



South Gloucestershire Safeguarding Adults Board and Children's Partnership

COVID-19 Newsletter 3

SAFEGUARDING UPDATE FOR ALL PARTNERS

24 APRIL 2020

Third Edition

This third edition of the Covid-19 newsletter is a combined newsletter for both the South Gloucestershire Children's Partnership and the Safeguarding Adults Board

We are all spending more time online. Staying Safe online advice for children is available from CEOP [here](#) and from South West Grid for Learning [here](#). For older adults advice is available [here](#) and from Age UK [here](#)

There is some useful guidance for Parents and Carers, including for children with additional needs, about promoting mental health and wellbeing during the coronavirus pandemic available [here](#)

SCIE information for Safeguarding Adults during Covid-19 is available [here](#)

South Gloucestershire latest information about the support that is available during this period is published online [here](#)

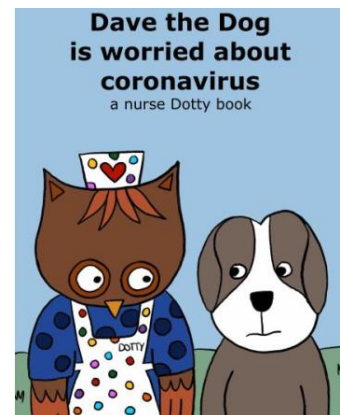
Getting help with Domestic Abuse is available at the following places



[South Gloucestershire](#)

[Next Link](#)

[Home Office Advice](#)



Dave the Dog is worried about Coronavirus

This children's book, written and illustrated by Molly Watts is to help children understand what is happening

This book is a free download and can be accessed [here](#)

SARSAS – Somerset and Avon Rape and Sexual Abuse Support



Coronavirus Update On Services

Confidential specialist support for people who have experienced rape or any kind of sexual assault or abuse at any time in their lives

Freephone Helpline	e-support
<p>Open to anyone</p> <p style="font-size: 1.2em; font-weight: bold; color: #0070C0;">0808 801 0456</p> <p style="font-size: 1.2em; font-weight: bold; color: #0070C0;">0808 801 0646</p> <p>Mon: 11am - 2pm Tue: 12noon - 2pm, 6pm-8pm Wed: 12noon - 2pm, 6pm-8pm Thu: 12noon - 2pm, 6pm-8pm Fri: 11am - 2pm</p>	<p style="color: #0070C0; font-weight: bold;">support@sarsas.org.uk</p> <p>Confidential, practical and emotional support provided by trained staff via e-mail</p>
Other Services	Contact
<p style="color: #0070C0; font-weight: bold;">1 to 1 Counselling</p> <p style="color: #0070C0; font-weight: bold;">1 to 1 Specialist Support</p>	<p>Bristol Office 0117 929 9556 Taunton Office 01823 324 944</p> <p style="color: #0070C0; font-weight: bold;">info@sarsas.org.uk</p> <p style="color: #0070C0; font-weight: bold;">www.sarsas.org.uk</p> <p style="font-size: 0.8em;">Charity Registered in England No. 1126882 Company No. 6738628</p>

listening • believing • supporting

Update on the Somerset and Avon Rape and Sexual Abuse Support (SARSAS) specialist services and how they can assist you. As you may already know, we provide support and sign-posting to people who have experienced rape or any kind of sexual assault or abuse at any time in their lives. Our services are open to girls, boys, women, men, trans and non-binary individuals across Bristol, South Gloucestershire, Bath & NES, North Somerset and Somerset.

We are aware that victim-survivors of sexual violence in the region are contacting medical, social care and community representatives. It is feasible that some victim-survivors are unaware that our services are still available and this may be true of some professionals too. We are also concerned that some victim-survivors, despite currently needing support, may be reluctant to contact us under the false belief that their problems are not serious enough in comparison to the current pandemic.

SARSAS's services have become non-contact in response to the coronavirus pandemic. We have increased our capacity and improved and extended our helpline and e-support. All victim-survivors of sexual violence can use our helpline and e-support services, and, women (with their prior permission) can be referred to SARSAS by an agency or professional. Our overall goal is to make our services as flexible, agile and accessible as possible by removing as many barriers as we possibly can.

Our helpline numbers are **0808 801 0456** and **0808 801 0646** and are open to any victim-survivor. Their operating hours are:

- Monday: 11pm – 2pm
- Tuesday: 12pm – 2pm and 6pm – 8pm
- Wednesday: 12pm – 2pm and 6pm – 8pm
- Thursday: 12pm – 2pm and 6pm – 8pm
- Friday: 11pm – 2pm

We have significantly increased the capacity of our confidential e-support service. This service is provided by trained staff via e-mail and offers confidential, practical and emotional support. Victim-survivors can email us at support@sarsas.org.uk and a member of our support team will aim to get back to them within a working day.

All counselling sessions are now being offered online or over the telephone where it is safe and appropriate to do so. Clinical staff are undertaking assessments with clients to ensure that they have a safe space within their home to access support. Where clients are unable or uncomfortable accessing online or telephone sessions, their support will be postponed while we are offering a remote service and until we are able to return to delivering face-to-face services.

We have learnt from victim-survivors of sexual violence and the impact of the coronavirus on them. They are experiencing:

- Escalation of trauma triggers and symptoms, and feeling 'overwhelmed' due to coronavirus and the lockdown
- Reduced access to 'normal' coping strategies and distracting activities (work, sports, culture)
- Feeling emotionally isolated through reduced access to other support systems
- Heightened stress levels with no break from children and home-schooling pressure – especially the case for single parents
- Limited safe space at home with privacy/uninterrupted space for phone calls
- Increased levels of fear and anxiety through living in close proximity to perpetrator or living with people who don't know about the abuse
- Deterioration of mental health: depression, anxiety and suicidal thoughts.

Download a copy of the poster [here](#) and access the survivor pathway website [here](#)

Prevent



You may be aware that since ‘lockdown’ the numbers of referrals to Prevent have been decreasing. Our concern is that the risk still remains high, and may be escalating, but the effects cannot be seen. It’s happening behind ‘closed doors’.

As part of our drive to continue to reduce the risk of radicalisation CTPHQ- Prevent are in the process of devising consistent and simple communications with key messages grouped around:

1. What are the changes to radicalisation risks as a result of COVID19?
2. How is Prevent responding?
3. What do we need the public to do?

As part of this CTPHQ has produced a tool- kit for communications that you can access [here](#)

This refers to an updated Let’s Talk about It website available [here](#) which includes a refreshed article on staying safe online.

The page can be reached by going to the Staying safe online tab [here](#) and then in the text clicking on hints and tips.

This information is available on the SGSAB website [here](#) and Children’s Partnership website [here](#)

Getting Help in South Gloucestershire

A large number of Community Mutual Aid groups have been established to offer support to those who are vulnerable and/or self-isolating. Most people will be in a position to make contact with these groups via social media or by checking on the council website [here](#) and arrange any support they need themselves.

We recognise that there may be some adults who are not able to do this easily for themselves and also staff in frontline health and social care organisations may be in contact with people identifying that they need to be linked up to sources of care and support but those staff need to refer onto others to make that link. To help ensure that everyone has the practical support they need for basic needs such as shopping, collection of prescriptions, dog walking etc. there are contact points for both the community and staff in the health and social care sector:

For members of the community and community groups – Southern Brooks Community Partnerships – 8am to 8pm 7 days per week – Contact 07773 209943 or email communitysupport@southernbrooks.org.uk

For Health and Social care organisations – South Glos Council Community Coordinators – Contact **01454 865577**, available from Monday – Friday from 9am-5pm and when lines are busy or outside of these times there will be an answerphone service.