



Welcome to this special edition newsletter for National Safeguarding Adults week 2021

The DSAB is proud to support National Safeguarding Adults Week.

It's an opportunity for us all to focus on key safeguarding issues affecting adults in Derbyshire and a chance to increase awareness of the role we can all play in helping to prevent abuse and neglect.

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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

This special edition newsletter has been produced by our Board office to mark National Safeguarding Adults Week 2021. I am pleased to let you know that the Board is running seven free webinars for the week which cover a variety of important safeguarding topics; modern slavery, county lines, disguised compliance and professional curiosity, fire prevention and safeguarding, online safety and cybercrime, trauma-informed practice and foetal alcohol spectrum disorder (FASD). I look forward to meeting some of you at these webinars if you have managed to book a place.

We are asking our partners to embrace our, 'Connect to Protect' campaign during Safeguarding Adults Week **#ConnecttoProtectDerbyshire**. Connecting with each other is a vital element of safeguarding. By our multi-agency partners connecting each other to ensure the right expertise and support is in place, we will see better outcomes for adults with care and support needs in Derbyshire. In our community, by connecting in with each other, asking our neighbours, family, friends and colleagues whether they need any support, or simple gestures such as having a chat over the garden fence or inviting someone to go for a walk, we all contribute to the wellbeing of others. If any of you are worried about an adult in the community who has care and support needs being abused or neglected, please remember that there is help available if you report it. Information about reporting abuse and neglect can be found later in this newsletter.

Our Board Manager has produced a new easy to read leaflet with help from adults who have learning disabilities in Derbyshire which you will also find in this newsletter. We are always grateful for having the feedback from stakeholders to ensure that the information we produce is clear and easy to understand.

Please think about **#ConnecttoprotectDerbyshire** when you are at work or out in the community and remember that small gestures can make a big difference in helping someone to feel safe.

Thank you and please enjoy this edition.

Connect to Protect Derbyshire campaign



The Board would like to let everyone know about our Connect to Protect campaign

During National Safeguarding Adults Week, we encourage you to think about how you can connect with others, whether it's colleagues, friends, neighbours or family members, to ask how they are doing and whether they need any support.

It's been a difficult year for many people who may feel anxious, lonely, worried about leaving the house or integrating back into 'normal life' now that social restrictions have eased.

Since the last time you saw or spoke to someone, they may now require care and support or their need for care and support may have increased.

If you're a professional you may want to think about how to build your connections and links with agencies and networks in the safeguarding arena so that you can support an adult with care and support needs.

Many professionals across all of our partner agencies are now working from home so it's more important than ever we take the time to connect with colleagues and support each other.

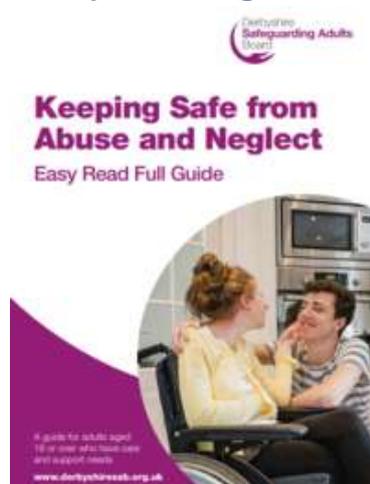
Here are some ideas for connecting with others:

- Over the winter period, think about whether there's anyone you know who may struggle to get out to buy shopping, or who may need support with keeping their house warm and clean. If so, can you help them?
- Organise a social gathering either with colleagues, friends or family
- Have a look online at the community groups in your area and join up to one that you're interested in
- Consider volunteering over the winter period. This is an opportunity to help others and to meet new friends
- Take the time to speak to your neighbours and ask how they're doing
- Arrange to meet with someone you haven't seen for a while for a coffee, a walk or lunch
- Call, message or write a letter or email to a friend or relative who lives far away from you and ask them how they're doing - they may not have heard from anyone in a while.

Remember, that while connecting with others, if you're worried that someone might be being abused or neglected, help is available, please contact Call Derbyshire, tel: 01629 533190 or in an emergency contact the Police by dialling 999.

#ConnecttoProtectDerbyshire

Easy-read guide to keeping safe from abuse and neglect



There is no excuse for abuse - all abuse is unacceptable and should be reported

This easy read guide has been produced by the Derbyshire Safeguarding Adults Board Project Manager with help and feedback from the [Derbyshire Learning Disability Partnership Board](#).

The aim of the guide is to explain abuse and neglect using images and easy to understand information to help start conversations about safeguarding with adults who have care and support needs.

Everyone has the right to live without feeling frightened, be treated well by others and make their own choices.

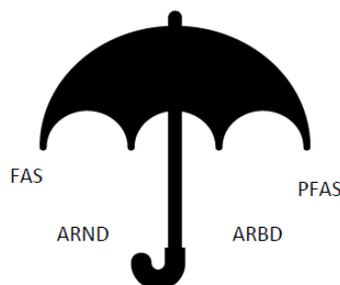
We would encourage the use of this leaflet with adults who have learning difficulties or learning disabilities but it can be used with all adults.

Foetal Alcohol Spectrum Disorders (FASD) practice guidance

Foetal Alcohol Spectrum Disorders (FASD) is a lifelong neurodevelopmental condition

Neurodevelopment is a term referring to the brain's development of neurological pathways that influence performance or functioning (e.g., intellectual functioning, reading ability, social skills, memory, attention or focus skills). It is caused when an embryo/foetus is exposed to alcohol prenatally (before birth).

According to the UK Chief Medical Officers, there is no safe type or amount of alcohol use in pregnancy. Alcohol use in pregnancy can also lead to miscarriage, premature birth, still birth and sudden infant death syndrome (SIDS). Currently, FASD is an umbrella term encompassing the following diagnostic terms:



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FAS Foetal Alcohol Syndrome

ARND Alcohol Related Neurodevelopmental Disorder

ARBD Alcohol Related Birth Defects

PFAS Partial Foetal Alcohol Syndrome

Whilst more people have heard about FAS, it is not the most common subtype of FASD. Less than 10% of people with FASD will have the sentinel facial features required to get a diagnosis of FAS. Sentinel facial features are short palpebral fissures (small eye openings), Indistinct philtrum (flattened groove between nose and Mouth) and thin vermilion border (thin top lip).

How a person is affected will depend on a number of factors including the dose of alcohol consumed, the pattern in which it was drunk as well as the timing within the pregnancy. There can be other genetic and environmental impacts too.

Prenatal alcohol exposure (PAE) can result in a large variety of impairments. Research shows there are 428 conditions associated with PAE. Although few people have the sentinel facial features, all people with FASD have a severe impairment to their brain and the rest of their central nervous system. FASD is a complex condition. There are no mild versions of FASD.

Whilst some people with FASD will have a learning or intellectual disability with an IQ <70, the majority have IQ within the normal range. However, people with FASD may have a large variance in their functional abilities and should undergo comprehensive assessments from Speech and Language and Psychology. In particular looking at receptive language, executive functioning and adaptive behaviour.

Changes are expected later in 2021 as a NICE quality Standard on FASD is due to be published. This is expected to adopt the SIGN 156 guideline on FASD (2019). This will mean that FASD will be diagnosed in the following way:

- Foetal Alcohol Syndrome (FAS) will be known as FASD **with** Sentinel facial features
- Alcohol Related Neurodevelopmental Disorder (ARND), Alcohol Related Birth Defects (ARBD) and Partial Foetal Alcohol Syndrome (PFAS) will be known as FASD **without** Sentinel facial features.

How common is FASD?

We don't currently have a UK prevalence but international studies of general populations have reported between 3-5% of people could be affected. This could mean in an average secondary school of 1000 children, that 30-50 could have FASD. FASD is more common than autism, yet is commonly missed by professionals. People with FASD may have co-morbidities (the presence of two or more diseases in the same person) including ADHD, autism, dyslexia, dyspraxia, dyscalculia, borderline personality disorder and more.

However, if someone with FASD, for example, had an ADHD diagnosis, this diagnosis would only explain part of their presentation, whereas FASD would explain much more about their symptomology and needs. High risk child populations include looked after children, those who are adopted and young offenders. In adulthood, high risk populations would include people who are homeless, require support for mental health, drug or alcohol misuse and those within the criminal justice system.

Diagnostic process

In Derbyshire there is currently no adult diagnostic pathway for adults with FASD. This means that accessing a diagnosis is complex due to a lack of current provision, training and expertise.

Psychiatry or psychological services should be able to make the diagnosis, if there is sufficient expertise in FASD. Alternatively, there is a National FASD clinic based in Surrey which will take referrals from throughout the country. This offers gold standard assessment of FASD with a comprehensive report given about the individual's functional skills as well as their diagnosis.

FASD presentation

Naturally, all people with FASD will present differently. However, typically a person with FASD presents as superficially chatty. This often belies their level of understanding. Speech and language assessments can often show that the person may have poor higher-level expressive language and very poor receptive language. This means that they may appear to understand more than they actually do.

People with FASD tend to be prosocial and desperate for social relationships but may seem immature and struggle to maintain them. This is an area of particular vulnerability.

Other areas of difficulty can include:

- Memory (especially working memory)
- Attention
- Executive function, including impulse control and hyperactivity
- Emotional regulation
- Adaptive behaviour, social skills or social communication

When a person with FASD doesn't do what is expected of them it can seem like it's intentional. People with FASD are often described as being able to talk the talk but not walk the walk. For example, if a person with FASD doesn't turn up for an appointment it could be that they hadn't understood what they had to do (poor receptive language skills), didn't remember they had an appointment (working memory deficit), didn't leave enough time to get there in time (poor planning and organisation skills) or they were distracted on the way (attention skills). However, what may be recorded in the person's notes is simply that they did not attend. This may be viewed as intentional and can have negative consequences. However, the negative consequences are unlikely to change this behaviour as people with FASD struggle to link cause and effect.

FASD and safeguarding

Adults with FASD experience a range of substantial and complex difficulties, signalling a high level of service need. Many people with FASD will require ongoing functional and needs-based service provision. If the assessments have not accounted for FASD there may be significant risks.

Whilst FASD need not be a life-limiting condition and there are many people who are living safe and happy lives with a normal life expectancy, a study showed that the average life expectancy for a person with FASD is 34 years old. Without the appropriate level of support, people with FASD are at risk from suicide, accidents and poisoning by illegal drugs or alcohol.

Other risks from an inappropriate level of support include grooming, mate crime, cuckooing, modern slavery, homelessness, drug and alcohol misuse, unplanned pregnancy and contact with the criminal justice system.

The [Derbyshire Safeguarding Adults Board multi-agency learning review \(MALR19A\)](#) was undertaken in relation to Aaron who was diagnosed with FASD as a young adult.

Support

What level of support an adult with FASD will need is entirely specific to that person, as all people with FASD will present differently. What is important is that all assessments take into account the results of speech and language and psychological assessments, rather than IQ alone. IQ is not a good predictor of functional ability in someone with FASD. Recommended assessments can include but are not limited to:

- Speech and Language assessment such as the CELF
- Adaptive functioning assessment such as the Vineland
- Executive functioning assessment such as the DKEFS or BRIEF

These assessments can show the wide gaps in functioning a person with FASD may have. They may have IQ in the normal range, they may have superficially good language skills yet have the social and communication and daily living skills, of a young child.

When conducting assessments such as a mental capacity assessment. It is imperative that the process be FASD-informed. A person has to understand, retain and use or weigh the relevant information:

Can this information be applied in real-time when they need to make the decision rather than just in a quiet abstract sense such as an assessment?

It can be crucial to consider input from families, carers or professionals as part of the capacity assessment, who can give observational real-world

- Managing finances
- Care and support arrangements including self-neglect
- Managing medication
- Managing safety online
- Decisions about sexual relations
- Capacity to conduct court proceedings

If the assessor or IMCA does not understand FASD and presumes capacity, the person with FASD could be at risk of harm.

When given support appropriate to their needs, people with FASD can live safe, happy and productive lives.

Useful contacts:

- Joanna Buckard, [Red Balloon Training and Consultancy](#)
- [National FASD](#)
- [UK FASD Alliance](#)
- [National FASD Clinic](#)

County Lines and Cuckooing



County lines is the name given to drug dealing where organised criminal groups (OCGs) use phone lines to move and supply drugs, usually from cities into smaller towns and rural areas

They exploit vulnerable people, including children and those with mental health or addiction issues, by recruiting them to distribute the drugs, often referred to as 'drug running'.

Signs to look out for

There are several signs to look out for that may indicate someone is involved in county lines:

- Repeatedly going missing from school or home and being found in other areas
- Having money, new clothes or electronic devices and they can't explain how they paid for them
- Getting high numbers of texts or phone calls, being secretive about who they're speaking to
- Decline in school or work performance
- Significant changes in emotional or physical well-being

Ways organised criminal groups use social media

- Advertising drugs by sharing photos, videos
- Statuses showing money, new drugs or when the dealer is open for business
- Dealers sharing 'stories' to followers, using social platforms to expand their network with 'suggested' friends
- Using hashtags linked to drugs
- Using emojis as code for drug, violence and sexual activities, e.g., the snowflake emoji (for buying cocaine), 8-ball emoji (for buying an eighth of a gram) or the rocket emoji (for purity of drugs)

Cuckooing

Organised criminal groups often use high levels of violence and intimidation to protect the 'county line' and control them. One of these forms of control exploits vulnerable people by using their home as a base for dealing drugs, a process known as cuckooing. Dealers often convince the vulnerable person to let their home be used for drug dealing by giving them free drugs or offering to pay for food or utilities.

Often organised criminal groups target people who are lonely, isolated, or have addiction issues. It's common for organised criminal groups to use a property for a short amount of time, moving address frequently to reduce the chance of being caught.

There are several signs to look out for that may indicate someone is a victim of cuckooing:

- Frequent visitors at unsociable hours
- Changes in your neighbour's daily routine
- Unusual smells coming from a property
- Signs of drug use
- Possible increase in anti-social behaviour
- Suspicious or unfamiliar vehicles outside an address

Who are the victims of cuckooing?

Victims of 'cuckooing' are often drug users but can include older people, those suffering from mental or physical health problems, female sex workers, single mums and those living in poverty. Victims may suffer from other forms of addiction, such as alcoholism. Once they gain control, gangs move in with the risk of domestic abuse, sexual exploitation and violence. Children as well as adults are used as drug runners. It's common for gangs to have access to several addresses. They move quickly between vulnerable people's homes for just a few hours, a couple of days or sometimes longer. This helps gangs evade detection. These gangs may use accommodation in rural areas, including serviced apartments, holiday lets, budget hotels and caravan parks. Some vulnerable adults may be forced to leave their homes, making themselves homeless and leaving the gangs free to sell drugs in their absence.

What can professionals do?

Early identification is paramount to safeguarding people and identifying and tackling gang/group exploitation. A collaborative, multi-agency approach is the best way for professionals to safeguard people.

- Under the Misuse of Drugs Act 1971, landlords or property managers can receive up to 14 years imprisonment or a substantial fine for having drugs residing at their property
- The property may be seized or forfeited as well as prosecuted for money laundering
- The premises may be 'closed down' and boarded up under the terms of a Premises Closure Order (Section 76 Anti-Social Behaviour, Crime and Policing Act 2014)

If you think you have spotted a drugs 'cuckoo' or you're concerned about drug-related crime where you live or work, call Derbyshire Constabulary on 101 or 999 in an emergency to report drug-related information. If you don't want to speak to the police directly, you can call the anonymous Crimestoppers charity via [crimestoppers-uk.org](https://www.crimestoppers-uk.org) or on 0800 555 111

Further information and support

The [National Crime Agency County Lines website](#) explains more about county lines and indicators of exploitation in your area.

NEW - 'Tricky Friends' animation



Tricky Friends' is a 3-minute animation developed to help people to understand what good friendships are and when they might be harmful

It's important that people with learning disabilities and autism, those who have cognitive difficulties, and also children and young adults, have positive opportunities to make and maintain friendships. We want to help them to do this, to reduce the risk of harm and exploitation in groups who may be less able to recognise the intentions of others.

This animation can be used as a way to start those conversations and keep adults safer while enjoying their friendships. A British Sign Language version is available.

Derbyshire Safeguarding Adults Board would like to thank Norfolk Safeguarding Adults Board for allowing us to use and adapt this video.

- [Watch the Tricky Friends animation](#)
- [Watch the Tricky Friends animation - British Sign Language version](#)

Fire prevention and safeguarding

As part of Derbyshire Fire and Rescue Services' commitment to safeguarding they offer all our partners a referral route into their Safe and Well check scheme via the 'Charlie' referral service

Their team of Community Safety Officers will do a joint visit with you to explore a home for fire safety concerns but also for spotting signs of abuse and neglect within a property. They are on hand to provide expert advice and suggest ways in which your client's can live safely and independently within their home. Alongside, they will support the Vulnerable Adult Risk Management process and make decisions on whether specialist fire safety equipment is needed in the property.



Professional curiosity is a concept which has been recognised as important in the area of safeguarding children for many years but it is equally important to safeguarding adults with care and support needs

Curiosity is required to support practitioners to question and challenge the information they receive, identify concerns and make connections to enable a greater understanding of a person's situation.

It requires looking, listening, asking questions and also requires sometimes having difficult conversations which may feel uncomfortable for both the service user and practitioner.

Professional curiosity is key in helping to identify abuse and neglect in circumstances where this may be less obvious and harder to establish the facts and can help to ensure that the right information is gathered to assess needs and risks.

Below are some tips and things to consider to help develop your skills in professional curiosity:

- Is there anything about what you see when you meet with the adult / their family that makes you feel uneasy or prompts questions?
- Do you see behaviours which indicate abuse or neglect, including coercion and control?
- Does what you seeing contradict or support what you are being told?
- How are family members interacting with each other and with you?

- Are you being told anything that needs further clarification?
- Are you concerned about what you hear family members say to each other?
- Is someone trying to tell you something, but finding it difficult to express themselves or speak openly?
- Are other professionals involved? What information do they have?
- Are professionals being told the same or different things?

Tips to assist with holding difficult conversations

- Make time and space to have a private conversation with an adult who may be at risk of abuse or neglect, or subject to coercion and control
- Keep the agenda focused on the topics you need to discuss.
- Be clear and unambiguous.
- Have courage and focus on the needs of the adult at risk.
- Be non-confrontational and non-blaming.
- Stick to the facts and have evidence to back up what you say.
- Ensure decision making is justifiable and transparent.
- Show empathy, consideration and compassion.
- Consider the adult's needs for advocacy support.

Coercive control - a multi-agency practitioner briefing



The current Home Office definition of domestic abuse is:

"Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members, regardless of gender or sexuality."

Controlling behaviour

This is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour

This is a continuing act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

[Controlling or Coercive Behaviour in an Intimate or Family Relationship: Statutory Guidance Framework](#)

Legislation

The offence of Coercive Control came into force on 29th December 2015 as part of The Serious Crime Act 2015. The new offence closes a gap in the law around patterns of controlling or coercive behaviour in an ongoing relationship between intimate partners or family members. The offence carries a maximum sentence of 5 years' imprisonment.

Definition

Coercive control involves the use of abusive behaviours used frequently in daily interactions to gain and maintain power and control over an intimate partner and is not gender specific. Physical and sexual violence are typically used only occasionally to reinforce and add power to the abuse when the emotional tactics are not achieving the desired goals.

To be classed as coercive control the following need to be the case:

- On at least two occasions the victim has feared that violence will be used against them
- They have felt serious alarm or distress and it has had a substantial effect on their usual day to day activities, or serious psychological impact
- It has caused them to change the way in which they live e.g. the way in which they socialise, do household chores or how they care for their children
- There is related deterioration in their physical or mental health
- The perpetrator should know or "ought to have known" that the behaviour would have a serious effect on the victim

The behaviours need to take place whilst victim and perpetrator are in a relationship, similar patterns of controlling and coercive behaviour taking place after an intimate partnership has ended would not be seen as control and coercion though it may be that stalking and harassment legislation would be invoked

Although physical violence is more overt, behaviours involved in coercive control are even more emotionally harmful. These sometimes-subtle behaviours are more difficult to detect and prove. Coercive control is central to the definition of intimate partner violence. Such control creates an ongoing sense of fear and the victim adapts their behaviour to survive.

- Behaviours used by perpetrators
- Intimidation (e.g., threatening looks and gestures)
- Controlling or tracking movements
- Emotional abuse (e.g., excessive criticism and humiliation or controlling appearance and food consumption)
- Isolation (e.g., limiting or creating barriers for contact with family and friends)
- Minimizing or denying the abuse or blaming the victim for the behaviour
- Threatening to take or hurt children or involve them in the abuse (e.g. used to monitor the victim's whereabouts)
- Controlling or preventing sleep

- Controlling social media use
- Using social privilege, such as patriarchy, racism, homophobia, or other forms of oppression
- Coercion and threats
- Economic abuse (e.g., controlling or limiting access to finances/resources).
- Setting rules for the victim to abide by which may be changed arbitrarily.
- 'Gaslighting' distorting a person's sense of their own reality such that they question their own perceptions.

Forms of abuse in which coercion and control may exist

- **Intimate terrorism** is defined as a relationship in which one partner is the primary aggressor and is both violent and controlling.
- **Mutual violent control** exists where both partners are physically violent and use coercive control
- **Common couple violence** exists where both partners use violence but not coercive control
- **Violent resistance** is where physical violence is perpetrated by the partner who has historically been the victim. This violence is perpetrated in response to the violence and controlling behaviour of the primary aggressor.

Coercion and control in familial and care environments

It is important to remember that behaviours associated with coercion and control are not limited to relationships between intimate partners and may be present in other relationships such as between siblings, parents and their children, or an adult and their carer. When an adult is reliant on another person for their care and support it can become very difficult for them or for others around them to recognise the behaviour as coercion and control. There are also other factors for practitioners to consider in relation to the adult who is being controlled as they could be afraid of the care relationship being removed or altered by reporting this behaviour or by accepting help from agencies.

A Derbyshire Safeguarding Adult Review, [SAR18A](#) highlighted that there were features of coercion and control between a mother and her adult daughter. The mother was a full-time carer for her daughter and there was evidence that the mother had isolated her daughter, limited her access to fluids and denied her access to services. For many years the daughter's views were not heard by practitioners. It became accepted that mother always answered questions on her daughter's behalf. Mother employed a number of strategies to keep agencies away which indicated the presence of, 'disguised compliance'; this is when a person gives the appearance of co-operating with services to avoid raising suspicions. Disguised compliance can be closely linked with coercion and control.

A summary of learning from [Domestic Homicide Reviews \(DHRs\) 2014 – 18](#) identified that agencies needed to exercise professional curiosity when dealing with domestic abuse, particularly in cases of coercion and control, that staff need training to recognise it and be aware that perpetrators are adept in exercising control and may seek to control and manipulate professionals it is important for professionals to remain neutral and not endorse abusive behaviour by language or actions.

A Derbyshire Domestic Homicide Review, [RDCNH 19](#) identified complexities within families and the roll of carers within those families coping alone to support an individual with mental health and or substance misuse whose condition may be exerting control over a household which is not recognised. Whilst carers play a key role in an individual's care, those providing care will not always identify themselves as Carers. They may not be aware of how they can contribute information nor of what support they can receive. Agencies need to 'Think Family' and be attuned to identifying hidden carers and reach out to support and involve carers in the individual's care.

Gathering evidence

Coercive control can be reported to the police even if the victim does not have any other evidence. The victim's statement itself is evidence in the case. The police will investigate any reports of coercive control and gather evidence. Victims may be able to help the police by providing copies of:

- Emails, screen shots and social media messages
- Text messages
- Voicemail recordings
- Photographs of injuries
- Photographs of damage to property

- Bank statements
- Keeping a diary of day to day experiences
- Medical and financial records
- CCTV
- Witness testimony

Practice and reflection

- Thinking about cases you have worked with previously or currently, what examples can you think of that involve coercive control?
- What do you need to consider for effective risk management in cases involving coercive control?
- How would a multi-agency approach assist in managing cases where coercive control features?
- What support can be offered to victims' experiencing coercive control?

Cybercrime and online safety



Several million cases of fraud and of computer misuse are reported to the police every year

Online fraud, also known as cybercrime, covers all crimes that:

- Take place online
- Are committed using computers, or
- Are assisted by online technology

To avoid becoming a victim of online crime you don't need to be a computer expert. Developing a few good online habits drastically reduces your chances of becoming a victim of cybercrime, makes you less vulnerable and lets you use the web safely.

Useful websites

- [Cyber Aware](#) has more information about you can improve your cyber security.
- [Derbyshire Police](#) cybercrime advice,
- [Get Safe Online](#) - supported by Derbyshire County Council, Derbyshire Constabulary and Derby City Council.
- [Cyber Aware](#) - government-backed website based on expert advice from the National Cyber Security Centre.
- [Childnet](#) and [NSPCC](#) - national charities providing expert online safety advice for young people, parents and teachers.
- [Parent Zone](#) - provides online safety advice for parents.

Digital safeguarding



A good definition of safeguarding is taking proactive steps to prevent harm and abuse from occurring

At the same time, good safeguarding practice means you'll know what to do if harm or abuse ever takes place: who to contact, what to tell them, and how to help the person who's experienced abuse.

So, what's digital safeguarding? It's the same idea, but in a digital space. Digital safeguarding simply means taking steps to stay safe online.

If so many of us are spending so much time online, obviously we need to know how to keep ourselves safe online. Read the Ann Craft Trust blog for an [introduction to digital safeguarding](#).

Adult grooming and exploitation



Adult grooming applies to any situation where an adult is primed to allow themselves to be exploited or abused

While it's a common assumption that grooming is only focussed on the young, identical processes are commonly used to abuse or exploit adults including the elderly and vulnerable. It has many different forms and just as many outcomes.

An offender will identify and engage a victim and work to gain the person's trust in order to break down defences and manipulate the victim. Overt attention, flattery, physical isolation, charm, gifts, normalising behaviour, gaslighting, secrecy, and threats are all commonly used during adult grooming.

Adult grooming is a form of abuse that involves manipulating someone until they're isolated, dependent, and more vulnerable to exploitation.

Groomers look to exploit and manipulate. They will play on a person's insecurities and seek to isolate or distance the person from their family and friends. The effects of being groomed can be long lasting; with a loss of self-esteem, confidence, loss of relationships, loneliness, fear for personal safety, feelings of embarrassment or shame and often features within a domestic abuse relationship, where the victim gradually becomes isolated and desensitised during the relationship.

Grooming can be a very gradual process. Trust is gained and a "friendship" is formed, which can often make it difficult for an adult to report. They may also fail to report out of fear, humiliation, feeling silly and embarrassed and has led to victims taking their own lives after their life savings have been plundered.

The groomer may focus on the victim's weaknesses, offering to run errands, making themselves indispensable before exploiting and manipulating their victim.

To the victim the grooming can often feel good at first. The offender can be attentive, showing sensitivity and positive reinforcement to gain the trust of their victim. Victims can be so flattered or overwhelmed by the attention they are receiving they will often overlook or ignore warning signs that might alert them that the person who is showering them with that attention isn't trustworthy.

Gradually the abuser breaks through a victim's natural defences, gains trust, and manipulates or coerces the victim into willingly handing over money or assets or to engage in inappropriate or illegal activities. The victim often then goes on to feel confusion, shame, guilt, remorse and disgust at his or her own participation. There is often a sense of panic that comes with the threat of being exposed for engaging with activities and a fear of losing the relationship with the offender. Often the victim feels trapped, depressed or hopeless.

Grooming takes many forms including domestic abuse, modern slavery, physical and sexual abuse and financial abuse, including romance fraud; handing over their life savings in good faith; transferring money to those in "need;" shoddy workmanship in exchange for high monetary value to name a few.

Key Considerations

- Victims are effectively brainwashed by offenders and so it may be difficult to convince them that they are victims.
- Victims are often isolated by offenders – although this is sensitive, you need to establish a support network for the victim.
- Offenders are relentless and will continue to contact victims. Where possible ensure all methods of communication are blocked and revisit the victim at a later date to ensure they haven't 'relapsed'.
- Victims may have shared a lot of personal details to help set up accounts for the offender, e.g. sharing a copy of their passport, so consider relevant 'identity theft' measures.
- The suspect is rarely local and will have targeted others, therefore ensure the crime is reported.

Signs of Grooming

- A person becoming withdrawn or troubled by something but unwilling to talk about it. Alternatively, their emotions may become more volatile and someone may be anxious or distracted.
- Someone being isolated or manipulated may seem reluctant to see you or refuse a visit.
- You may notice someone is short of money or sums of money are missing from bank accounts.
- The person might be spending more time on the phone or online than usual but are evasive about the sites they are visiting or who they are talking to.
- They start talking about a new friend, boyfriend or girlfriend and it's not clear who they are or how they met them.
- Grooming can also lead to radicalisation. In which case, you might notice that the person starts talking about an issue or a cause that's never really interested them before.
- Evidence of new unaffordable items.
- Person going missing.
- Unexplained injuries.
- Receiving an excessive amount of texts and phone calls.
- Evidence of weapons.
- Unfamiliar people seen inside the house or flat.
- Disengagement with support services.
- The property falls into a state of disrepair and appear to become sparse of valuable possessions.
 - Increase in anti-social behaviour reports from other residents nearby.
- Excess cash kept in the house posing a security risk.
- Are there have piles of scam post or do they constantly receive scam calls?
- Are they aware phone numbers / emails / texts can be spoofed?
- Do they know that no bank or law enforcement would request they moved their money?
- Do they have a POA (Power of Attorney) in place? Is anyone assisting with their finances?
- Becoming increasingly secretive or unwilling to discuss views.
- Using derogatory language.
- Changing their circle of friends.
- Losing interest in activities they once enjoyed.
- Becoming socially withdrawn or spending a lot of time online.
- Belief in conspiracy theories and distrust of mainstream media.
- Justifying the use of violence or expressing a desire for revenge.

What can you do?

- Be professionally curious. If you suspect something isn't quite right, question it.
- Be aware of your potential bias.
- Question motives.
- Be aware of coercive control.
- Ensure any crimes are reported to police

Useful Contacts

- Call Derbyshire 01629 532600 (open 24-hours)
 - Derbyshire Police 101, or in an emergency call 999
-

Creating safer organisation cultures: allegations against Persons in a Position of Trust



The statutory guidance to the Care Act 2014 requires Safeguarding Adults Boards to establish and agree a framework and process to respond to allegations against anyone who works (either paid or unpaid) with adults with care and support needs.

PIPOT guidance

The purpose of this guidance is to provide a framework for managing cases where allegations have been made against a person in a position of trust (PIPOT) and is focussed on the management of risk based on an assessment of abuse or harm against an adult with care and support needs. It provides a framework to ensure appropriate actions are taken to manage allegations, regardless of whether they are made in connection with the PIPOT's employment, in their private life, or any other capacity.

This guidance applies to the local authority, all partner agencies and commissioned local authorities' relevant partners, and those providing care and support services. The [framework, guidance and referral form](#) are available on the DSAB website.

PIPOT podcast

A [PIPOT podcast](#) was recorded in September 2021 to provide practitioners and managers from all DSAB partner agencies with some basic information about the process and Framework in Derbyshire for making allegations against a Person In a Position of Trust (PIPOT). The podcast is approximately ten minutes long.

Modern slavery



Modern Slavery is a complex crime that takes a number of different forms

It encompasses slavery, servitude, forced and compulsory labour and human trafficking.

Anyone can become a victim of modern slavery and in all types of exploitation, victims can be women, men, girls and boys. Even though most people think that slavery only exists overseas, Modern Slavery in the UK is thriving. It is

estimated that tens of thousands of people are in Modern Slavery in the UK today, with an average cost per modern slavery crime at £328,720 (Home Office 2018/17). Victims are in situations of exploitation, controlled by deception, threats and violence. Exploitation can be hidden in plain sight for example in car washes, nail bars, fields, factories, brothels and private homes, etc.

Since 2014, there have been year on year increases in the number of victims of modern slavery recorded in the UK. Nationally in 2020, there were 10,613 referrals made to the National Referral Mechanism (NRM), slightly down from 10,627 recorded in 2019. The plateau in referral numbers for 2020 is primarily thought to result from the COVID-19 pandemic and associated restrictions. Throughout 2020, the most common type of exploitation for adults was labour exploitation and for minors was criminal exploitation. Derby and Derbyshire recorded 98 referrals into the NRM in 2020, these referrals were made up of women, men and children, with criminal exploitation, labour and sexual the most common types of exploitation. Victims came from a range of countries including Albania, UK, Bulgaria, China, Poland, Romania, Vietnam, Zimbabwe, Czechoslovakia, Slovenia and Pakistan

In response to the Modern Slavery Act 2015, the Derby and Derbyshire Modern Slavery Partnership a multi-agency partnership was formed. The vision of the partnership is to protect the public by identifying and safeguarding victims and potential victims of modern slavery / human trafficking and by relentlessly targeting those who enable or facilitate this criminality. Partnership is key to the fight against modern slavery. By working in partnership, we can assemble a range of skills, resources and commitments which are required to push back this horrendous crime, where people are seen as a commodity and not as a human being.

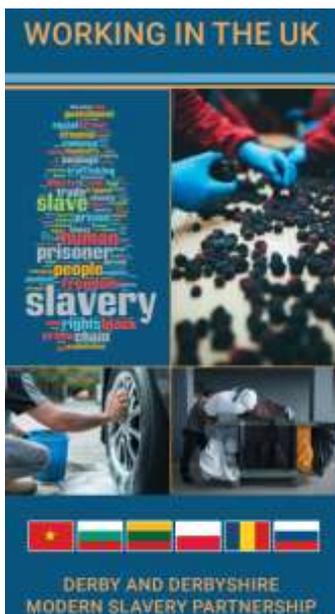
Delegates attending the modern slavery session will learn what modern slavery is, how to spot the signs, understand what the National Referral Mechanism is and how to help potential victims of modern slavery along with an insight in the work of the Derby and Derbyshire Modern Slavery Partnership.

The Safer Derbyshire website has [more information about modern slavery in Derbyshire](#)



Accessing support as an adult victim of modern slavery

The Derby and Derbyshire Modern Slavery Partnership has produced a booklet explaining how adults who are victims of modern slavery can [access support](#)



Working in the UK - a multi-lingual leaflet

The Derby and Derbyshire Modern Slavery Partnership has produced a multi-lingual leaflet with advice about people's entitlements when they are [working in the UK](#).

Safeguarding information in different languages



The Derbyshire Safeguarding Adults Board produces various leaflets, posters and films about identifying and reporting abuse and neglect in various languages

- **Identifying and reporting abuse and neglect animated film and accompanying leaflet**

The Derbyshire Safeguarding Adults Board has produced an animated film called [Identifying and reporting abuse and neglect](#). The film is available with subtitles in English, Polish, Romanian, Simplified Chinese and Urdu. For people who are deaf or hard of hearing, there is a [British Sign Language interpreter version](#).

- **Advice if you or someone you know is being abuse, neglected or exploited leaflet**

This leaflet is designed to inform both public and professionals how to recognise abuse and neglect in Derbyshire. It's available in four languages - English, Polish, Romanian and Urdu. All versions are available to download from the [leaflets and posters](#) page on our website.

- **Vulnerable Adults Risk Management process in British Sign Language podcast**

To help clarify the VARM process in Derbyshire there are two [podcasts](#) - 'What is VARM?' and 'VARM Case Study' - which have been collaboratively produced and explain how the process works, citing examples based on real cases. You can also [watch the VARM podcasts in British Sign language format](#).

You are welcome to download and display our leaflets and posters. Or you can order copies from us, email derbyshiresab@derbyshire.gov.uk

Safeguarding adults animation and accompanying leaflet



Keeping people safe from abuse and neglect is everyone's business

Adults suffering from abuse and neglect can be harmed by someone they know, but they may be unable to report it because of disability, illness or because they are afraid. Abuse can happen in the adults home or a care establishment.

The Derbyshire Safeguarding Adults Board, in partnership with Derbyshire County Council, Derby and Derbyshire Clinical Commissioning Group and Derbyshire Police, have produced an animated film called [Identifying and reporting abuse and neglect](#). The film is available with subtitles in English, Polish, Romanian, Simplified Chinese and Urdu. For people who are deaf or hard of hearing, there is a [British Sign Language interpreter version](#).

To accompany the animated film, we have produced an [adult safeguarding guide](#).

Derby & Derbyshire CCG safeguarding app



As we know, safeguarding is everybody's business.



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.

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](#).

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

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



For queries or comments please contact:

Natalie Gee (DSAB Project Manager) at DerbyshireSAB@derbyshire.gov.uk

If you would like to subscribe to our newsletter, please email us at
DerbyshireSAB@derbyshire.gov.uk



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