

Norfolk Safeguarding Adults Board Manager's Blog

December 2020

Light on the road ahead

When out riding my bike, being able to see the road in front and what is coming towards me is critical, day or night.

Last month, I was chatting with a good cycling friend of mine and we realised that with bit of a push, we could both reach 3,000 miles this year. That is pretty good for me. We worked out how many miles we need to ride each week from now until the end of the year to achieve the target. For me it is 76 miles a week!

Shorter daylight hours during the winter months will mean a number of night rides per week to make 3,000 miles. That said, you can encounter all sorts of light conditions during a daytime ride in the UK too. Good lights (front and back) are essential. With these and my REFLECT360 Proviz Gilet on, I am lit up like a Christmas tree!

On my last ride I tried out a new front light which had an output of 1000 lumens (a measure of the total visible light emitted). To put that in perspective, an old 40 Watt bulb = 450 Lumens, 60 Watt bulb = 800 lumens – [Read more](#). On full beam it definitely helps me see what is coming.

As we come out of lockdown 2 (2nd December) the Norfolk Safeguarding Adults Board has published a [Covid-19 Response and Resilience Plan](#). Think of it like a front light for the adult safeguarding partnership: it picks up what is coming towards the network, so we can see the key issues we need to focus on.

It's only a short document, divided into two parts: themes identified for Norfolk Safeguarding Adults Board (NSAB) and themes we will be supporting other partners with. The 3 themes NSAB will be focusing on are:

- **access to day services** if localised lockdowns are reintroduced, & risk and implications for both service users & carers
- **carers** experiencing increased pressure and worry
- **volunteering & safeguarding**

A changing landscape

It is vital that NSAB understands and responds to this ‘changed’ safeguarding landscape and in particular identifies what has worked well during the pandemic.

At the end of the document you will find four partnership trigger questions.

Please copy and paste these into an email and send me your answers about your COVID-19 safeguarding response (it can be from the perspective of your team or service)

[You can download your copy of the NSAB Covid-19 Response and Resilience Plan here.](#)

16 Days of Action Against Domestic Abuse

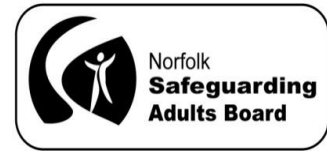
This month’s blog has been published during the **16 Days of Action Against Domestic Abuse**, following White Ribbon Day on 25th November. The 16 days of action are a programme of events from 25th November to 10th December highlighting the challenges that victims of domestic abuse and violence face.

I would urge every reader of this blog to support the remaining days of action below. These are easy things to do. If we all do them, what an impact we can make in Norfolk and beyond:

December 3rd	‘Why don’t they just leave?’ Explain to someone why
December 4th	Have a clear out at home and donate to Dawns New Horizon
December 5th	Sign the petition for the Serial Perpetrator Register
December 6th	Share link to Claire’s Law on your social media
December 7th	Put up an Equality Wheel in a public place
December 8th	Explain Coercive Control to someone and why this is illegal
December 9th	Take a selfie and tag #WhiteRibbonDay #MakeThePromise #NoExcuseForAbuse

This year is more important than ever with a significant increase in violence, harassment and abuse during the coronavirus pandemic.

This year there is an **employer focus**. Companies and employers have a key role to play in helping to prevent domestic abuse where it impacts on the workplace – and when a victim’s work, productivity and safety are affected – whether working at home or in the office. [There is an online pledge using the HEAR acronym – with organisations signing up to Help, Educate, be Aware of and Respond to aid those suffering domestic abuse.](#)



I am asking every reader of the blog based in Norfolk to show the employer's pledge to a business they know and ask them to sign up. [According to the Norfolk Insights website there are 33,030 businesses in Norfolk.](#)

With your help we can we get every business (small or large) to sign up to the HEAR pledge. Why not approach a business in your local neighbourhood and then email me to tell me how you got on?

[Find out more about the HEAR pledge here.](#)

Thank you

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