

Norfolk Safeguarding Adults Board Manager's Blog

May 2020

What's your daily safeguarding 'exercise'?

This blog is dedicated to Grant Lockett who sadly died on Sunday 03 May 2020. Grant was dedicated supporter of the board and actively involved its work. In particular I worked with Grant helping NSAB develop its work on self-neglect and hoarding. A great man and a fantastic colleague. My deepest condolences and sympathy to his family and friends.

I have found getting out of the house to exercise once a day has really helped me at the moment. I find that back-to-back Teams meeting can be quite demanding and I am thankful I can jump on the bike and go for a short ride. Moving the blood around the body helps to clear the head. The joy of endorphins.

The official government advice on beating Coronavirus changed on Sunday 10th May to include as much daily exercise as people want, as long as they observe social distancing.

This acknowledges the importance of daily exercise (whether inside or outside) for well-being during the lockdown (see [Active Norfolk's website where you can find FREE online physical activity training](#)).

There are considerable and growing concerns about the hidden harms of the lockdown. For example, [the ONS's Opinion and Lifestyle Survey \(24 April\)](#) shows almost half of disabled adults were very worried about the effects of the pandemic on their lives – significantly higher than those who are not disabled. For two-thirds of disabled adults, the pandemic was also impacting on their wellbeing. Isolation, disability and having greater dependence on others are known to increase risks of abuse and harm.

Those of us in the safeguarding system don't have the normal 'eyes on' like we did before the lockdown, and it is suspected there is a growing amount of abuse happening behind closed doors. In a very useful article posted on [The Conversation](#)^{*}, **Jennifer Storey** (Lecturer in Forensic Psychology, University of Kent) and **Michaela Rogers** (University of Sheffield) describe how the [Coronavirus lockdown measures may be putting older adults at greater risk of abuse](#) (11th May).

In a recent blog, the head of safeguarding for the NHS Kenny Gibson noted:

'In summary, we really don't know what safeguarding issues will surge as we come out of lockdown but every safeguarding theory - from the toxic-trio, troubled families, think family, contextual safeguarding, trauma informed practice, strength based approaches - tell us that in exiting the COVID acute phase our safeguarding surge and recovery will only just be starting and it is likely to last two years.'

I would echo Kenny's reference to a new 'phase' of the response to Coronavirus. *Phase 1* focused on lifting hospital capacity (particularly in intensive care), PPE, Nightingale hospitals, cancelling elective operations and discharging patients who were well enough from hospitals. We are now entering *phase 2* and the focus is shifting to the community, care homes and vulnerable groups.

What is the *phase 2* response? In the same way that daily physical exercise is beneficial, let's use the same idea for safeguarding.

Let's take one action each day to help protect those at risk of abuse and harm at this time – our '*daily safeguarding exercise*', to boost our safeguarding response. This daily task or exercise doesn't have to be burdensome or demanding, it can be simple and easy.

Here are some ideas for daily safeguarding tasks that help to combat the damaging impact of abuse and harm:

- 1) If your neighbour is at greater increase of isolation, just call on them to ask if they are ok?
- 2) SAS or **Surge Against Scams**. Take the FREE online [Friends Against Scams training from the National Trading Standards Scams Team](#). It only takes 20 minutes
- 3) Share the [Friends Against Scams training](#) with a friend or neighbour
- 4) Read the very informative NEW guidance on the language of scams - [Scams: the power of persuasive language, by Professor Keith Brown and Dr Elisabeth Carter](#)

- 5) Read and then share the joint statement: *Safety and Speaking up* from the Care Quality Commission's Chief Inspectors and Dr Henrietta Hughes, National Guardian. They encourage everyone who has a role in providing care, or who receives care in England, to be more vigilant so that we can reduce the risk of avoidable harm to people. [Click here to see the statement.](#)
- 6) Join the Justice & Care **#UnlockTheDoors of modern slavery campaign**. The aim is to highlight the issue of modern slavery as the shape of the lockdown changes. You print the poster, take a picture of yourself holding the poster outside your door and then send it to Justice & Care. [Click here to read more.](#)
- 7) Print yourself a copy of NSAB Guidance: [When a person is not following the guidelines on social distancing or self-isolating due to COVID-19](#)
- 8) Email this blog to 2 colleagues and recruitment them to the DSS (daily safeguarding surge)

Here's to spreading a daily safeguarding 'exercise' across the workforce!

Thank you

Walter Lloyd-Smith
NSAB Board Manager

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

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* The Conversation is an independent source of news and views, sourced from the academic and research community and delivered direct to the public.