Safeguarding News January 2024

The Methodist Church

East Anglia

Safeguarding Forum – Monday 8th January

The first Safeguarding Forum is on Monday January 8th 2024 at 7pm, on Zoom.

Please register to attend and the link will be sent automatically.

Register at <u>https://zoom.us/meeting/register/tJUqd--</u> trzsjGdNS3okjuWiypEQCCr6fDolT

The Forum is open to anyone, whatever your role or interest in Safeguarding, and it is not too late to book.

Some of you will have seen it already but many will not, and we will be starting this year by delving into the "God Welcomes All" Methodist Study guide. The forums will continue to be a great way of sharing updates, news and an opportunity to ask questions and share experiences.

If there are any areas/topics within Safeguarding you would like to look at in more detail going forward feel free to contact me



Welcome to 2024!

I write this with the first week of 2024 flying by already, and the realisation that Safeguarding in the District is hitting the ground running with the reintroduction of Safeguarding Forums next week (8th January), and the first 2024 round of training on 12th January.

I can see that the current dates for training through to the end of February have either sold out or are going fast and yesterday Sarah and I sat down and started planning the first round of Spring training dates for both Foundation and Advanced Modules which should go out soon. Online courses should hopefully come thick and fast. If you have a big requirement for training in the first half of 2024 in your circuits please do not hesitate to contact your Circuit Safeguarding Officer, <u>myself</u> or <u>Sarah</u> to discuss.

With best wishes,

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Touchstone counselling service

Please find below details of a Methodist funded counselling service. The service is based in Yorkshire, however many sessions are held over zoom so the district where a potential user might live does not exclude them from using this service. Please do let others know that this important service is available and please do consider adding the details of this service to your district websites so others will know it is available.

Introduction to Touchstone Counselling

Touchstone Counselling Information

Hidden Harms - a short animation about domestic abuse and older people

Abuse can occur at any age and is often under reported when it related to adults over the age of 65. Safeguarding often considers 'carer's stress' when incidents occur, and while one-off events do happen, it needs to be explored to see if there are any patterns or history. The aim of this short animation is to help support practitioners and families start a conversation with an older adult.

We know from research that this is a very sensitive topic to talk about. Older adults may be more reluctant to talk about problems at home due to experiential, cultural, and social factors, and this combined with ageing and subsequent care needs leaves them vulnerable to having domestic abuse overlooked.

The Hidden Harms animation has been co-created by survivors aged between 60 and 93 years old from Dewis Choice, who are now in recovery and living free from harm, fear and abuse. <u>Talking to someone about the behaviour will not mean having to make decisions you are not ready for, but it will create options to help you get the support you need to feel safer and happier.</u>

Hidden Harms animation