Safeguarding News
July 2023

The **Methodist** Church
East Anglia

I have this month found myself on more than one occasion discussing the relatively new safeguarding term "Gaslighting". So what does it mean? The definition in the Oxford dictionary is "To manipulate someone using psychological methods into questioning their own sanity or powers of reason".....more simply, to manipulate another person into doubting their own perceptions, experiences or understanding of events.
We owe the term somewhat to a 1938 play "Gaslight" which tells the tale of a man who attempts to trick his new wife into thinking she is losing her mind, by telling her that the gaslights in their home, which dim when he is down in the attic up to no good, are not fading at all.
But the act of gaslighting was evident in time as early as Adam and Eve, when in Genesis 3, the serpent approaches Eve and says "Did God actually say, "You shall not eat of any tree in the garden"". It is very clear that this is an attempt to manipulate Eve and make her doubt what she knows and believes.
Part of positive safeguarding is empowering people with knowledge to protect both themselves and other people from being abused psychologically as well as in those many other areas and it is important for us all to recognise this as an area of safeguarding, both for ourselves but also others which leads me to end with another verse I have been drawn to this month from Phillipians which I will leave us all to ponder at the bottom of this newsletter.

With best wishes,
Neil

Training Opportunities

There will be further online Advanced Module sessions coming soon. If you feel there is a need for Face To Face training in your area please feel free to contact Neil to discuss.

Foundation Module Face to Face

Monday 4th September	Trinity Lowestoft,	2:00 - 4:45 pm

Foundation Module Online

Wednesday 19th July	2:00pm - 4:45pm
Monday 21st August	2.00pm - 4.45pm
Tuesday 12th September	6.30pm - 9.15pm

Advanced Module Face To Face

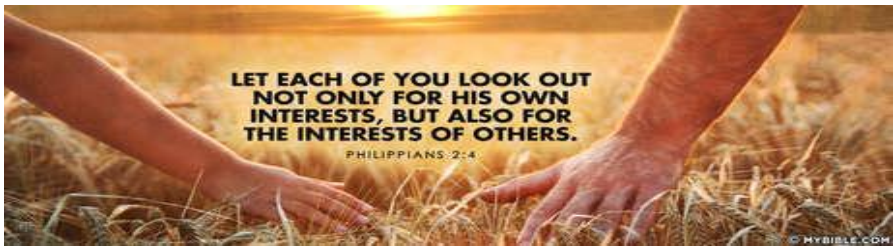
Mon 24 July 2023	Haslingfield, Cambs	9.30am

Advanced Module Online

Thursday 13th July	2.00 pm	**Currently SOLD OUT**

E-learning for online Advance Module should be completed at least 2 days before the Gathered Session.

To book a place on your desired training session please follow the links to the relevant Safeguarding page and find the EventBrite booking link for the course you wish to attend.

Foundation Training https://eangliamethodist.org.uk/safeguarding/training-foundation

Advanced Training https://eangliamethodist.org.uk/safeguarding/training-advanced