

Choosing the right 'safeguarding gear'

Norfolk Safeguarding Adults Board Manager's Blog

May 2019

Regular readers of this blog may recall I like to cycle. It's good for my physical and mental health. I try and get out on the bike at least twice a week, usually including one of the rides organised by Pedal Revolution, the cycle shop. Earlier this year Pedal Revolution started [PARK PEDAL](#), a ride around Whitlingham Broad in Norwich. Inspired by the successful park runs, PARK PEDAL is a recreational ride aimed at families and new riders, or those just needing an excuse to get out on 2 wheels. At just under 5 miles, it is perfect for little legs (there is a 2.5 mile version if needed). There is also a club café ride.

I arrived the other Saturday morning for the club café ride, just as **Storm Hannah** was blowing. As no other cyclists had arrived (sensible decision) and I was already kitted up, I decided to get in a short solo ride. Needless to say it was windy and as I pedalled along, it made me think about what makes my ride 'easy' in these conditions. For one, it's about using gears in the right way, and having your gears & chain clean and correctly lubricated.

My road bike has two chainrings at the front and 10 cogs – at the back. Moving the chain from the smallest rear cog to the largest eases your pedaling effort incrementally. Moving it between the chainrings in the front results in a more noticeable change – pedalling feels easier in a smaller chainring and harder in a bigger one. Cyclists spend most of their time shifting through the rear gears to find their [cadence](#) sweet spot.

This idea of efficient (easier) cycling translates to our current efforts to strengthen and develop adult safeguarding for the Norfolk network.

What actions are we trying to take forward, to make our safeguarding work easier? Here are just a few:

- We have **changed key language in the multi-agency policy**. The aim is to make it more accessible and easier to understand. This will be published shortly.

- I have produced a **referral flow diagram**. The aim is to make the safeguarding process more transparent and easier to follow. This will be published on the website shortly.
- We also have some **Frequently Asked Questions** (FAQs) to clarify the process for safeguarding referrals, again to be published shortly.
- I am constantly looking for opportunities for colleagues to **discuss and debate** adult safeguarding topics. The first of our 5 seminars with Luke & Ryan Hart has received overwhelmingly positive feedback.

I am in the process of organising a seminar on self-neglect and hoarding on **Wednesday 26 June** (please watch the website / email alerts for details).
Please save the date.

- I post news stories on our website to help keep frontline staff from safeguarding partners up to date with adult safeguarding developments (17 in March and 19 in April).

I also regularly post adult safeguarding updates and alerts on Twitter @NorfolkSAB.

- I am working with colleagues on guidance for social care and health staff to make it easier to understand **safeguarding and medication errors**. This will be published on the website shortly.
- I am working on prompt card for frontline staff so they have essential information to hand if they have a safeguarding concern (before they tell the local authority).
- **New ideas:** building on the fantastic success of the domestic abuse awareness session with hairdressers & beauticians, I am working with the Domestic Abuse Change Champion Coordinator to produce awareness information for letting and estate agents on domestic abuse.

Please use any of the above to help make your safeguarding adult work as efficient as possible. Thank you.

Walter Lloyd-Smith
NSAB Board Manager Tuesday 07 May 2019