

# Safeguarding Bulletin

Safeguarding adults at risk

**ann craft trust**  
acting against abuse

**April 2024**

**Issue 127**

Bringing you the latest research and news on safeguarding adults.

# Ann Craft Trust Team



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CEO



**Charlotte Brooks**  
Marketing and  
Communications Manager



**Lisa Curtis**  
Head of Safeguarding  
Adults and Young People



**Elliot Davies**  
Marketing and  
Communications Manager



**Nicola Dean**  
Safeguarding Adults in  
Sport Manager



**Jodi Evans**  
Safeguarding Adults in  
Sport Manager, Wales



**Emma Gibson**  
Head of Safeguarding  
Adults in Sport



**Sarah Nolan**  
Safeguarding in Sport  
Admin



**Natalie Palmer**  
Finance Officer



**Joanne Pell**  
Safeguarding Adults  
in Sport Manager



**Hazel Rippin**  
Head of Marketing



**Nat Rock**  
Administrator



**Catherine Sykes**  
Safeguarding Adults in  
Unregulated Sport and  
Activity Officer



**Roisin Tear**  
Safeguarding  
Adults Manager



**Laura Thorpe**  
Safeguarding  
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**Kimberley Walsh**  
Safeguarding Adults  
in Sport Manager

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# Ann Craft Trust Safeguarding Bulletin

**April 2024**

Issue 127

- Page 5 Editor's Note**
- Page 7 Safeguarding Adults Week 2024—Themes, Focus, and How To Get Free Resources**
- Page 10 The Ann Craft Trust Safeguarding Conference 2024**
- Page 13 Government Publishes New Disability Action Plan**
- Page 16 Share For Better Care - Gathering Feedback To Improve Care Services**
- Page 19 Sport Participation Groups - How Our Discussions Can Make Sport More Welcoming For All**  
Anne Patterson, Project Researcher
- Page 22 Free Online Culture Programme For Leaders of Sport and Activity Organisation**
- Page 26 Spot, Support, Signpost - How You Can Help Promote Mental Health Awareness in Sport**
- Page 30 Safeguarding News Watch - Safeguarding Adults at Risk**
- Page 31 Safeguarding News Watch - Safeguarding Adults in Sport and Activity**
- Page 32 Safeguarding Research and Resources**
- Page 33 From The Vault: Sex and Relationships for People With Learning Disabilities - Young People, Parents and Professionals Have Their Say**  
Ruth Garbutt, John Tattersall, Rachel Boycott-Garnett, and Jo Dunn  
From Issue 65, October 2008

## Editor's Note—Stuart Sale, CEO

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

April is a time that we begin to get a feeling of spring with longer evenings, warmer days, and gardens coming back to life. It is also the time that the Ann Craft Trust reveals the eagerly anticipated details of Safeguarding Adults Week.

Safeguarding Adults Week 2024 will take place 18–22 November, with a focus on 'Working Together'. It promises to be a fantastic week of learning, sharing, and collaboration.

Our annual Safeguarding Conference will take place during the week on Wednesday 20 November. We're still finalising the programme but we already have some inspirational people lined up to partner with us again. [Booking is now live](#). Last year's conference sold out in record time so I'd urge you to book early to avoid disappointment!

We're also launching our new Safeguarding Adults Roadmap tool. This interactive tool will help your organisation develop your understanding of safeguarding adults, and what it means to create a safer environment in your sport or activity organisation. You can

“

*Safeguarding Adults  
Week 2024 will take  
place 18–22 November*

”

register to join our online launch event, taking place on 22 May, [here](#).

Finally from me, I will again be joining our patron Richard Whitehead MBE for the annual 'Run with Rich' event taking place on Sunday 2 June in Nottingham. Run with Rich is a friendly and inclusive event for **ABSOLUTELY EVERYONE**. Last year, a number of staff and family members from the Ann Craft Trust took part. The event brings down barriers disabled people often face trying to access sport and activity. And it raises money for the [Richard Whitehead Foundation](#).

You can find more details of this year's event and register [here](#). I hope to see as many of you as possible – I will again be donning my Ann Craft Trust t-shirt so please do come and say hello!

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!

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

**4 – 5 June 2024** [Register Here >>](#)

**20–21 June 2024** [Register Here >>](#)



**SAFEGUARDING ADULTS WEEK**  
**WORKING TOGETHER**  
**18TH TO 22ND NOVEMBER 2024**  
[anncrafttrust.org](http://anncrafttrust.org)

**Safeguarding Adults Week is a time for organisations to come together to raise awareness of important safeguarding issues.**

We believe that working in partnerships allows us to share our knowledge of safeguarding, learn from others and ultimately create safer cultures.

During Safeguarding Adults Week 2024, we'll be collaborating with our partners to explore a different safeguarding theme each day. The themes will encourage us to consider how we can work together to establish safer cultures within our workplaces and communities.

**Monday – Look, Listen, Ask – Developing Professional Curiosity**

Professional curiosity is where a practitioner proactively recognises and asks questions to try to understand what is happening within a particular institution, family or for an individual, rather than making assumptions or taking a single source of information and accepting it at face value.

To achieve safer cultures and communities, practitioners and members of the community should be professionally curious. This involves looking, listening, asking direct questions



and reflecting on ALL of the information received. We need to be recognising signs that harm could be occurring, asking questions to learn more about what is happening and talking to others within and outside of our organisational context, where necessary, to follow-up concerns.

### **Tuesday – Working in partnership: How to work effectively with the people you support**

‘Making Safeguarding Personal’. ‘Person-centred practice’. ‘Co-production’. Each of these approaches focuses on working in partnership with people who use services.

On this day, we will explore how we can embed these approaches successfully in our service design and everyday practices. We are encouraging organisations to share challenges and successes about how to effectively partner with the people they support.

### **Wednesday – Establishing Professional Boundaries**

Developing good quality relationships are important across all organisations and communities. Professional boundaries help us to understand what good quality relationships look like both within and outside of work. Thinking about professional boundaries encourages us to establish clear foundations about the nature of working relationships from the

outset.

On this day, we are encouraging people to think about what appropriate professional boundaries look like in your sector, organisation or community. What power imbalances exist that could impact professional working relationships? What could be the signs that professional boundaries are being blurred and how should you respond if you are concerned?

Professional boundaries can also go beyond our relationships with colleagues or the people we support to include boundaries between our work and home life. We will also be exploring what good practice looks like in transitioning from work to home life.

### **Thursday – Recognising exploitation: The ladder of criminality**

Criminal exploitation is the deliberate abuse of power and control over another person. It is taking advantage of another person or situation for criminal purposes or personal gain. Criminal exploitation could also include other forms of harm and abuse such as modern slavery, sexual exploitation or cuckooing.

On this day, we want to encourage people to think about how they would work together to recognise the signs of criminal exploitation and how to



respond. Specifically, we will be focusing on how practitioners can spot the signs and respond to people with learning disabilities who are subjected to criminal exploitation.

### **Friday – Professional and Organisational Learning**

To effectively safeguard adults and establish safer cultures, it is important for organisations and individuals to be engaged in a process of continual learning and development.

On this day, we want to encourage organisations and individuals to reflect on their practice. What have been the successes and the challenges in safeguarding adults? What work do we still have to do and how can we continue to extend our learning?

### **Sign Up To Receive Updates About Safeguarding Adults Week 2024!**

Our updates will include links and resources to help you prepare for the week while exploring these themes in greater depth.

[Sign Up Here.](#)

# Ann Craft Trust Safeguarding Conference 2024



**To support Safeguarding Adults Week, join us for the 'Working Together Conference' on Wednesday 20 November 2024!**

During Safeguarding Adults Week 2024, we are focusing on how we can effectively work together to create safer communities and stop the harm and abuse of adults. Our conference features a selection of informative keynotes and workshops exploring effective techniques for working better together to safeguard adults.

The conference will contribute to continued professional development for professionals and volunteers working with adults across a range of sectors.

**Date** – Wednesday 20 November 2024

**Time** – 9.00 am – 4.30pm

**Location** – Trent Conference Centre, Trent Vineyard, Unit 1, Easter Park, Lenton Lane, Lenton, Nottingham NG7 2PX.

**Cost** – £195 per delegate. The conference rate includes refreshments, lunch, car parking at the venue and access to all sessions on the programme.

## **Our conference programme will be released soon!**

The conference will support you to:

- Understand how you establish and uphold professional boundaries in your role and organisation.
- Increase your understanding about organised crime and how to safeguard adults you are working with that are, or could be, at-risk of exploitation.
- Understand the importance of co-production and how to meaningfully work with the people you support.

## **Who Can Attend the Conference?**

This conference is suitable for anyone working in a safeguarding or welfare role.

The conference is accessible to people working in a range of sectors from police personnel, health and social care, religious organisations, the third sector, sport and activity and the private sector. The conference is suitable for those already in a safeguarding role or those with no prior knowledge of safeguarding adults.

Unsure if the event is right for you? Get in touch with our friendly team to find out more!

## **The Venue**

The Conference will take place at Trent Conference Centre in Nottingham. The Conference Centre donates over 90% of its profits to Trent Vineyard Charity, which facilitates social action across Nottingham by supporting people that struggling with addiction or those that are homeless, leaving prison or refugees.

There is free parking available for delegates at the venue, this is allocated on a first-come first serve basis and although there is ample parking this is not guaranteed for all delegates. We would encourage people to use public transport where possible. Gregory Street tram stop is 5 minutes walk from the venue, with direct links to Nottingham railway station.

[Full travel information is available on the Trent Conference Centre website.](#)

## **Accommodation**

There is no accommodation available at the venue and we kindly ask delegates to arrange their own accommodation. The [Holiday Inn](#) and [Premier Inn](#) in Castle Marina are a short walk from the venue.

Alternatively, Nottingham City Centre is a short tram ride away (around 10 minutes), where there are multiple hotel options.

**Book Your Place**



## **Safeguarding Adults Training—Effective Minute-Taking in Safeguarding Adults Meetings**

This online course explores how taking good quality minutes can improve the outcomes of safeguarding meetings.

The role of a minute taker within safeguarding meetings is a very important one and which is pivotal to the success of the function and outcomes of the relevant meetings. This practical training will focus on the role of the minute taker and provide you with an overview into how to succeed in your role.

This course is for all those with an interest in or a responsibility for safeguarding adults and could include:

- Safeguarding Meeting Minute Takers.
- Administration or support staff who take minutes infrequently.
- Anyone who take safeguarding meeting minutes.

**13 June 2024** [Register Here >>](#)

**22 October 2024** [Register Here >>](#)

# Government Publishes New Disability Action Plan



**The UK Government's new Disability Action Plan sets out the immediate actions they will take in 2024 to improve disabled people's everyday lives. It also lays the foundations for longer-term change.**

The Plan outlines numerous actions in many different areas.

There's a focus on considering disabled people's needs in emergency and resilience planning, and on improving information and outcomes for families in which someone is disabled.

There's a call to making government

publications and communications more accessible, and for helping businesses understand the needs of and deliver improvements for disabled people.

The Action Plan also explores if the UK could host the Special Olympics World Summer Games.

The Plan's available as an easy read version, as a large print version, as a British Sign Language version, as an audio version, and in Welsh.

Ann Craft Trust CEO Stuart Sale said:

"It's pleasing to see the new Disability Action Plan launched and I'm pleased



that there is an action around understanding the effect of domestic abuse on people with a disability. The Ann Craft Trust welcomes the opportunity to work with the Government in this area.

"But as it's being launched in an election year, there may be some delays on its progress. Personally, I'm withholding my full optimism until I've seen some updates later in the year.

"Unfortunately, some of the actions outlined in the plan seem non-committal, using words like 'explore' and 'consider' to describe their plans. However, it is exciting to see the plan to explore an opportunity to bid for the 2031 special Olympics, as we recognise the importance of sport and activity on wellbeing for everyone."

Tim Hollingsworth, Sport England's chief executive and disability and access ambassador for sport and physical activity, said:

"The plan outlined today sets out a broad approach and includes a number of necessary actions that will go some way to improving the lives of disabled people in this country.

"There is, of course, no silver bullet that will solve all of the problems facing disabled people overnight, but today's publication represents a milestone for everyone who

cares about tackling inequality and removing the barriers disabled people face on a daily basis."

[You can read Sport England's full statement here.](#)

[You can access the full Disability Action Plan here.](#)



## **Wellbeing and Emotional Support For Safeguarding Support Staff**

This online session explores the impact and effects of working within a safeguarding role, either face-to-face or over telephone.

The three hour session will equip staff on how to manage your own emotions and wellbeing while supporting others through their safeguarding journey.

We will explore tools and resources that you can use to develop periods of reflection and debriefing. We will also explore risk assessment, and how you can effectively prioritise your workload when providing safeguarding support.

Throughout, we will refer to relevant research and discuss evidenced-based examples of best-practice – along with examples of what might happen when wellbeing is not a priority.

**5 June 2024** [Register Here >>](#)

**22 October 2024** [Register Here >>](#)



# Share For Better Care—Gathering Feedback to Improve Care Services



**Share for Better Care is a campaign to gather feedback from people who use care services.**

The Care Quality Commission (CQC) and Healthwatch England are running the campaign, with support from a number of partners including VoiceAbility and Disability Rights UK.

The campaign will focus on collecting experiences from certain communities, such as:

Minority ethnic communities, lower-income communities, autistic people,

people with learning disabilities, and disabled people with physical or sensory impairments

## **How CQC Will use The Feedback**

CQC intends to draw from the feedback they gather to improve care services for everyone.

Respondents can stay anonymous. However, CQC are encouraging participants to share their contact details to help with ongoing discussions.

[Learn more about the Share for Better Care Campaign.](#)



## **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.

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

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

# The Safeguarding Adults Roadmap



The road to creating a safer environment for adults



## **Join us as we launch our latest tool for improving safeguarding best practice in sport and activity – The Safeguarding Adults Roadmap.**

During this free event, we'll discuss how the Roadmap can help you develop your understanding of safeguarding adults, and what it means to create a safer environment in your sport or activity organisation.

We'll let you know how you can start your Roadmap journey, and there will be an opportunity to ask questions.

**22 May 2024:** [Register Here >>](#)

# Sport Participation Groups – How Our Discussions Can Make Sport More Welcoming For All

Anne Patterson, Project Researcher



**The Voice of the Participant Project aims to find out how sport participants feel about the safeguarding cultures in their sports. In this post Anne Patterson, the project researcher, shares some insights from some recent activity.**

The Voice of the Participant Project involves running short online or in-person participation group workshops for clubs or groups. At the moment, we are focusing on meeting groups that cater for older people or disabled adults.

It's an opportunity for sport participants to talk openly about how it feels to take part in their sport. We invite them to explore what they enjoy, while also thinking about how effectively their club or group champions their health and wellbeing.

These informal discussions can help improve communication among participants. They may also give club leaders some insights into how they can make their club or group more welcoming for everyone.



Thanks to links with Northamptonshire and Shropshire Active Partnerships, we have spoken to participants who attend sessions to build strength, mobility, and balance so as to prevent falls. Mostly these participants had some age-related mobility issues. However, the classes were also open to people with acquired disabilities due to stroke or chronic illness.

It soon became clear that these sessions weren't just helping to improve the participants' physical wellbeing.

Participants also treated them as social gatherings, meaning they potentially brought a wealth of benefits to their mental wellbeing, too.

Following some discussions, we tried to pinpoint what made these participants feel safe and welcome while taking part. We could then share these insights with the group leaders – anonymously, of course.

People were very frank when discussing what they liked and what they disliked about the group. This resulted in some great feedback for those delivering the sessions. In most cases, it affirmed that they are doing a really good job! But the process has also provided them with a few possible tweaks they could make to improve participants' experiences.

We have also recently worked with West

Sussex Active Partnership. They work alongside the Grace Eyre organisation, which is dedicated to 'Helping people with a learning disability and autistic people live the lives they want to'.

We engaged with a number of individuals playing sports organised by Grace Eyre. We asked them to share their views on taking part: What they enjoy, and what makes them feel safe and happy.

Again, we were able to feed this back to both Grace Eyre and the Active Partnership, so that they knew just how much they were doing right and whether there was any room for improvement.

In March 2024, we began to work with Wheels For All. This is a charity that promotes inclusive cycling programmes, along with help, support, and guidance, to give people the opportunity to cycle on a regular basis. We will provide an update on how this is going in due course.

### **Learn More About Our Sport Participation Groups**

**If you run a sport or activity club or group.** [Read our guide to arranging a Sport Participation group for your sport.](#)

**If you are an Active Partnership.** We have a suite of resources you can use to encourage clubs and organisations in your sport to run Sport Participation groups. [Learn more here.](#)



## **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.

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

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

# Free Online Culture Programme For Leaders of Sport and Activity Organisations



**The Ann Craft Trust has collaborated with a number of other organisations to create a new online tool to support the leaders of sport organisations to better understand and develop safer cultures in their organisations.**

A number of organisations collaborated on this practical, easy-to-use tool specifically with leaders in mind. Along with The Ann Craft Trust, contributing organisations include The NSPCC CPSU, the Commonwealth Games Federation, the Premier League, and UNICEF UK.

A core part of the tool is an organisational culture survey. This is free for the first 100

organisations that sign up. Anyone else can access the other tools and resources for free.

An organisation's culture can impact how people in the organisation behave. This in turn has an impact on the organisation's approach to safeguarding. So working towards a safer culture is a critical part of achieving safeguarding best practice.

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

"The Culture Tool supports sport organisations to assess their compliance, along with their values and beliefs. It will



help them work towards creating a safer culture for the benefit of all.

“A number of sport reviews have identified that a culture that does not support listening, learning, and leading can compound poor safeguarding practice, and even make abuse more likely. A safer organisation is one where everyone is confident that, if they raise any concerns, they’ll be heard and addressed.

“Organisations, and the individuals within them, must also take the time to learn from safeguarding incidents and reflect on what they might need to change to facilitate best practice and minimise the risk of harm. They should lead by example to empower everyone with the confidence to challenge poor practice and instigate change.”

### **The Role of Leaders in Creating Safer Cultures**

Everyone who works in an organisation contributes to the overall culture. However, an organisation’s leaders have a significant role to play in developing the culture they want to see. They can establish good behaviour and act as role models for everyone else in the organisation.

This one-year culture programme supports leaders in sports organisations to understand their organisation’s culture.

From this, they can develop a bespoke action plan to strengthen it.

### **Four Steps to Developing a Safer Culture**

As well as a range of free resources to promote discussion and spark innovation, there are four steps in the programme:

#### **Step 1 : What is culture and why is it important?**

This step provides an opportunity for leaders to learn more about what culture is, why it is so important for effective safeguarding, and the role leaders play in developing a safer culture.

#### **Step 2: Culture through Compliance Audit and Action Plan.**

Compliance alone will not change every behaviour. But it is an important basis on which to build a healthy safeguarding culture. The Culture through Compliance Audit focuses on existing policies, systems, and ways of doing things. By completing the audit, organisations can identify where current practice may not meet recognised standards, and take action to address this. Completion of the Audit leads to the generation of a bespoke action plan.

#### **Step 3: Organisational Culture Assessment.**

This step aims to develop better understanding of how people experience

working and playing sport under an organisation. It does this by asking questions in relation to seven different cultural characteristics:

- Safeguarding, child and human rights prioritised
- Accountability
- Inclusiveness
- Psychological safety
- Learning
- Transparency
- Collaboration

When an organisation begins to conduct their Culture Assessment, they will get access to their own unique culture survey link, to share with staff and athletes. Once the survey is complete, the organisation will receive a bespoke report showing how their different audiences experience the culture.

#### **Step 4: Ongoing Reflections and Actions on Culture.**

This step provides access to a set of guides that relate to each of the seven cultural characteristics, to help organisations prioritise and plan their next steps to improve organisational culture, based on the findings of the culture assessment.

#### **Start Your Journey to a Safer Culture Today**

By using this Tool to understand and take action to build a safer culture, leaders of Sports Organisations can demonstrate their commitment to develop and embed a safer culture for their sport.

[Find out more about the Culture Tool.](#)



## **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.

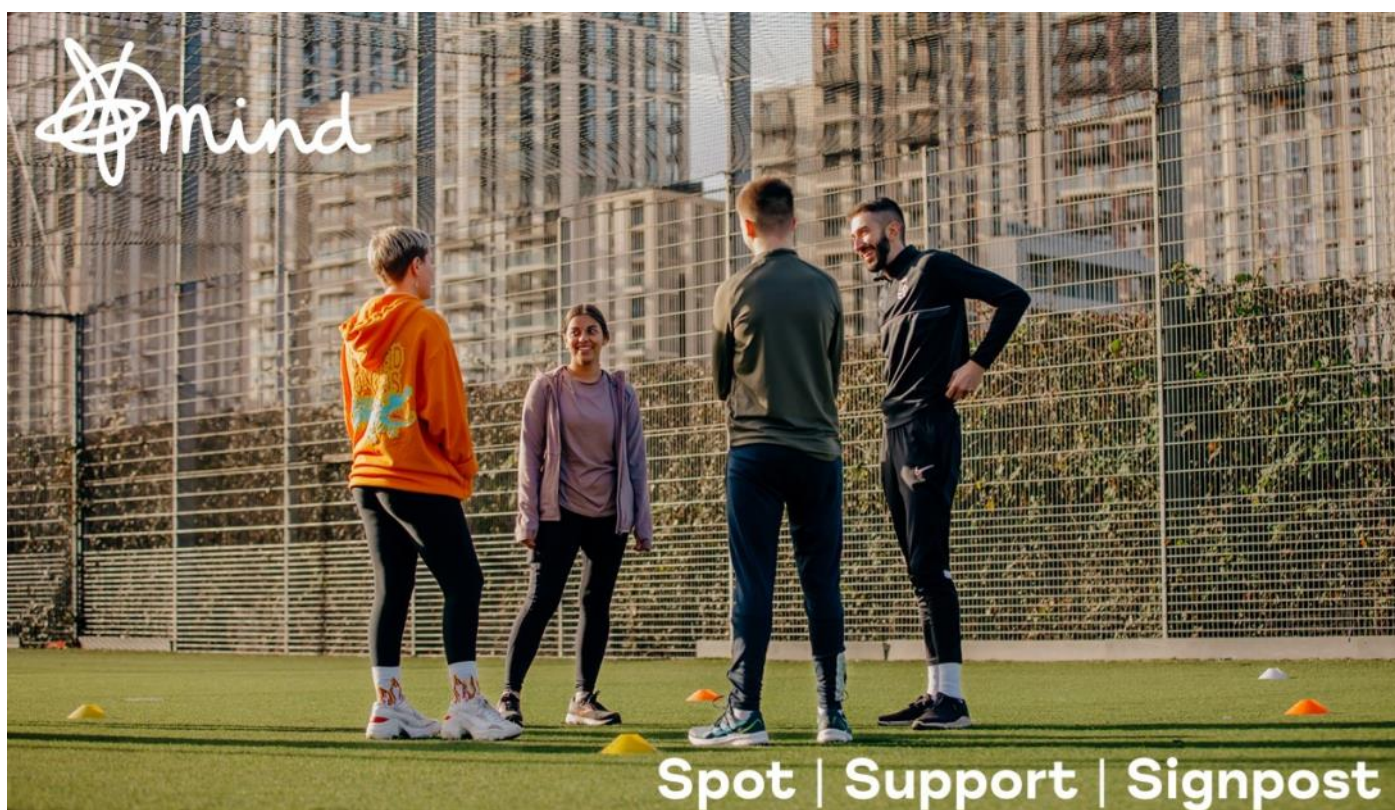
**4–12 June 2024:** [Register Here >>](#)

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

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



# Spot, Support, Signpost—How You Can Help Promote Mental Health Awareness in Sport



**Talking about mental health isn't easy. But a conversation has the power to change lives.**

This is especially true in sport and activity. Which is why Mind and Buddle have launched Spot, Support, Signpost.

## **What is Spot, Support, Signpost?**

If you deliver physical activity sessions, you're not expected to be a mental health expert. But you have a duty of care to support people in your sessions. Small,

everyday actions can often make a big difference.

This new initiative from Mind and Buddle offers guidance on how physical activity deliverers can Spot, Support, and Signpost.

The aim is to help anyone involved in sport, including coaches, instructors, professionals, volunteers, and senior leaders, to:

- Spot the signs someone may be struggling.
- Support them, if you feel able to.
- Signpost them to help and services.

### **Free Mental Health Wellbeing Resources**

There are lots of free assets on the Spot, Support, Signpost site, including:

- A [video](#) example of a conversation between a coach and participant.
- [Graphics](#) for social media and your website, with the Mind logo.
- [Infographics](#) you can use for signposting, with the Mind logo.
- [Editable graphics](#) and [infographics](#) for awareness-raising and signposting, so you can add your own logo.
- [FAQs on how to Spot. Support. Signpost.](#)

[Access the Spot, Support, Signpost Hub 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.

**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

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## **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.

**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:

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

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

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



## Safeguarding News Watch: Safeguarding Adults

### **Most social workers experiencing deteriorating mental health due to work**

2 April 2024 | [CommunityCare.co.uk](https://www.communitycare.co.uk)

### **BBC Sounds: Investigating the J-Pop sexual abuse scandal**

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

### **Most social workers report rise in number of experienced colleagues quitting jobs**

20 March 2024 | [CommunityCare.co.uk](https://www.communitycare.co.uk)

### **She repeatedly reported a prison guard's sexual abuse. It took years for officials to believe her**

11 April 2024 | [TheGuardian.com](https://www.theguardian.com)

### **Honour-based abuse in England increases 60% in two years**

7 April 2024 | [TheGuardian.com](https://www.theguardian.com)

### **Deprivation of liberty—the legacy of Cheshire West**

19 March 2024 | [CommunityCare.co.uk](https://www.communitycare.co.uk)

### **Domestic abuse—senior judge open to reform**

6 April 2024 | [BBC.co.uk](https://www.bbc.co.uk)

## Safeguarding News Watch:

# Safeguarding Adults in Sport and Activity

### **Eni Aluko on online abuse**

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

### **FA to review death of Sheffield United player Maddy Cusack**

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

### **How lax oversight at Sport Canada missed key signs of trouble**

January 2024 | [Apple.news](https://apple.news)

### **Activity Alliance—Safeguarding Training Resources**

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

### **“Sport organisations are bad at handling sexual abuse...”**

19 February 2024 | [PlayTheGame.org](https://PlayTheGame.org)

### **Eradicating a culture of abuse—learnings from the Whyte Review**

29 February 2024 | [AnnCraftTrust.org](https://AnnCraftTrust.org)

### **Adam Peaty on going for gold after drink and burnout threatened to sink his career**

24 March 2024 | [TheGuardian.com](https://www.theguardian.com)

# Safeguarding Research and Resources

## **“Access Denied” – Older People’s Experience of Digital Exclusion in Wales**

A new report highlights that many older people are digitally excluded. Too many find it all but impossible to access vital information and services.

Many feel pressured into using online banking, and many more face barriers to everyday tasks such as parking cars or joining in social activities.

Read the full report: <https://olderpeople.wales/resource/access-denied-older-peoples-experiences-of-digital-exclusion-in-wales/>

## **Government Response to Joint Committee on Draft Mental Health Bill**

The draft Mental Health Bill contains proposals to reform the Mental Health Act (MHA) and provide a stronger system updated for the 21st century.

Read more: <https://www.gov.uk/government/publications/government-response-to-the-joint-committee-on-the-draft-mental-health-bill/>

## **Beyond Words Book Clubs**

Beyond Words Book Clubs are spaces where people with learning disabilities come together to make friends, have fun and tell their own stories.

Here’s a complete guide to how these book clubs work, with some advice for anyone who wants to put on a book club of their own: <https://booksbeyondwords.co.uk/bciab>

## **From The Vault: Sex and Relationships for People with Learning Disabilities—Young People, Parents and Professionals Have Their Say**

Ruth Garbutt, John Tattersall, Rachel Boycott-Garnett, and Jo Dunn. From Issue 65, October 2008.

**CHANGE is a national organisation that fights for the rights of people with learning disabilities. They undertook a three year piece of research in partnership with Leeds University looking at the views of young people with learning disabilities around relationships and sexuality.**

The “Sex and Relationships” research project is a three year, Lottery-funded project that started in January 2007. The research is being carried out using drama sessions with young people, aged 16–25, a national sex education survey of special schools, interviews with parents, and focus groups with teachers and governors.

Many people with learning disabilities who have been in contact with CHANGE in the past have said that they were never taught about sex and relationships when they were younger. Sex and relationships is also an issue of concern to professionals who work with people with learning disabilities. The Sex and Relationships project is trying to find out

about the views of professionals, parents, and young people themselves. It also wants to find better ways to help people with learning disabilities enjoy fulfilling relationships, and to make information on this topic more accessible.

Here are some of the key issues that have come out of the research so far: We have found that it is not easy for young people with learning disabilities to seek out advice and information about sexual health. It is embarrassing in the same way that finding out about sex is for other young people, and yet there is less access to information and support. Young people with learning disabilities are unsure who to turn to for advice. Sometimes people are misinformed by other people, or sources such as films and TV, but do not realise this is because it is the only information they have been given. People with learning disabilities may have worries about their sexuality, especially if they have only had limited information, based on heterosexual relationships. Some young people with

learning disabilities have limited opportunities to have relationships because of issues such as not using public transport, lack of places to meet, or having limited time without “supervision”. Some young people with learning disabilities have received negative comments, or have been discouraged when they have tried to develop relationships with other young people.

We have found that sometimes parents want their children to receive good sex education and information, but are uncertain about when to talk to their children and where to get the information from. The parents in our research have said that there isn't enough information about sex and relationships for people with learning disabilities. Most parents said that professionals should give young people with learning disabilities information at an early age and that they shouldn't wait for problems to arise before giving information. Several parents suggested that it would be useful to have some kind of pack, with samples and information in it, that could be taught at school, and that parents could use this pack in the home when the need arose. Parents also said that it is important to provide information in a visual format, rather than just through written words, and

*“ it is not easy for people with learning disabilities to seek out advice and information about sexual health. ”*

that information needs to be presented several times so that the individual can hear it again and again. Many parents felt that professionals should play a bigger role in giving their sons and daughters information so that it wasn't just left to parents. They also said that they wanted professionals to give more support in this area.

Professionals need to be aware of all these issues, and to be sensitive of the needs of young people with learning disabilities, and to their parents. Professionals can be worried that if people with learning disabilities have knowledge about sex, then they might want to have a sexual relationship, which could make them vulnerable to abuse. Parents also have anxieties and can be protective of their sons and daughters. The challenge seems to be based on the need to protect people who are labelled as “vulnerable”, balanced



with the rights of all human beings to have relationships and family lives. What is coming out of our research so far is that many parents and professionals acknowledge that people with learning disabilities need opportunities to have experiences of relationships and sexuality, if that is their choice, but information, support for families, and access to family planning services need to be better.

CHANGE hopes that the findings of this research will influence policy makers to improve policies around sex education for people with learning disabilities. They also hope that it will influence changes in attitudes so that people with learning disabilities can live full lives and will be able to make informed choices about their own relationships and sexuality. It is an innovative, large-scale piece of research that will hopefully have implications for changing attitudes and ways of working with people with learning disabilities and will contribute to making relationships and sexuality a more positive experience for them.

[You can learn more about CHANGE's disability rights research on their website.](#)

**Ann Craft Trust CEO Stuart Sale recently discussed Disability and The Adult Industry on a BBC Sounds Podcast. [Listen to the conversation here.](#)**

## **Ann Craft Trust**

Centre for Social Work  
University of Nottingham  
NG7 2RD

0115 951 5400

[ann-craft-trust@nottingham.ac.uk](mailto:ann-craft-trust@nottingham.ac.uk)



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

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Everyone deserves to be safe.