

Norfolk Safeguarding Adults Board Manager's Blog

November 2019

10 minutes ... (plus no one can do everything, but everyone can do something)

What can you do in 10 minutes? Well, as it turns out quite a lot when you put your mind to it!

On a night out the other evening with some of my safeguarding colleagues I asked this very question. Admittedly it was some way into the evening after a few drinks had been enjoyed. After we stopped laughing ... (I will leave you fill in the blank here) ... we came up with quite a list. Here are few:

- you can listen to Bohemian Rhapsody by Queen twice (running time 5 minutes 55 seconds)
- iron two shirts (properly)
- cycling at 15 mph you can travel about 2.8 miles
- sit in silence and do nothing
- cook poached egg and avocado toast

Also, in 10 minutes you can complete the Norfolk Safeguarding Adults Board (NSAB) survey. NSAB is keen to hear your experiences of adult safeguarding in Norfolk. How well is the system working or not? What could be done to improve the way we are working in adult safeguarding? This is a valuable opportunity for you to have your say and will be hugely important in understanding current awareness, practice and any concerns relating to the system as a whole.

So having read this blog, *please* can you give NSAB just 10 minutes to fill in the survey? Here is the link

<https://www.smartsurvey.co.uk/s/adult-safeguarding-in-norfolk/>

Plus ... no one can do everything, but everyone can do something ...

In a number of previous blogs I have explored ideas about building a 'social movement' against adult abuse and harm (see [April 2019 | The progress question: each piece of 'straw' helping break adult abuse](#) or [October 2018 | How we all can be safeguarding 'fuses](#) or [July 2018 | Small wins along the way](#)).

How each of us can, through small actions, play a part in changing our culture to make it both socially and morally unacceptable for an adult to be abused, harmed and exploited, and to speak out against it. Just like social attitudes were changed about drink driving.

I was in the lift at County Hall the other day (I usually try to use the stair to the 8th floor as it is free exercise, but on this occasion I was carrying quite a lot of stuff) and two colleagues got in. They were deep in conversation about a piece of work they were doing and seemed to be struggling with a particular problem. All I heard as they departed was ...

'sure that may be true, and you're right no one can do everything, but everyone can do something to help ... but how to start those conversations makes my head hurt. ... [long pause] ... I think it's time of a cup of tea?'

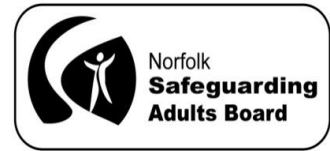
The *'but everyone can do something'* and *'how to start conversations'* parts have been going around my head since. I have been thinking about how to start building our social movement against abuse and harm.

Health and social care (in fact all of the sectors we are trying to bring into the work to protect those at risk of abuse and harm) are very complex, with lots of moving parts. (If you would like to explore this idea more, have a look at [The Health Foundations Evidence Scan on Complex and Adaptive Systems](#)). Helping people to make connection in system with many many moving parts is difficult within one organisation and a super challenge across organisations. I was interested to read about an idea from [NHS Horizons Team](#) that could be exciting to try - [Randomised Coffee Trials \(RCTs\)](#).

As the [How a Cup of Coffee Can Lead to Positive Change](#) blog notes, randomised coffee trials are a brilliantly simple way of connecting people who wouldn't normally get the chance to meet and have a conversation. They are proven to encourage people to work collaboratively and break down silos.

It works like this: people interested in pairing up for a RCT are asked to send an email to a central email address. All these people's names are entered into an excel spreadsheet, in two columns. Individuals are then matched randomly with a partner and introduced to each other. It's then up to them to arrange a phone call, a Skype call, a face to face meeting... or whatever works best.

The conversation topic isn't prescribed – people can talk about whatever they want (it would be interesting to see if we could nudge it in the direction of adult safeguarding practice).



There are [some slides on the website](#) with more details. So, what do you think?

Who would be up for a RCT about how we do adult safeguarding in Norfolk. Interested? Please get in touch and we can see if we can take it from there.

Walter Lloyd-Smith
NSAB Board Manager

Email: walter.lloyd-smith@norfolk.gov.uk

Monday 25 November 2019