



## Welcome to the newsletter of the Derbyshire Safeguarding Adults Board

Issue 20 - Quarter 3 - 2020

Our newsletters are published quarterly to update professionals and volunteers who work with adults with care and support needs on key information related to the Board.

The DSAB works with organisations across Derbyshire to ensure they have safeguarding policies and procedures in place and work together in the best way possible to protect adults with care and support needs.

**If your organisation would like its safeguarding work featured in a future newsletter, please contact the DSAB's Project Manager, Natalie Gee [DerbyshireSAB@derbyshire.gov.uk](mailto:DerbyshireSAB@derbyshire.gov.uk)**

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## Message from our Independent Chair

**Hello, my name is Andy Searle and I am the Independent Chair of Derbyshire Safeguarding Adults Board (DSAB).**



Welcome to issue 20 of our newsletter.

As you will see from this newsletter, it has been a busy few months for the Board team who are working hard with our partners to ensure that we continue with as much of our usual business as possible. I have now chaired two Board meetings via video conference, and it has been great to see how well everyone is adapting to new ways of working. Our sub-groups are all up and running and we are proving that we can still work well virtually and make improvements to the way we safeguard adults in Derbyshire.

I was pleased to hear that the DSAB stall at Derby University Fresher's Fair was a huge success in raising awareness with students about cybercrime, fraud, scams and financial abuse – you can read all about it in this newsletter. I am grateful to colleagues in the Police, Derbyshire Scam Watch and Adult Social Care who ran the stall over the two days.

The DSAB office is currently preparing for Safeguarding Adults Week, which runs from 16<sup>th</sup> to 22<sup>nd</sup> November 2020. I am pleased to say that there will be a DSAB special edition newsletter released on 16th November 2020, along with several other activities which will be announced shortly.

As always, I ask you to remember our DSAB Vision, and please check our [website](#) and our [Twitter](#) and [Facebook](#) profiles to keep informed of the work of the DSAB.

***'We will all work together to enable people in Derbyshire to live a life free from fear, harm and abuse.'***

Thank you, and please enjoy this edition.

## News from the Board

**The DSAB meets every three months and the last meeting took place on 23rd September 2020**

Below is a summary of the items discussed at the meeting:

- Three presentations were delivered to Board members:
  - Lisa Coppinger: Learning from LeDeR reviews
  - Rachel Davis: CQC and Safeguarding Adults
  - Iain Little: Derbyshire Suicide and Self-Harm Prevention Partnership Forum
- The DSAB business plans linked to sub-group activity were reviewed and will be refreshed following the DSAB development session on 25th January 2021.
- The DSAB risk documents, which include reference to Covid-19, were shared with DSAB members.
- Safeguarding data reports were shared in relation to safeguarding adult referrals, S42 enquiries and VARM cases.
- Engagement with BAME and LGBTQ+ communities was discussed and ideas were shared as to how to better involve and consider these groups in relation to adult safeguarding.
- The new DSAB animation and leaflet were shared with DSAB members; these will be launched on 16th November 2020 for Safeguarding Adults Week.

## Sub-Groups Chairs provided updates for the Board:

### Operational and Leadership

- On-going work is taking place to review responses made to referrers and communication during and at the conclusion of S42 enquiries.

### Performance and Improvement

- A new multi-agency audit framework has been drafted and shared with DSAB members for comment to make the process more robust.
- Monthly and quarterly data reports are now being provided in relation to referrals and S42 enquiries to allow closer scrutiny of safeguarding activity.

### Safeguarding Adults Reviews

- A new SAR (SAR20A) has been commissioned with the first panel meeting scheduled to take place in November 2020.
- The learning brief for MALR19A has now been published and further information is available later in this newsletter.
- The rapid review model developed by SCIE for SARs will be considered for future reviews.

### Learning and Development

- The group is working to produce webinar versions of the two SAB courses, 'Chairing Multi-agency Meetings' and 'Making Enquiries Under S.42 of the Care Act 2014'.

### MCA

- The group is producing an MCA newsletter, which will be shared widely.
- The MCA training slides received positive feedback. It was agreed to circulate the slides to partner agencies with a view that there is a strong recommendation that organisations embed the slides in their MCA training.
- The sub-group continues to analyse quarterly DoLS data, highlighting any trends and themes across agencies.

## Meet our Board Members: Tracey Hurst, Designated Nurse Adult Safeguarding, TGCCG

**I trained to be a nurse 37 years ago at Tameside General Hospital and have always worked in the Tameside and Glossop area.**

Initially, I worked in Medicine for the Elderly within the acute hospital before transferring into the community to work as a Community Nurse, progressing to Specialist Nurse Practitioner in District Nursing and District Nurse Team Leader.

I have been in a safeguarding role for 8 years, initially as a Specialist Nurse in Adult Safeguarding within Provider and latterly as a Designated Nurse for Adult Safeguarding in Tameside and Glossop Clinical Commissioning Group (CCG).

Safeguarding means protecting the health, wellbeing and human rights of adults at risk, enabling them to live safely free from abuse and neglect. It is everybody's responsibility and CCGs are one of the 3 statutory key partners of Adult Safeguarding Boards.



In my role I have the opportunity to influence and drive the safeguarding agenda across our commissioned health services and Primary Care - setting out clear expectations and minimum standards with regards to statutory requirements, outlining principles and attitudes and ways of working that recognise the importance of protecting the safety and wellbeing of those in vulnerable circumstances, reinforcing the message that safeguarding is everybody's business.

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## Safeguarding Adults Week 16th-22nd November 2020



**National Safeguarding Adults Week 2020 will take place from 16th to 22nd November 2020**

Since 2018 the [Ann Craft Trust](#) has hosted this annual event with the aim of creating a time where we can all focus on safeguarding adults.

Everyone, from all walks of life, should be aware of the role they can play in helping to prevent abuse. We should all know how to spot the signs of abuse and the actions we

should take if we spot any signs.

That's what Safeguarding Adults Week is all about - a nationwide conversation about safeguarding – so we can all be better, together.

### Safeguarding Adults Week 2020 – key themes

Every year Safeguarding Adults Week is used to draw attention to certain key safeguarding themes, which for 2020 are:

- **Monday** – Safeguarding and Wellbeing
- **Tuesday** –Adult Grooming
- **Wednesday** – Understanding Legislation
- **Thursday** – Creating Safer Places
- **Friday** – Organisational Abuse
- **Saturday** – Sport & Activity
- **Sunday** – Safeguarding in Your Community

The DSAB is proud to support Safeguarding Adults Week - we'll be producing a special edition newsletter and launching something special to help raise the awareness of safeguarding adults, so watch out for our social media posts on [Twitter \(@DerbyshireSAB\)](#) and [Facebook \(@DerbyshireSAB\)](#).

If you'd like to take part in Safeguarding Adults Week, the [Ann Craft Trust](#) would like to know what sort of resources would help you spread the word, as well as hearing about anything you may already have planned, or are planning. Please help spread the word about Safeguarding Adults Week - don't forget to use the **#SafeguardingAdultsWeek** hashtag when posting on social media.

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## Scam protection - keep you and your devices secure

### Criminals are experts at impersonating people, organisations and the police

They spend hours researching you hoping you'll let your guard down for just a moment.

They can contact you by phone, email, text, letters, on social media, or in person. They will try to trick you into parting with your money, personal information, or buying goods or services that don't exist.



Here are ten top tips to keep you and your devices secure:

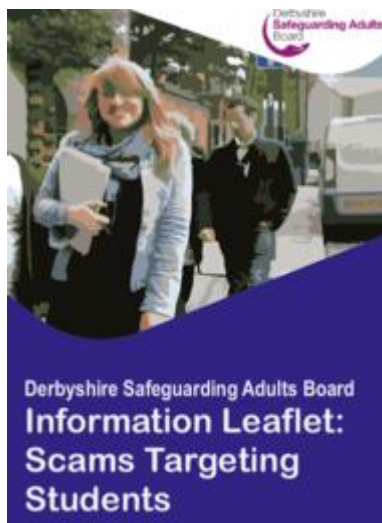
1. **Verify any unexpected contact is genuine by using a known number or email address to contact organisations directly.** Is this caller who they say they are? After hanging up, wait five minutes and make sure you can hear a dial tone before making any other calls, or use your mobile. Never allow an unsolicited caller remote access to your computer or devices.
2. **Don't be pressurised into sending money.** Stop, think and check with a trusted source or person. It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you. Have confidence in yourself, if it feels wrong to you – it probably is.
3. **Use someone you know and trust for shopping & other essentials.** Don't hand money over to someone on the doorstep.
4. **Authorities like the Department for Work and Pensions (DWP) and Her Majesty's Revenue and Customs (HMRC) will never ask for banking details like your password or PIN on the phone or in person.** You will never be asked to move money to a 'safe account'. Police or banking representatives will never ask you to help in an investigation by moving money or withdrawing funds.
5. **Check IDs and get them verified.** Genuine officials will be more than happy to wait while you verify their ID.
6. **Pick strong passwords.** Choose three random words with a mixture of upper/lower case, numbers and special characters. Do not use the same password across sites. Enable Two Factor Authentication (2FA) on your accounts and devices that offer it, this provides a second layer of security.
7. **Be wary of phishing scams.** Don't click on any links or attachments in unexpected emails.
8. **Social Media.** For those of you who use social media, make sure that it is set up correctly, review your privacy settings to ensure your profile is appropriately locked down.
9. **Use antivirus and ensure you are using the latest versions of software, apps and operating systems on your phones, tablets, desktops and laptops.** Update these regularly or set your devices to automatically update so you don't have to worry.
10. **Backups.** Always back up your most important data such as your photos and key documents to an external hard drive and/or cloud storage.

### Reporting scams

- Report suspicious texts by forwarding them to 7726, which spells SPAM on your keypad.
- If you think you've received a phishing email forward to [report@phishing.gov.uk](mailto:report@phishing.gov.uk).
- If you think you've fallen victim to a scam contact your bank immediately and report it to [Action Fraud](#), or calling 0300 123 2040



## Scams targeting Students



**Often scammers will claim to be from legitimate organisations and authorities**

They may contact people - usually unsolicited - saying they're from a university, bank or the Police, and will ask for sensitive information or money. In the excitement and whirl of university life, especially starting a new term, it's easy for students to drop their guard and fall prey to scammers.

Social Engineering is a scam that manipulates someone to give confidential information, usually passwords, personal data or bank information, or access to their computer via the installation of malicious software. Criminals use this tactic as it is usually easier for them to fool someone to tell them a password than it is for them to hack the password.

People who fall victim to a scam can report the incident to [Action Fraud](#) on 0300 123 2040, or via their [online form](#).

Our new DSAB leaflet - [Scams Targeting Students](#) - is available to download from our website.

## Derby University Freshers' Fair 2020



**The DSAB, along with partner agencies, hosted a stall at the Derby University Fresher's event on 22nd and 23rd September 2020**

Angela Lobley from Derbyshire Scamwatch attended on the first day and has written the following article about the event (the photos are also courtesy of Angela Lobley).

*"Myself and my Derbyshire Scamwatch Volunteer Dave King, were there and ready to go from just after 8.30am. Digital PCSO James Land had got there before us and had already set up! From the moment we arrived we had a steady stream of students, all those spoken too were more*

*than happy to engage with us.*

*"James has kindly created a link and put a mixture of literature on it, such as the DSAB student advice leaflet, a few police scam awareness information leaflets and some of our own Derbyshire Scamwatch literature. In fact the link proved so popular today that James is thinking of updating it regularly, we will certainly be adding it to our Facebook page.*

*"Most of the students were noticeably from the Derby area, the pandemic appears to have stopped the usual flow of foreign visitors which is a shame. It was still lovely to hear what courses the students were taking, quite a few computer, cyber and the like courses. All the students promised to follow our Derbyshire Scamwatch Face Book page to keep up with the latest scams going around and also to get in touch if they had any information or ideas to share.*

*"At the event today were a variety of stall holders offering things to do in leisure time, laser and skydiving to name just two! Out of leisure time we know the students will be working hard on their laptops so we certainly wanted to*



make sure the message of cyber safety and scam awareness was certainly registered with the students. The students were happy to talk about their own experiences and spoke mainly of WIFI scams, trying to get their details and also the HMRC and banking scams. We also talked about money mules and the offences of money laundering, both criminal offences.



*"It was nice to see other support workers there today, the local PCSO's from Morley and Allestree came to say hello, the local PCSO's always work with us so well and really do serve the local community well. Others offering support was the university Chaplain; she took quite a few pieces of literature from us including Derbyshire Victim Support and of course a few copies of the DSAB guidance and our own Derbyshire Scamwatch booklet.*

*"We reiterated several times, if anyone believed they had been scammed either now or in the future, to contact us immediately, the earlier the scam is reported the better chance we had to get the victims money back. Everyone we spoke too, including ourselves wore masks apart from once, I had a deaf student come to our table and she needed to lip read. It was great she felt she could come over to us.*

*"It was a truly fabulous day."*

## Derbyshire Autism Information and Advice Service

**Citizens Advice Mid Mercia, with the support of Derbyshire County Council, have launched a new free information and advice service for Derbyshire's Autistic community**

Autism – or Autism Spectrum Condition (ASC) – is a term used to describe a complex neurodevelopment condition that affects how a person experiences and understands the world around them. ASC is just one term used to describe this condition.

It is estimated that around 1.1% of the UK's population may have ASC, which roughly equates to 700,000 people, or every 1 in 10.

As ASC is a condition that affects how a person perceives the world around them, many aspects of everyday life can therefore be much more challenging for a person with ASC. For example, shopping at the supermarket, going to the cinema, attending a job interview, or going on a night out.

A person living with ASC may therefore find the following challenging:

- Interacting and communicating with others – especially strangers
- Understanding sarcasm, metaphors or abstract ideas
- Integrating competing sensory experiences – including touch, noise, smell and light and colours
- Processing and understanding what is happening around them
- Coping with a change of routine or an unexpected situation
- Understanding and responding to the emotions of others

However, it is important to recognise that all people with ASC experience their ASC differently. Everyone's ASC is therefore different – this is why it is called a spectrum condition.

### [Derbyshire Autism Information and Advice Service](#)



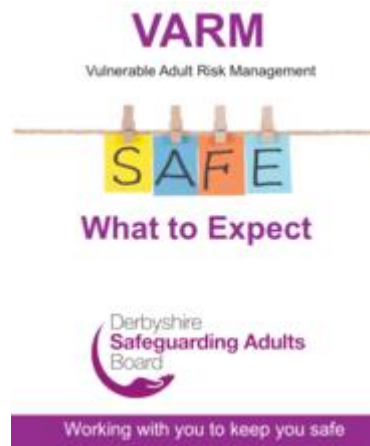
## VARM - the facts

**If you're new to using the VARM process in Derbyshire, or just want more information about how to use it effectively, our new fact sheet is for you**

However, we'd still encourage professional read the [VARM policy and practice guidance](#), both of which are available from our website, along with the necessary documentation for the process, including the VARM Hoarding Grant.

The fact sheet explains what a VARM is, who can arrange them and when they should be called, as well as giving an overview of the process.

A VARM can be initiated by any agency, including Derbyshire County Council (DCC) Adult Care, Police, Derbyshire Fire and Rescue Service, Housing, the NHS, Environmental Health, Probation, voluntary sector, faith groups or any other organisation working with the individual.



### VARM meeting confidentiality statement

When working with adults during the VARM process, the information discussed and recorded in the VARM meeting may include personal identifiable data (PID); therefore, all agencies are required to have in place and adhere to policies and procedures in relation to information governance. While the [VARM meeting confidentiality statement](#) does not seek to replace those policies and procedures, it should be read or shared with attendees prior to, or at the start of the VARM meeting.

The DSAB has a dedicated website - [www.derbyshiresab.org.uk](http://www.derbyshiresab.org.uk) - where all the VARM documentation can be found. For any email queries please contact: [DerbyshireSAB@derbyshire.gov.uk](mailto:DerbyshireSAB@derbyshire.gov.uk).

## VARM podcasts in British Sign Language (BSL)



**We've produced two podcasts to help clarify the Vulnerable Adult Risk Management (VARM) process in Derbyshire**

These have been collaboratively produced with partner agencies and explain how the process works, and cite examples based on real cases.

'**What is Vulnerable risk management (VARM)?**' explains the multi-agency approach to manage risks that may arise for adults deemed to have capacity to make decisions for themselves, but who are at risk of serious harm or detach from self-neglect, risk-taking behaviour, chaotic lifestyles, or refusal of services.

'**Vulnerable Adult Risk Management (VARM) case study**' is a real-life case study of an eighty-six year old man who was supported using the VARM process.

However, we would encourage professionals to read the [VARM policy and practice guidance](#), along with a flowchart, referral form and the other documentation needed.

Both podcasts are available from the Derbyshire Safeguarding Adults Board website as [audio and British Sign Language versions](#).

*We would like to thank Communication Unlimited for the help in producing the British Sign Language versions of the podcasts. You can follow Communication Unlimited on Facebook: [@BSLcommunicationunlimited](#)*



## What is MCA and what does it mean?

**The Mental Capacity Act (MCA) empowers and safeguards the rights of people who may lack the mental capacity to make their own decisions. Most of the MCA applies to people aged 16 and over**



### First Principles

These five statutory principles are at the core of the MCA. All staff working with people who may lack capacity should familiarise themselves with these principles:

1. A person must be assumed to have capacity unless it is established that they lack capacity.
2. A person is not to be treated as unable to make a decision unless all practicable steps to help them to do so have been taken without success.
3. A person is not to be treated as unable to make a decision merely because they make an unwise decision.
4. An act done, or decision made, under this Act for, or on behalf of a person who lacks capacity must be done, or made, in their best interests.
5. Before the act is done, or the decision is made, regard must be had as to whether the purpose for which it is needed can be as effectively achieved in a way that is less restrictive of the person's rights and freedom of action.

### 8 common MCA myths

The MCA is sometimes misunderstood. Here are some common myths.

**Myth 1:** If I have a concern about a decision someone is making, it is up to them to prove to me that they have the capacity to make it.

**Fact:** It is the other way around. The presumption that people have capacity is fundamental to the MCA. The person does not have to prove anything. The burden to prove a lack of capacity (to make a specific decision) always lies with the person who thinks it may be necessary to make a decision on their behalf.

**Myth 2:** If someone is making an unwise decision, you must let them do it.

**Fact:** Whilst the presumption of capacity is a foundational principle, you should not hide behind it to avoid responsibility to assess capacity. If you reasonably suspect a person may lack capacity to take a relevant decision, especially if the consequence of what they are wanting to do is likely to lead to serious consequences for them, it would be inadequate for you simply to record (for instance) "as there is a presumption of capacity, the decision was the person's choice."

**Myth 3:** If a person has been assessed as lacking capacity to make a decision then this applies to all future decisions too.

**Fact:** Mental capacity is time and decision specific. For example, a person may recover from a head injury. Or, with focused support, a person with a learning disability may increasingly gain capacity, and thus the freedom to spend increasing quantities of their own money.

**Myth 4:** The person needs to have a detailed understanding of every aspect of the decision they are making in order to demonstrate that they have capacity.

**Fact:** This is not necessary. The person only needs to understand the key information, often called the 'salient factors' relevant to the decision.

**Myth 5:** A person with dementia will not have capacity to make any decisions.

**Fact:** You must not assume someone lacks capacity because they have a particular condition.

**Myth 6:** It is not appropriate to help people to understand their options when assessing capacity. Otherwise, you would be helping them to cheat.

**Fact:** Principle 2 of the MCA requires you to take all 'practicable steps' before it is possible to conclude someone cannot make a decision. If a person no longer remembers, you must explain all the pieces of information that you have identified as being relevant, or salient, to the decision. Consider what time of day is best for the person. Might a loved one help them to understand? Would pictures, objects of reference or transporting the person to a particular place help maximise their capacity?

**Myth 7:** A person needs to be able to retain information after the decision has been made.

**Fact:** This is not true. To have capacity, people only need to be able to retain the salient information for long enough to weigh their options, and communicate their decision. The MCA states 'the fact that a person is able to retain the information relevant to a decision for a short period only does not prevent him from being regarded as able to make the decision.'

**Myth 8:** My next of kin can make decisions for me if I lose capacity.

**Fact:** The term 'next of kin' is commonly used, but does not give people any legal decision-making authority. Making a Lasting Power of Attorney (LPA) is the best way to give someone you trust the legal authority to make decisions for you if you lose mental capacity. There are two types, one for property and finance, and one for health and welfare decisions.

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## British Sign Language Covid-19 update



**Communication Unlimited have produced a [British Sign Language video](#) to update people who are Deaf or have a hearing impairment about support services during the COVID-19 pandemic**



There's an update on the status of some Derbyshire County Council services, including how to make contact with the Council and the status of recycling centres, country parks and libraries.

It also gives advice on staying safe as well as information about Communication Unlimited's blue card scheme which was set up to support Deaf people who may struggle with communication while wearing a face mask.

The content of the video was based on feedback from the Deaf community about what information they require.

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## Checklist for video calling an adult or carer

The Social Care Institute for Excellence (SCIE) has produced a [checklist for video calling an adult or carer](#)

The checklist covers the necessary steps a Social Worker or practitioner should take to ensure that technology for video calling is ready and appropriate.

The decision about whether to carry out the intervention online, or whether the adult/carer has capacity and is able to understand and use online contact, should have been made before using this checklist.



### Key considerations

- Is a video call either the best option or needed? What other options have you considered?
- What is the reason for this video call? Would you do one video call or several?
- Would you need to record the video call? Why? Consult with your legal department if necessary and ensure you request and record consent.

Not everybody will feel comfortable with a video call, and not everybody will feel uncomfortable with it either – don't make assumptions.

### [SCIE's technology checklist for video calling an adult or carer](#)

## Video meetings - to mute or not to mute?



### More of us are becoming accustomed with holding video meetings

We've quickly had to adapt to working remotely or from home. However, if you're familiar with in-person conversations, a remote video meeting is quite a change of pace. You might feel uncomfortable with your technology, initially.

We've put together some tips to make the experience less fraught and, hopefully, easier.

#### Before the video conference meeting:

- **Start by testing your equipment.** This means making sure you have a good internet connection and that everything is properly plugged in.
- **Video camera:** Make sure that everyone can see you. Ensure that the image isn't too zoomed-in.
- **Use background blur to minimize distractions:** You can't see what's behind you, but everyone else can. Consider using the 'blur my background' option.
- **Audio and microphone:** Whether you're using a conference phone or a microphone, your voice needs to sound clear. Test your microphone and make sure it's properly set up with your computer in advance – just ensure you don't have any interference.
- **Software:** Check all the features of the video conferencing software you'll be using. Do you know how to mute and unmute your microphone or start your camera? If you're going to share files and documents, are you sure you know how it's done?

### At the video conference meeting:

- **The usual principles of polite behaviour apply.** As with any meeting the principles of polite behaviour apply for video conferencing and collaboration — the trick is to understand how the use of technology can make these meetings effective.
- **Punctuality:** Please join the meeting at least five minutes before the start time. If you're worried that you might take a while to connect, start loading the conference early.
- **Joining meetings late:** If you join a meeting late, enter with your microphone muted to avoid interrupting speakers. Please use the chat feature to let the Chair know.
- **Confidentiality:** Be aware of your surroundings – if you're discussing safeguarding or confidential matters, make sure you're in a private environment where you won't be overheard, both at the office and at home.
- **Stay completely focused:** Please don't multi-task – we know it's tempting to do other things while you're in a meeting.
- **Stay on mute when you're not talking:** Please use the 'hand' feature to indicate you'd like to speak and wait for the Chair to invite you to contribute. Introduce yourself when you start speaking.
- **Mute other devices and apps.** Every time you make a noise like a cough or other background noise, your video window will display to other attendees, which can interfere with the flow of the meeting.
- **Speaking up:** Speak clearly – don't mumble or speak too far away from your microphone. Try to keep background noise to a minimum.
- **Avoid talking over others:** Unlike an in-person meeting, it's sometimes difficult to distinguish between multiple conversations leading to confusion.
- **Sharing useful information:** Instead of interrupting someone to share resources and other information, use the chat feature. All attendees will be able to access them during the meeting and afterwards; they're saved in the private chat for that meeting.
- **Leaving meetings:** If you need to leave a meeting early, please use the chat feature to let the Chair know. Make sure you have hung-up before you let out that relieved sigh.

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## Integrated domestic abuse risk assessment and referral form

### There's now an [integrated DASH and referral form for domestic abuse](#)

It includes DASH, a single referral form and a flow diagram to direct professionals to where it should be submitted - all in one document.

This should make the process simpler as there's no need to download two separate form depending on risk level. It should remind practitioners to use professional judgement and having to evidence this.



To ensure that the most up-to-date form is used each time, we would remind professionals they should not store 'local' copies of the form, but instead [access it the from Safer Derbyshire](#) each time it's needed. If not, you risk using an out-of-date form.

### Derbyshire Domestic Abuse Service

The domestic abuse helpline and support services have been operating throughout the Covid-19 pandemic and can be contacted by professionals and anybody affected by domestic abuse for help and support.

The Derbyshire Domestic Abuse Helpline is staffed by domestic abuse specialists currently from 8am to 7pm, Monday to Friday (not weekends or bank holidays), although these hours may be extended until 10pm in the near future.

The Elm Foundation, who run the helpline, have a [live chat page](#) on their website, which may prove useful for some clients. Domestic abuse specialists will engage with live chat from 9:30am to 5pm - outside these hours, contact will be via an email that staff will respond to on the next working day.

- Phone: 08000 198 668
- Text: 07534 617252 (particularly for deaf, hard of hearing)
- Email: [derbyshiredahelpline@theelmfoundation.org.uk](mailto:derbyshiredahelpline@theelmfoundation.org.uk)

## Derbyshire Sexual Assault Referral Centre (SARC)



**The Derbyshire Sexual Assault Referral Centre (SARC) is for anyone aged 18 or over who has been raped or sexually assaulted within the last 7 to 10 days**

Victim who attend the SARC may undergo a forensic medical examination, be asked to hand over any other evidence such as clothing and complete a witness statement.

People can self-refer to the SARC and report an assault anonymously, or they can report to the police who will bring them to the SARC.

### Who is involved with a self-referral?

- Two Crisis Workers
- A Doctor or specialist nurse

### Where is it and what can I expect?

The SARC is in Alfreton, Derbyshire.

A Crisis Worker will explain the process and provide support, as well as answer any questions. People can change their mind at any point.

Forensic medicals at the SARC are undertaken in rooms that look similar to a GP surgery. A doctor will be present. People can choose to undergo the medical alone, or be accompanied by the Crisis Worker for support.

### How long will it take?

The length of time someone spends at the SARC can vary, although a minimum of four hours should be expected.

### Is there anything a victim needs to do for it?

To help detect DNA for a forensic medical, it is best if the victim does not:

- Bathe
- Brush their teeth
- Eat or drink
- Change their clothes (if they do, they should store the worn clothes in a clean plastic bag)
- Dispose of any sanitary wear
- Tidy or clear up anything from the incident



### What does it look like?

The forensic medical suites are self-contained, which means a victim can stay there, rather than being moved around. There is a waiting area within the suite, which is adjoined to the medical room and then an en-suite toilet and a shower. Toiletries are provided in a care pack.

Victims can expect to be taken care of and supported during their time at the SARC.

**For more information on the self-referral process call the advice line – 01773 746 115. Other professionals supporting a client who has recently disclosed serious sexual assault or rape are welcome to call for advice.**

## Lasting power of attorney - your voice, your decision



**If you lose the ability to make certain decisions for yourself, a lasting power of attorney (LPA) lets people you trust quickly, easily and legally step in**

Life may feel uncertain at the moment, but you still have options to help you plan for the future. You can still apply for a lasting power of attorney now, but if you need to make decisions sooner there are other options available.

A lasting power of attorney (LPA) will protect you and your future, even if you never need it.

### Property and Finance

A **property and finance lasting power of attorney** gives someone you trust the power to make decisions about your money and property, for example:

- paying bills
- managing a bank or building society account
- collecting pensions or benefits
- selling your home

These powers can be used at any time, but only if you say it's ok.

### Health and Care

A **health and care lasting power of attorney** gives you the power to make decisions about things like:

- your daily routine – for example, washing, dressing and eating
- medical care
- moving in to a care home
- life-sustaining treatment

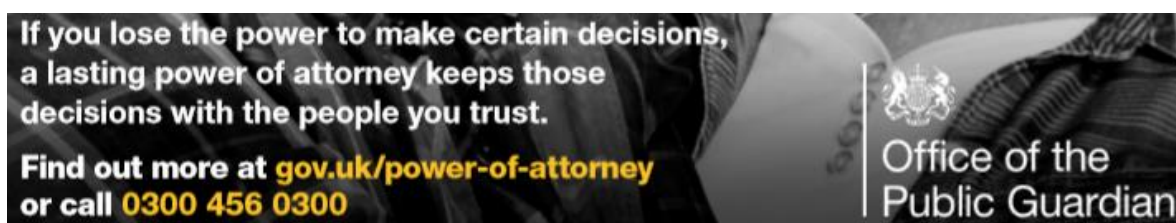
You apply and register now, but it's only used if you can't make your own decisions in the future.

### Misconceptions about LPAs

- 73% of people think if a couple have a joint bank account and one person can't make decisions for themselves, their partner can legally make decisions for them both. This is untrue. An LPA will, however, give you consent to access joint funds to pay and monitor financial aspects of a joint account.
- 72% of people think your next of kin always gets the final say in treatment decisions at hospital, if you can't make them yourself. This is untrue. Medical decisions need the specific, agreed consent of the person involved, before a next of kin can make treatment or welfare choices on someone else's behalf.
- Another common misconception is that setting up an LPA is costly, time consuming and requires a solicitor. But the truth is that you can apply for an LPA online yourself, and depending on your circumstances, you can get it for a reduced price or free.

### Start making your lasting power of attorney

1. Involve the people you trust
2. Decide what LPA is right for you
3. Apply and register your LPA



Find out more information about the [Office of the Public Guardian's Lasting Power of Attorney campaign](#) and how to apply for LPAs.

Twitter: [@OPGGovUK](#) Facebook: [@OPGGovUK](#)

## Multi-Agency Learning Review (MALR19A) learning brief publication

**In 2019 the Safeguarding Adults (DSAB) and Children Boards (DSCB) in Derbyshire commissioned a multi-agency learning review regarding the sad death of a young man, referred to as Aaron.**

The two Boards looked in detail at the circumstances leading up to Aaron's death and the care and support provided by professionals working with him to understand whether there was potential learning amongst professionals and also in relation to the systems and processes used to support adults in Derbyshire.

The learning review process is not about apportioning blame, or investigating the actual circumstances of a death, it is about making a difference, and this learning brief has been produced to assist professionals and aid discussions in relation to how agencies interact, work with and support young adults such as Aaron. Another important feature of learning reviews is to look at the positive practice demonstrated by professionals and highlight this so that others can learn from what was done well.



The learning brief for this [multi-agency learning review \(MALR19A\)](#) is available to read on our website.

## Foetal Alcohol Spectrum Disorder (FASD)

**The DSAB leaning review MALR19A has highlighted the need for practitioners to be supported to understand more about Foetal Alcohol Spectrum Disorder (FASD)**

If you drink alcohol during pregnancy you risk causing harm to your baby. Sometimes this can result in mental and physical problems in the baby, called foetal alcohol syndrome.

This can occur because alcohol in the mother's blood passes to her baby through the placenta.

Your baby cannot process alcohol as well as you can, which means it can damage cells in their brain, spinal cord and other parts of their body, and disrupt their development in the womb.

This can result in the loss of the pregnancy. Babies that survive may be left with lifelong problems.

Foetal alcohol syndrome is a type of foetal alcohol spectrum disorder (FASD), the name for all the various problems that can affect children if their mother drinks alcohol in pregnancy.



### Symptoms of foetal alcohol syndrome

Symptoms include:

- a head that's smaller than average
- poor growth – they may be smaller than average at birth, grow slowly as they get older, and be shorter than average as an adult
- distinctive facial features – such as small eyes, a thin upper lip, and a smooth area between the nose and upper lip, though these may become less noticeable with age
- movement and balance problems
- learning difficulties – such as problems with thinking, speech, social skills, timekeeping, maths or memory
- issues with attention, concentration or hyperactivity
- problems with the liver, kidneys, heart or other organs
- hearing and vision problems

These problems are permanent, though early treatment and support can help limit their impact on an affected child's life.

### What to do if you think your child has foetal alcohol syndrome

Speak to a GP or health visitor if you have any concerns about your child's development or think they could have foetal alcohol syndrome.

If the condition is not diagnosed early on and a child does not receive appropriate support, they're more likely to experience challenges associated with the condition.

For example, they may have difficulties with learning, misuse [drugs](#) or [alcohol](#), develop mental health problems, and find it difficult to get a job and live independently as an adult.

A doctor or health visitor will need to know if your child was exposed to alcohol during pregnancy to make a diagnosis of foetal alcohol syndrome.

Your child may be referred to a specialist team for an assessment if there's a possibility they have the condition.

This usually involves a physical examination and blood tests to rule out genetic conditions that have similar symptoms to foetal alcohol syndrome.

### Treatment and support for foetal alcohol syndrome

There is no particular treatment for foetal alcohol syndrome, and the damage to the child's brain and organs cannot be reversed. But an early diagnosis and support can make a big difference.

Once the condition has been diagnosed, a team of healthcare professionals can assess the needs of the affected person and offer appropriate educational and behavioural strategies to meet these needs.

You may also find it helpful to contact a support group for people with foetal alcohol syndrome. These can be a good source of advice, and they may be able to connect you with other people in a similar situation.

There is a UK support group called [NOFAS-UK](#). You might also want to ask your care team if they know of any local groups in your area.

### Preventing foetal alcohol syndrome

Foetal alcohol syndrome is completely avoidable if you do not drink alcohol while you're pregnant.

The risk is higher the more you drink, although there's no proven "safe" level of alcohol in pregnancy. Not drinking at all is the safest approach.

If you're pregnant and struggling with an alcohol problem, talk to a midwife, doctor or pharmacist.

It's never too late to stop drinking: stopping at any point during pregnancy can help reduce the risk of problems in your baby.

Confidential help and support is also available from:

- Drinkline – the national alcohol helpline; if you're worried about your own or someone else's drinking, call this free helpline on 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm)
- [We Are With You](#) – a UK-wide treatment agency that helps individuals, families and communities manage the effects of alcohol and drug misuse
- [Alcoholics Anonymous \(AA\)](#) – a free self-help group; its "12-step" programme involves getting sober with the help of regular support groups
- [NOFAS-UK](#) helpline on 020 8458 5951

You can also [find your nearest alcohol support services](#) or read advice on [cutting down your drinking](#) and [alcohol in pregnancy](#).

## Suicide prevention in Derbyshire



help tackle the issue of suicide.

**In 2018, there were 95 deaths from suicide (and injury of undetermined intent) across Derbyshire County and Derby City.**

In many cases the deaths may have been prevented if the signs of distress that the person was displaying were recognised and appropriate support provided. World Suicide Prevention Day is an opportunity for organisations and communities locally to come together to raise awareness of [suicide prevention](#).

Organisations from across Derbyshire County and Derby City work together through the Derbyshire Self-Harm and Suicide Prevention Partnership Forum to

Related to this, Derbyshire County Council Public Health are leading on the development and launch of a number of new and additional projects and activities to be delivered locally. These include: a programme to engage and support organisations to take action on mental health and suicide prevention working with amateur sports clubs, workplaces, businesses and other community organisations; a countywide network of informal peer support groups for men; a media project using the updated Samaritans national guidelines which aims to support local media and communication teams on the responsible coverage of the topic of suicide; suicide awareness training - Derbyshire County Council are relaunching their training offer with online and virtual courses to raise awareness and improve skills and confidence about mental well-being.

World Suicide Prevention Day (WSPD) is an awareness day observed on 10 September every year. Organised by the [International Association for Suicide Prevention \(IASP\)](#) and co-sponsored by the [World Health Organization](#), the purpose of the day is to promote worldwide commitment and action to prevent suicides.

## Derbyshire Carers Association services



**Throughout the Covid-19 Pandemic, Derbyshire Carers Association (DCA) have continued to offer vital support to Carers and respond to the additional pressures many carers are facing**

DCA have been adapting and developing their service to meet the changing needs of carers as their understanding of the impact of the crisis on carers and their families has increased.

As we enter a stage of recovery, DCA want to reassure all carers that they are still beside them on their journey.

The services available to carers across Derbyshire include:

- Information, advice and guidance on a range of carer issues, including practical and emotional support
- Financial and legal advice and support
- Specialist advice for health conditions e.g. Dementia, Parkinson's disease and Mental Health with links to specialist service provision
- Befriending and counselling
- Connecting carers with other support services across health and social care
- Advocating for Carers across the health and social care services
- Specialised support for Carers who are in a crisis
- Signposting to sources of replacement care
- Help to register as a carer and create an Emergency Plan
- Peer support with other carers to help with wellbeing and resilience
- Access to online groups, training and social activities
- Telephone based carers assessment and support planning
- Social, practical and emotional support for Young Carers and their families

Carers can call 01773 833833 to make a referral to DCA's services. Alternatively, carers can complete an [online form](#). All of DCA's services are free and confidential for carers supporting a loved one in Derbyshire. DCA aim to contact all carers within two days of receiving a referral.



## Derby & Derbyshire CCG safeguarding app



### As we know, safeguarding is everybody's business

Safeguarding Adults  
Derbyshire



The free safeguarding app is useful for all staff who provide care and support, whatever their role, to any adult in any setting. It uses swipe-screen technology to guide you through a series of decision referral pathways, making it easier to recognise risk and know what to do if you have a concern.

There is a wealth of practical information relating to safeguarding. The app has links to referral processes, operational policies and guidance. As well as practical information relating to safeguarding, the app contains a complete list of essential contact details for Derby City and Derbyshire County staff, and links to local policies and national guidance.

**Please note: the app contains information about the DSAB's GCSX email addresses, which is now out of date - professionals should, instead, refer to the safeguarding adult referral section and form on the [DSAB's website](#)**

**for current email contacts for making safeguarding adult referrals.**

#### The app provides professionals with:

- the principles of safeguarding adults
- the categories of abuse
- Making Safeguarding Personal (MSP)
- what to do if you have a concern about an adult at risk
- how to share information in the right way
- child sexual exploitation (CSE)
- adult trafficking and modern slavery
- female genital mutilation (FGM)
- the Government's PREVENT strategy and Channel
- hate crime

#### The referral pathways include:

- safeguarding adults
- female genital mutilation (FGM)
- domestic abuse
- PREVENT
- Mental Capacity Act 2005

### Download the app

The app is available for both [iOS](#) and [Android](#) devices using these links, although it's best to search the store.

## Derby & Derbyshire CCG podcasts

### Podcasts are a quick and easy way to listen to topics of interest at a time to suit you

There are currently seventeen podcasts available. Additional podcasts will continue to be produced on a range of safeguarding subjects. Any ideas for future podcasts are welcomed: please email [natalie.hall1@nhs.net](mailto:natalie.hall1@nhs.net).

1. Domestic abuse (part 1)
2. Domestic abuse (part 2)
3. Financial abuse

4. Making Safeguarding Personal (part 1)
5. Making Safeguarding Personal (part 2)
6. Mental Capacity Act introduction
7. Mental Capacity and how to assess it
8. Best interests
9. Protection for healthcare and treatment actions
10. Lasting powers of attorney
11. Deprivation of Liberty
12. Prevent (29th October 2015)
13. Self-neglect (part 1)
14. Self-neglect (part 2)
15. STOMP
16. VARM – What is VARM?
17. VARM – Case study

**Download or listen to the podcasts**

The podcasts are available from the [NHS Derby and Derbyshire CCG](#).

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## To report a safeguarding concern



**Derbyshire Safeguarding Adults Board**

### There is NO Excuse for Abuse

If you or someone you know in Derbyshire is being abused or neglected please tell someone

In an emergency, contact the police, tel: **999** or if you are deaf/hard of hearing use emergency SMS by texting **999** from your phone, or use the NGT Relay Assistant by dialling **18000** from the app or textphone

If the person is not in any danger now but there has been a crime, contact the police, tel: **101**

If you're worried about yourself or someone else being abused or neglected, please contact Call Derbyshire, tel: **01629 533190**

**Derbyshire Safeguarding Adults Board**  
[www.derbyshiresab.org.uk](http://www.derbyshiresab.org.uk)

The poster above is one of eight in the ['There is NO Excuse for Abuse' set](#), which are available to download from our website.

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**The next DSAB meeting is on 16th December 2020**

For queries or comments please contact:

Natalie Gee (DSAB Project Manager) at [DerbyshireSAB@derbyshire.gov.uk](mailto:DerbyshireSAB@derbyshire.gov.uk)

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