
SAFEGUARDING WEEK 2020
16TH – 20TH NOVEMBER

The events during this week aim to raise awareness of safeguarding by delivering a range of activities for professionals and the public.

For information on the Cwm Taf Morgannwg Safeguarding Board, please visit the Board's website www.ctmsb.co.uk or contact the Safeguarding Business Unit on ctmsafeguarding@rctcbc.gov.uk

If you are interested in attending any of the activities listed below, please refer to the relevant contact information provided.



Event/Activity	Time	Target Audience	Location	Details	Contact details
Monday, 16th November					
Alcohol Awareness and Mental Health	10am – 12pm	Public	Online	A workshop on alcohol and its effects, alcohol and dependency and how alcohol impacts on mental health.	Register for this event here .
Presentation on DRIVE and the link between mental health and domestic abuse.	10:30am – 12pm	Professionals	Microsoft Teams	Presentation on DRIVE and the link between mental health and domestic abuse.	Register for this event here
Parent Advocacy in Child Protection	2pm	Professionals	Online	Hear the experiences of parent advocacy from the US and UK & learn how parent advocacy creates better outcomes for children and families	Register for this event here For further information, please contact f.macleod@npt.gov.uk



Virtual Youth Club online bullying session	5-6pm	11-25 year olds in RCT, Merthyr Tydfil and Bridgend.	RCT YEPS Virtual Youth Clubs on Zoom	YEPS staff will run online bullying sessions in our virtual youth clubs	Please email Kelly.a.cobb@rctcbc.gov.uk for further information. Closer to the time, please visit www.wicid.tv
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Tuesday, 17th November

YEPS Instagram Poll	Live from 9am for 24 hours	11-25 year olds in RCT, Merthyr Tydfil and Bridgend.	RCT YEPS Instagram	<p>YEPS Mental Health and Wellbeing Officers will be running an Instagram Poll to engage young people.</p> <p>This will be run as a quiz so asking 5 or 6 light questions such as 'How many suicides do you think there were in 2019' with options to choose.</p> <p>The end question will ask them if they want more advice, guidance and support links.</p>	Follow YEPS on Instagram @YEPSRCT or email Kelly.a.cobb@rctcbc.gov.uk for further information
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				If they click yes, they get sent more support information and contacts.	
Roots of Strength – Creative project	5pm – 6pm	11-25 year olds in Bridgend, RCT and Merthyr Tydfil.	Online platforms – Zoom, Facebook and Instagram	Roots of Strength Creative Project involves the development of a creative project where members of Bridgend Youth Council are able to explore the roots of communities, networks and support systems that they have in their lives to show the extent of support networks available for young people who feel low and isolated.	To secure your place, please e-mail mailto:youthcouncil@bridgend.gov.uk
Launch of the recently reviewed CTMSB Protocol for Self-Harm in the Community.	N/A	Professionals	E-mail and the CTMSB's website	Awareness raising of the recently reviewed CTMSB Protocol for Self-Harm in the Community.	Beth.melhuish@rctcbc.gov.uk

Wednesday, 18th November

<p>“Early Intervention supports Prevention” and “Harm of Child Sexual Exploitation”.</p>	<p>10am – 1pm</p>	<p>Professionals who are directly working with young people from any agency who may have contact with young people.</p>	<p>Microsoft Teams</p>	<p>Many young people involved in CSE self-harm.</p> <p>This session will discuss through discussion of real case studies, how multi- agency working, resilience building and intervention can reduce the risk of CSE, in high-risk cases.</p>	<p>Register for this event here.</p>
<p>Safeguarding – Key Messages on GTFM Radio Station</p>	<p>11:40am</p>	<p>Public</p>	<p>GTFM Radio</p>	<p>The Director of Cwm Taf Morgannwg Mind, Julian John, will be live on GTFM Radio speaking about safeguarding.</p>	<p>Julian.John@ctmmind.org.uk</p>
<p>Workshop for those affected by Self-Harm</p>	<p>2pm – 2:40pm</p>	<p>Public</p>	<p>Microsoft Teams</p>	<p>The Samaritans will be holding a workshop for those affected by self-harm.</p> <p>This would cover:</p> <ul style="list-style-type: none"> ▪ Why people do it 	<p>Register for this event here.</p>



				<ul style="list-style-type: none"> ▪ What you can do to help ▪ Where you can turn for assistance. 	
Online Mental Health and Wellbeing Event	TBC	Public and Professionals	Virtual	<p>This is an online event which will be held over two days and will involve four virtual rooms:</p> <ul style="list-style-type: none"> ▪ Mental Health Education ▪ Well-being Activities ▪ Personal Stories ▪ Social Activities <p>Further information to follow.</p>	Register for this event here .
Healthy Relationships Workshop for Young People	TBC	Young People in Merthyr Tydfil aged 11-25 (with a specific focus on 14 plus)	Outreach / street based Work (Gurnos and Galon Uchaf)	<p>During the evening outreach sessions, MVH Youth Team, in partnership with South Wales Police will be delivering workshops to the young people around:</p> <p>Healthy Relationships – Working in partnership with</p>	Sarah.williams@mvhomes.org.uk



				Llamau to deliver a workshop around healthy relationships, consent and control.	
Thursday, 19th November					
Supporting Wellbeing	9.30 - 10.30	Open to all	Microsoft Teams	This 1 hour TEAMS session aims to reflect on ways of supporting our own wellbeing and the wellbeing of those around us during this challenging time.	Register for this event here
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<p>Suicide Awareness Training</p>	<p>2pm – 5pm</p>	<p>Professionals.</p>	<p>Microsoft Teams</p>	<p>This course is run by ‘New Pathways’.</p> <p>By the end of the course participants will be able to:</p> <ul style="list-style-type: none"> ▪ Identify own attitudes, beliefs and feelings about suicide and the impact of these ▪ Recognise some risk factors for suicide ▪ Respond to a person with thoughts of suicide ▪ Develop a safety plan 	<p>Register for this event here</p>
<p>Substance Misuse Workshop for Young People</p>	<p>TBC</p>	<p>Young People in Merthyr Tydfil aged 11-25 (with a specific focus on 14 plus)</p>	<p>Outreach / street based Work (Gurnos and Galon Uchaf)</p>	<p>During the evening outreach sessions, MVH Youth Team, in partnership with South Wales Police, will be delivering workshops to the young people around:</p>	<p>Sarah.williams@mvhomes.org.uk</p>



				<p>Substance Misuse – The aim of the session will be to highlight the dangers of alcohol, drugs and the impact these substances have on your wellbeing. The team will also be promoting local services that young people can access if they have concerns.</p>	
<p>Alcohol Awareness and Mental Health</p>	<p>6pm – 8pm</p>	<p>Public</p>	<p>Online</p>	<p>A workshop on alcohol and its effects, alcohol and dependency and how alcohol impacts on mental health.</p>	<p>Register for this event here.</p>
<p>Friday, 20th November</p>					
<p>Managing Mental Health in the Workplace</p>	<p>10am – 11am</p>	<p>Professionals</p>	<p>Microsoft Teams</p>	<p>A first-hand account of how difficult it can be from a supervisor’s perspective in managing a member of staff suffering from depression. Both the member of staff and</p>	<p>Register for this event here</p>



				supervisor that this relates to will be delivering this session.	
Keeping the Peace and Falling to Pieces	11am	Professionals	Microsoft Teams	<p>Presentation by former Met Police Commander, John Sutherland, who suffered a breakdown and will be speaking about his experience.</p> <p>The presentation will cover:</p> <ul style="list-style-type: none"> ▪ Understanding the signs of serious mental ill health ▪ Understanding the causes. ▪ Understanding what to do about it 	Register for this event here
Throughout the Week					
Launch of Cwm Taf Morgannwg Mind's "Project Speak"	N/A	Public	The launch will be done online and through media channels.	The launch of 'Project Speak', a new £353,000 Big Lottery funded suicide prevention project.	Gareth.Lewis@ctmmind.org.uk

				The project is funded for three years tasked with suicide prevention; a range of training programmes; awareness raising campaigns, and postvention support across the Cwm Taf Morgannwg region.	
Information sharing by RCT and Merthyr Tydfil's Adult Safeguarding Teams	Various	Public	Various locations throughout RCT and Merthyr Tydfil.	RCT and Merthyr Tydfil's Adult Safeguarding Teams will be going to a number of different locations throughout the week to provide information on mental health, well-being and suicide prevention.	alyson.williams@merthyr.gov.uk Carol.Smith@rctcbc.gov.uk
'In My House' film distribution	N/A	Children, young people parents & carers	Social media	Circulate on social media an animated film 'In My House' made by the Merthyr Tydfil Borough Wide Youth Forum about Domestic abuse by children and young people to parents/ carers.	Janice Watkins (Safer Merthyr Tydfil) jw3@smt.org.uk

Information stands to be located in hospital receptions	Various	Public and Professionals	<ul style="list-style-type: none"> ▪ Royal Glamorgan ▪ Prince Charles ▪ Princess of Wales 	The information stands aim to provide staff and the public with resources that alert them to who can provide support for differing mental health issues.	Claire.okeefe@wales.nhs.uk
Webinar with Tom Slater	N/A	Professionals	On the CTMSB's website, Facebook, Twitter and partners' communications channels.	Promotion of a pre-recorded webinar on suicide and suicide prevention.	claire.holt@bridgend.gov.uk
YEPS TV	N/A	11-25 year olds in RCT, Merthyr Tydfil and Bridgend, plus parents	YEPS TV	YEPS TV is YEPS' new live show on Facebook. The show will be a fun and engaging session that has a special guest speaker in to speak to young people on 'suicide prevention'.	Follow YEPS on Facebook @YEPSRCT or email Kelly.a.cobb@rctcbc.gov.uk for further information

				The session will be live on 4th November then highlights / clips will be scheduled to post over YEPS' social media platforms and sent out to all partners throughout Safeguarding Week.	
A presentation highlighting the links between suicide and domestic abuse	N/A	Professionals and public	Social media, Youtube channel, SMT website, circulation to Third Sector Groups, statutory agencies and VAWDASV network	A presentation highlighting the links between suicide and domestic abuse, incorporating a black and minority ethnic perspective. Also linked to the 'Any Man Can' campaign.	Jodie Saunders (Safer Merthyr Tydfil) js@smt.org.uk
Mental Health Awareness	During the	11-18 year olds	4 secondary schools	YEPS will be working with 'The Gloves Are On' charity to	YEPS - Kelly Cobb



<p>virtual school sessions (Monday 16th – Friday 20th November across 4 secondary schools in RCT)</p>	<p>school day.</p>			<p>deliver its:</p> <ul style="list-style-type: none"> ▪ It's ok not to be ok everyday ▪ Mental Health ▪ Self-Love ▪ Be kind projects. 	<p>Please contact Kelly.a.cobb@rctcbc.gov.uk for further information</p> <p>For information closer to the time please visit www.wicid.tv</p>
<p>Information and student engagement carried out virtually using Meet and social media platforms</p>	<p>Various</p>	<p>Bridgend College students and those supporting our students via social media platforms</p>	<p>Bridgend College - all campuses and social media pages</p>	<p>Information and student engagement carried out virtually using Meet and social media platforms</p>	<p>Student Wellbeing Team Wellbeing@bidgend.ac.uk</p>
<p>Autumn Student Conference (Merthyr Tydfil)</p>	<p>Various</p>	<p>Students in Merthyr Tydfil</p>	<p>Virtual</p>	<p>Schools will be offered an array of online workshops over the course of the week.</p> <p>The theme for the week will continue to be on wellbeing, and in particular resilience and recovery.</p>	<p>sarah.bowen@merthyr.gov.uk</p>



				This will include 1 hour workshops (am/pm) which could be delivered twice during the week, one for primary and one for secondary pupils.	
Social media Wellness Week	N/A	Young people – 11-25	Online platforms – Zoom, Facebook and Instagram	Bridgend Council’s Youth Services currently run a weekly #wellnesswednesday and will be rolling this out throughout Safeguarding Week, posting positive mental health strategies and support organisations as well as relevant information for young people, their families and professionals.	Lois.Sutton@bridgend.gov.uk
Chill and Chat	Mon, Tues, Wed & Fri: 8pm – 9pm	Young people under 25s	Zoom	Barod will be hosting Chill and Chat - A relaxing space for young people (under 25s) to chat, learn about substance misuse and talk about the	Join Zoom Meeting https://zoom.us/j/94483752873?pwd=U2pRSEZ4OFdDcmwyYzZ0eFVjdGI3UT09



Cwm Taf Morgannwg
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Safeguarding Board

	Thurs: 7pm- 8pm			pressures that young people face today.	Meeting ID: 944 8375 2873 Passcode: 753539 For further information, please contact fallon.reynolds@barod.cymru claire.holt@bridgend.gov.uk
Promoting awareness of mental health, self-harm and suicide	N/A	Public and Professionals.	On line	On-line information stands (virtual wall). Use of social media (Facebook and Twitter) to promote awareness and provide links to information and resources.	
e-learning	N/A	Professionals	On-line	Awareness level e-learning on self-harm, suicide prevention & mental health.	Contact claire.holt@bridgend.gov.uk for further information