingly endemic in our society, and

consider who commits these crimes, and why. If we only deal with the justice issues following the crime, it will have no impact on changing motivation and behaviour. The punishment acts at the deterrent, and not the desire to change behaviour.

The Ann Craft Trust has been campaigning in partnership with other organisations to tackle issues of disability hate crime. In that time we have all seen high profile cases in the media, and we have shared the horror at the torture, humiliation, and abuse inflicted on victims with learning disabilities.

### **Steve Hoskin**

Steve Hoskin, 39, had learning disabilities. Youths used Steven’s bedsit to drink and take drugs. They stole his money and assaulted him. He was beaten, made to wear a dog collar, and cigarettes were extinguished on him. Eventually he was marched to the top of a viaduct and forced over the edge. His abusers were sentenced to 25 years and 10 years for murder, and to 8 years for manslaughter.

### **Raymond Atherton**

Raymond Atherton, 40, had learning disabilities. He lived in a flat in

Warrington, where youths drank and used drugs. They spent months terrorising him, with assaults, harassment, shaving his hair, urinating on him, and stealing from him. Raymond was beaten and thrown into the Mersey, where he drowned. His abusers were given 3–3.5 years for manslaughter.

### **Were These Victims Targeted *Because of Their Disabilities*?**

Few would disagree that these sentences were disappointing. But one of the problems in sentencing is the difficulty in proving that the victims were targeted *because of their disabilities*, as opposed to them simply presenting an “easy target” for the abuser. Yet the real issue here is not the length of sentence, but the motivation behind the crimes.

Disability hate crime presents us with a number of issues. It suggests an attitude towards disability that many of us had assumed, or falsely hoped, had changed over the years. Maybe we have fooled ourselves by assuming that more politically correct terminology reflects changing attitudes. We are appalled, and on another level embarrassed, by the history of disability, when disabled people were treated in such derogatory and demeaning ways. So we should also be

“

*One of the problems in sentencing is the difficulty in proving that the victims were targeted because of their disability.*

”

appalled by what we see today.

And we cannot pretend that these high profile cases are isolated. If we look at recent research into the number of people with disabilities who have suffered abuse, we see evidence that we have a long way to go before we can truly talk about equal respect for all.

### **Disability Rights Commission and Capability Scotland—Hate Crime Against Disabled People in Scotland: A Survey Report, 2004**

- 47% of people with disabilities experienced being frightened or attacked.
- 35% of these people were physically assaulted.
- 15% were spat at.
- 18% had something stolen.

### **Mencap—Living in Fear, 2000**

- 88% of people with learning disabilities bullied each year.
- 32% of people with learning disabilities bullied weekly, or daily.
- 23% of people with learning disabilities physically assaulted.

### **Mind—Another Assault, 2007**

- 71% of people with mental health needs victimised over the past two years.
- 22% physically assaulted.
- 26% had their homes targeted (for vandalism, for example).

### **Would Legislation Have Made A Difference?**

There have been recent calls for adult protection legislation, and indeed in the cases cited above, intervention proposed by this legislation may have made a difference.

The victims would have had no choice but to accept support and to be protected from harm. This is tempting to think, but

one then has to consider how decisions will be made about intervention. How will we assess whether intervention is justified? And whatever happened to our right to make our own choices, even if it they involve what others would deem to be “unwise decisions”?

But as with the sentencing, this proposed legislation will not impact on the negative attitudes held by those who commit these crimes. Changing attitudes is far more complex, but we need to meet the challenge if we are serious about changing the lives of people with learning disabilities.

What makes a person urinate a person on a street having a fit? What makes someone take photos of someone as they jump to their death? How far will the Action Plan tackle this discrimination?

So while I welcome the Action Plan, it has to be recognised as part of the jigsaw, and not as the answer to all of our problems. The punishment may act as a deterrent to commit the crimes. But success is only really achieved when attitudes have changed, and the motivation to act in these abhorrent ways has abated.

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**[anncrafttrust.org](http://anncrafttrust.org)**

Everyone has a right to be treated with respect and dignity.  
Everyone deserves to be safe.