

SERCO SKILLS & TRAINING SERVICES

SAFEGUARDING & PREVENT

NEWSLETTER

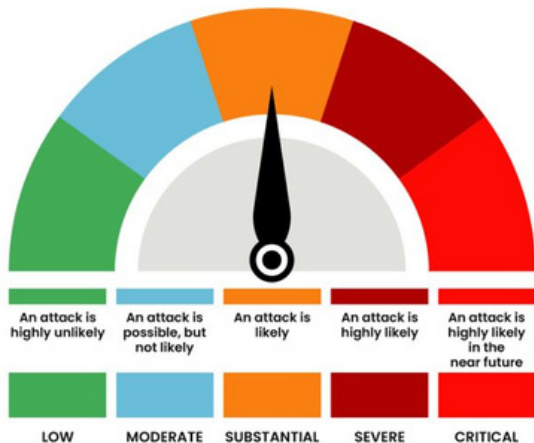
May 2024

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 [safeguarding_team](#)

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available between 08:30 and 16:30 with option to leave a voice message. In case of immediate danger call 999. For Samaritans call 116 123



The UK's current threat level remains 'substantial'. Threat levels are designed to give a broad indication of the likelihood of a terrorist attack. 'Substantial' means that an attack is likely. With the various sporting and music events happening over the next couple of months it is important to stay vigilant.

Counter Terrorism Policing is collaborating with the UK's music industry to help live music fans #BeSafeBeSound this year. Since 2019, the #BeSafeBeSound campaign has reassured music fans and encouraged them to tell security if they see something that doesn't feel right.

About the campaign - The #BeSafeBeSound campaign encourages music fans to tell security if they see something that doesn't feel right. It has been supported by major festivals and venues.


Here are some quick tips to help you have a safe and enjoyable time:

- Arrive early, allowing more time for security checks
- Be patient with security checks. It might seem inconvenient, but they are in place to help you.
- Keep it simple and minimise what you carry. Fewer bags to search will speed up entry.
- Stay alert and look out for each other. If you see something that doesn't feel right, tell security. Don't leave it to someone else.
- Don't leave bags unattended. Never agree to look after a stranger's bag, no matter how genuine they seem.
- If there is an incident, listen to staff and any announcements.
- In an emergency, always call 999.

See  for more information on the #BeSafeBeSound campaign

Staying safe on holiday - The chances of being caught up in a terrorist incident are low but sadly we have seen atrocities take place in the UK and abroad.

Before you head off on holiday, there are 3 things you should do:

- Check the latest [UK Foreign and Commonwealth Office Travel Advice](#) for the country you are visiting
- Make sure you have adequate travel insurance – check the small print
- Watch the Counter Terrorism Police holiday safety film 

STAY SAFE

Terrorist Firearms and Weapons Attacks

-  **RUN** To a place of safety. This is a better option than to surrender or negotiate. If there's nowhere to go, then...
-  **HIDE** Remember to turn your phone on silent and turn off vibrate. Barricade yourself in if you can.
-  **TELL** The police by calling 999 when it is safe to do so
-  **TREAT** Assist and treat the injured or vulnerable when it is safe to do so

Maintaining Mental Health as an Adult Learner

Are you a student experiencing stress or anxiety, if so then you are not alone. One in four people are suffering with mental health and only 24% of these received any treatment. Adult learners have reported more stress, anxiety, and depression than first-time college students. And mental health influences your mood, behavior, and thinking, which can affect your physical health, relationships, and ability to perform. So staying vigilant about your psychological and emotional well-being—and getting help when you need it is crucial!



We all have mental health, and just like our physical health, it goes up and down. Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. It can also help us have more positive relationships with those around us. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is **getting help**. Here are some tips on how to manage your worries and stress:

- Start with the basics in your daily routine - get at least seven hours sleep, eat nutritious meals, exercise
- Try a digital detox - take a break from your screen, put your phone down
- Be kind to yourself, don't be afraid to take time out. Sometimes the most productive thing to do is rest. Whilst work and your studies are important, so is your health & wellbeing
- Avoid comparing yourself to others
- Manage your schedule and take one step at a time
- Put it into words


COMING SOON TO ALL SERCO STS LEARNERS - Serco prides itself on health & wellbeing support offered to all staff, which includes access to Wisdom, a mental wellbeing app, which helps track wellness, improve mental health, and stay resilient during tough times. The facility is being rolled out, for free, to all Skills & Training Services learners, more details to follow.

EDUCATE AGAINST HATE CALENDAR - June 2024

There's a wealth of topical events to support discussion in June including;

- Pride month
- World Refugee Day (20/6/24) and Refugee week
- The Great Get Together - in honour of Jo Cox MP who was murdered by a right-wing extremist
- Windrush Day (22/6/24)

In addition to the above, June also marks the anniversary of a number of terror attacks in the UK, such as the London Bridge Attack 2017 (June 3rd), the Finsbury Park Attack 2017 (June 19th), and the Reading Attack 2020 (June 20th).

[CLICK HERE](#)  for links to a number of resources that may help you discuss these events, as well as encouraging conversations about our fundamental British values and countering extremist narratives.

ADDITIONAL RESOURCE, TIPS AND ADVICE



Protective Security and Preparedness guidance:

The Department for Education has launched the [Action Counters Terrorism \(ACT\) for Education e-Learning course](#) and the [Protective Security and Preparedness for education settings guidance](#), developed in collaboration with the National Counter-Terrorism Security Office and sector partners.

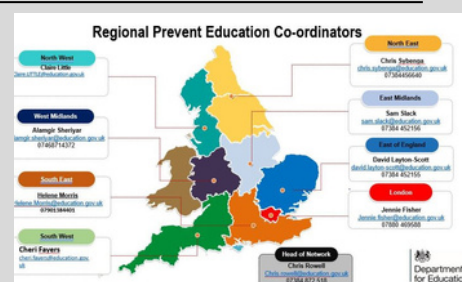
The e-learning course is aimed at those working in education settings focusing on embedding a security minded culture, identifying security vulnerabilities and suspicious activity and responding to incidents. To access this course, users will need to create a free account with ProtectUK. [CLICK HERE](#) to register.

DFE Prevent co-ordinator for London has relaunched the following training sessions for 10 July:

- For those new to Prevent: [9:00 – 10:00 – Induction / Refresher](#)
- introduction to incels including terminology, social media use, and potential concerns: [10:30 – 11:15 – Intro to Incels](#)
- deep dive into sites which feature in Prevent concerns, includes how they work, where concerns may arise, and examples of concerning content [13:30 – 14:30 – Online Platforms](#)
- deep dive into gaming including gaming adjacent platforms, gamification, game mods, and bespoke games - [15:00 – 16:00 – Gaming and Extremism](#)

Counter Terrorist Local Profiles (CTLPs)

We have been working with regional prevent co-ordinators to gather local assessment of the Terrorism risk level, which in turn informs our risk assessment and any relevant local or national interventions for awareness. Training materials are currently being reviewed and will be made available soon.



National Counter Terrorism Profile - having reviewed each available CTLP, which lists the most common threat in each area, we have compiled the following National profile which lists those threats and identified them in ascending numerical order, 1 being the most common threat in that region. We will update this profile as relevant. [CLICK HERE](#) to access the profile (scroll to bottom of page).

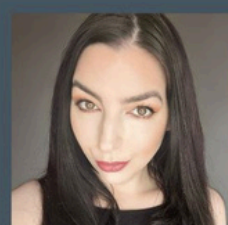
Meet the new STS Designated Safeguarding Officers.

Victoria Wickington and Debbie Illidge join the rest of the team in support of Safeguarding our adult learners, apprentices and staff. They both have many years of experience within the education, employability & Skills sector and share our passion and commitment for keeping everyone safe. Read more about them on our [Safeguarding page](#).

As always, we can be contacted via the details at the top of this newsletter



DEAN HOOTON



JENN PALMER



MIKE HAMPTON



VICTORIA WICKINGTON



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