



A WELCOME TO YOU ALL FROM CHERRY DALE

**Cherry is the independent Chair
for the Birmingham Adult
Safeguarding Board.**

Welcome to our Winter Edition of the Birmingham Safeguarding Adults Board (BSAB) Newsletter.

Just a quick note from me to thank you all for your continued support for adults safeguarding in our fair city of Birmingham throughout this year.

It has been another incredibly action-packed year with many ups - and a few downs...as per usual. None of the Board’s achievements could be reached without your dedicated contribution and we are ever grateful.

Please read the Annual Report that will detail the hard work that went into 2018-2019 which will be available on our website shortly, and please also read the new 2-year strategy 2019-2021, that you and many of the city’s citizens helped to write earlier this year.

This newsletter includes lots of useful information, which includes, Modern Slavery, Loneliness and Making Safeguarding Personal. I would particularly like you to look at the information in relation to Rough Sleeping and how to raise a concern that someone is sleeping rough, as well as supporting people who may be lonely and isolated.

I am very much looking forward to working with you all in 2020, we have many plans to continue our joint work.

I wish you well for the festive season.

All the very best
Cherry Dale



IN THIS ISSUE

- A welcome to you all from Cherry Dale **Page 1**
- Strategic Plan **Page 2**
- Spotlight on Modern Slavery **Page 2**
- A Case Example of Modern Slavery: Domestic Servitude **Page 3**
- Relaunch of County Lines Awareness Raising Campaign **Page 3**
- 7-Minute Briefing: Trauma Informed **Page 4**
- New BSAB Website **Page 5**
- Movers & Shakers **Page 5**
- MSP & the New Documents **Page 6**
- We need you! **Page 6**
- Rough Sleeping Winter Pledge **Page 7**
- What should you do if you come across someone who is rough sleeping? **Page 7**
- Loneliness & Isolation: look out for your neighbour **Page 8**
- Keeping safe! **Page 8**
- BSAB Events **Page 9**
- Hot off the press! **Page 10**



STRATEGIC PLAN

We have now published our Strategic Plan for 2019-2020.

The Birmingham Safeguarding Adults Board (BSAB) will ensure that, wherever possible, safeguarding responsibilities across the city are delivered in a way that empowers individuals, that supports defensible decision making and that risk enablement has 'Making Safeguarding Personal' (MSP) at its heart.



Our ambitions and priorities in both the Strategy Plan has been developed by our citizens and our partner organisations, with a key focus on effective preventative interventions that minimize the risk of abuse and neglect.

We have achieved many improvements to safeguarding adults over the last 2-years and we are grateful to all of our partners for their leadership, energy and dedication to make this happen. The Board will continue to work hard to make certain the culture changes we have initiated in Birmingham continue at pace to determine that 'safeguarding is everyone's business'.

A city free from harm and neglect of our most vulnerable citizens will always be an ultimate aim and we look forward to joining forces with all of our partners towards meeting this challenge.

Click [here](#) to view the Strategic Plan 2019-2021



Modern Slavery is a serious and often hidden crime in which people are exploited for criminal gain. The impact can be devastating for the victims.

Modern slavery comprises slavery, servitude, forced and compulsory labour and human trafficking.

There were an estimated 40 million people in slavery globally in 2016 and 10,000–13,000 potential victims in the UK alone, however many victims are not identified or reported.

The common factors are that a victim is (or is intended to be) used or exploited for someone else's gain, usually financially, without respect for their human rights. The perpetrators seeking to take advantage of them could be private individuals, running small businesses, or as part of a wider organised crime network.

For adult victims, there will be some element of coercion involved such as threats, use of force, deception, or abuse of power; but there are many more examples. Victims may appear to give consent, but in reality they have little ability to choose to leave the exploitative situation and the perpetrators have still committed a crime.

Child victims and vulnerable adults are not able to give informed consent and therefore exploitation even without any element of coercion could constitute modern slavery.

On the next page is an example of a case of Modern Slavery that deals with domestic servitude

A CASE EXAMPLE OF MODERN SLAVERY



DOMESTIC SERVITUDE

A British Pakistani man kept his Pakistani wife in domestic servitude for 2-years. The victim was well-educated and from a relatively affluent family. The arranged marriage took place in Pakistan. When the victim arrived in the UK in 2012 her husband reportedly told her that her only purpose was to look after him and his mother who had ill health.

The victim cooked, cleaned and did household chores for her husband and mother-in-law. She often worked 19-hour days and was unpaid - only being given £10 a month to top up her mobile phone.

Her husband controlled her through a combination of fear, mental abuse and repeated physical violence. She was not allowed to leave the house unaccompanied or to make friends.

In February 2014, the offender was taken into police custody after he was spotted pulling the victim back into the house by her hair. She was found to have a black eye and a broken nose, requiring surgery. The victim then signed a document asking for the offender's release, stating that she was not acting under pressure. The exploitation continued for 18 months, until the victim attempted suicide by taking an overdose of painkillers. She was taken to her brother-in-law's house for safe-keeping, and when there notified the police of her exploitation by calling 999. This led to an 18-month investigation, which culminated in the offender being sentenced to two years

More information and help to report on Modern Slavery Can be found on the [Birmingham City Council Website](#) as well as the [West Midlands Police Website](#)

RELAUNCH OF COUNTY LINES AWARENESS RAISING CAMPAIGN

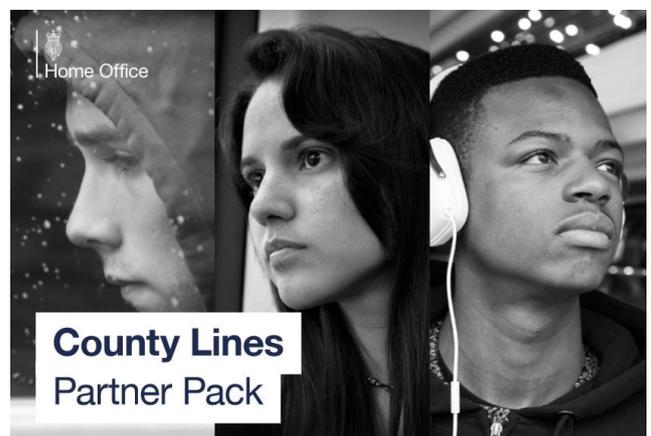
As part of the Government's ongoing commitment to tackling serious and violent crime, the Home Office has relaunched its County Lines awareness-raising campaign.

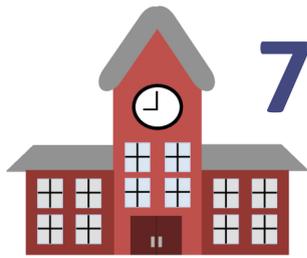
Their campaign aims to raise awareness about County Lines among frontline staff, such as teachers, health workers and those working in the transport, housing and security sectors. It is these people who are most likely to encounter those young people or individuals who are most at risk of Country Lines.

This campaign pack contains promotional social media images and posters that you can download to raise awareness of County Lines with your staff, partners and the public.

This is part of the work the Home Office is doing to tackle County Lines, which is set out in the [Serious Violence Strategy](#).

To download the partner pack from the Home Office, click [here](#)





7-MINUTE BRIEFING: Trauma Informed

1. CONSIDER

Why Safeguarding needs to be interested in the impact of trauma:
 “Safeguarding means protecting an adult’s right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adult’s wellbeing is promoted including, where appropriate, having regard to their views, wishes, feelings and beliefs in deciding on any action.”

Care Act 2014 Statutory Guidance 14.7

7. LOOK AFTER YOURSELF TOO

The impact on us as professionals working with client’s trauma can result in a change in the practitioner resulting from empathetic engagement with the client’s traumatic background.

Trauma is: “...an experience, or pattern of experiences that impairs the proper functioning of the person’s stress-response system, making it more reactive or sensitive.”

Dr Bruce Perry, Psychiatrist & Senior Fellow of the Child Trauma Academy, Houston, Texas

Pearlman & Saakvitne, 1995

So remember:

- Self-care
- You need to ‘download’
- To know how to self-regulate

2. INTRODUCTION

Why it matters: Becoming ‘Trauma Informed’ means recognising that people often have many different types of trauma in their lives. People who have been traumatised need support and understanding from those around them ... understanding the impact of trauma is an important first step in becoming a compassionate and supportive community of services.

You may be working with adults with traumatic experiences and their reactions, ability to understand what is happening to them, ability to make decisions and their general health and wellbeing will be affected to varying degrees by this experience.

3. TYPES OF TRAUMA

- Acute trauma resulting from a single incident.
- Chronic trauma is repeated and prolonged, such as domestic violence or abuse.
- Complex trauma is exposure to varied and multiple traumatic events, often of an invasive/ interpersonal nature.

[Click here](#) to see Nadine Burke Harris: Ted Talk



6. KEY CHANGES

- **Stop asking:** “What is wrong with you...?”
- **Start asking:** “What happened to you...?”
- **Educate:** Trauma awareness is critical
- **Act:** Early intervention is critical
- **Empower:** A strengths-based approach is critical
- **Understand:** Trust is critical
- **Create safety:** A safe place is critical
- **Collaborative working:** Work in partnership, please!

5. WHAT CAN WE DO

We need to work together to:

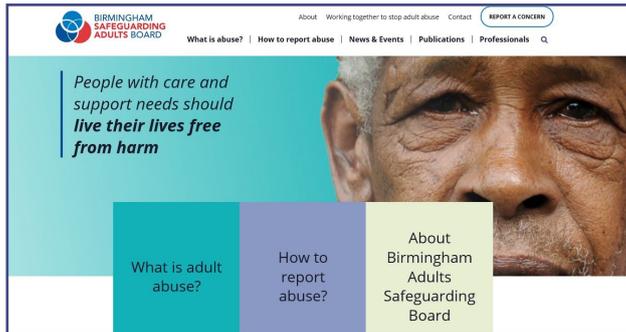
- Stop pathologising
- Be person centered
- Understand the impact of traumatic experiences
- Be able to respond effectively with trauma informed approaches
- Be ware of potential for re-traumatisation
- Enable and empower the person

4. WHAT IS THE IMPACT OF TRAUMA?

There are many forms of trauma in adulthood as well as during childhood such as bullying, domestic abuse, homelessness, exploitation, neglect, and natural disasters or war.

During traumatic experiences, the brain is in heightened state of stress and fear-related hormones are activated ... over time, these traumatic experiences can have a significant impact on future behaviour, emotional responses, mental and physical health.

[Click here](#) to see Public Health Network Wales video: ACES



NEW BSAB WEBSITE

We would like to introduce our new and improved website.

We listened to Partners and Citizens and created a new website for the board. The website is now easier to navigate. Over the coming months we will be further updating the content.

Please visit our website: www.bsab.org

Thank you and goodbye...

SIMON FENTON

Simon Fenton (the Chief Executive of Forward Carers) is leaving the BSAB Executive Board. However, he will continue to support the BSAB through other meetings.

The Board would like to thank you, Simon, for all your hard work and support and we look forward to working with you on future projects.

DAVID GRAY

After many years of loyal service, David Gray (Head of Adult Safeguarding for Birmingham City Council) is leaving the team.

Thank you, David, for all the years of hard work and support you have provided to the Board over the years.



This is our regular 'welcome', 'thank you' and 'goodbye' section.

Hello and welcome...

MARIA GAVIN

Maria Gavin (Assistant Director for Quality and Improvement, Birmingham City Council) has taken over the Chair's role of the Scrutiny and Governance meeting and is now a member of the Board's Executive Group meeting.

Welcome, Maria.

BALWINDER KAUR

Balwinder Kaur (Assistant Director for Acute, Community & Social Work Operations at Birmingham City Council) has joined the BSAB Executive Board.

We look forward to working with you, Balwinder.

PAULINE MUGRIDGE

Due to change of roles, Pauline Mugridge (Programme lead for Early Intervention for Birmingham City Council) is no longer chairing the Scrutiny and Governance meeting.

The Board would like to thank Pauline her hard work and support she has provided the Board.

All the best for the future, Pauline.

MSP & THE NEW DOCUMENTS

Making Safeguarding Personal (MSP) is a sector led initiative which aims to develop an outcomes focus to safeguarding work, and a range of responses to support people to improve or resolve their circumstances.

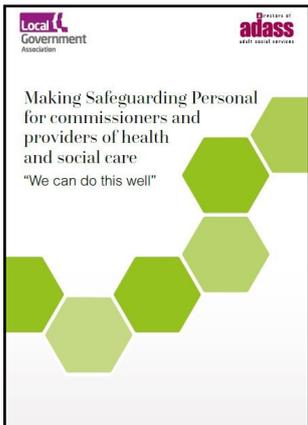
The work is supported by the Local Government Association (LGA), the Association of Directors of Adult Social Care (ADASS) and other national partners. They seek to promote this approach and share good practice.

A series of tools to support MSP, measure effectiveness and improve safeguarding practice is available on the LGA website [here](#), and two new documents have also been published:

Making Safeguarding Personal for Commissioners and Providers of Health and Social Care

This briefing published in October 2019 is designed support health and social care commissioners and providers to make positive differences by engaging with those who use services. Presentations are available from the national workshops which focused on what enables good practice to be developed and sustained.

The above MSP publication is available [here](#)

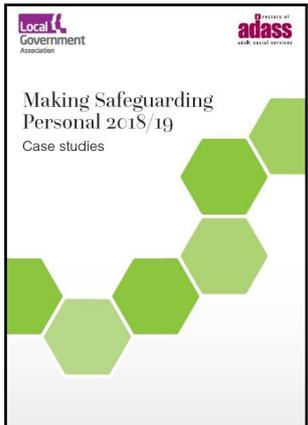


Making Safeguarding Personal case studies

These case studies illustrate outcome focused practice in safeguarding adults in line with the MSP approach. They are from nine council areas who put forward case studies, with local areas welcome to put forward further case studies.

The development of this resource remains iterative and local areas are welcome to put forward further case studies to continue to build this resource.

The above MSP publication is available [here](#)





At every Safeguarding Adults Board meeting we start by listening to a story to hear how safeguarding adult's work has made a difference for a citizen.

We are looking for people to come and share their story. This can be presented by the citizen, carer, front line worker or organisation...or a mixture of all.

If you would like to come and tell us the difference safeguarding has made please contact the Birmingham Safeguarding Adults Board support team by email at BSABsupportteam@birmingham.gov.uk.

If you are a citizen or carer speak to the organisation that has helped achieve your outcomes so that they can provide you with support.

WEST MIDLANDS ROUGH SLEEPING WINTER PLEDGE

Local authorities across the West Midlands have pledged to work together to help rough sleepers this winter as part of a coordinated regional response.

For the second year running, the seven metropolitan authorities, in collaboration with the West Midlands Combined Authority (WMCA), the Homelessness Task Force, and partners from the public, private and voluntary sectors, have drawn up a homelessness winter plan to help keep rough sleepers safe. The plan provides a commitment that no one needs to sleep rough as shelters, hostels, and emergency accommodation will all be open and available as part of local authorities' severe weather provision.

Also as part of the 2019 winter plan, people in the West Midlands are able to alert local authorities to rough sleepers by contacting [StreetLink](#). Each council will then use their own plans and expertise to help rough sleepers, with outreach teams in the seven authorities of the WMCA area working rapidly to locate rough sleepers and support them into a place of safety.

What should you do if you come across someone who is rough sleeping?

If you are concerned about someone over the age of 18 who you have seen sleeping rough in England or Wales, you can use the [StreetLink](#) website or download the StreetLink App to raise/send an alert.



The details you provide are sent to the local authority or outreach service for the area in which you have seen the person, to help those services find the individual and connect them to support.

It is important to note that if you think the person you are concerned about is under 18 please do not contact StreetLink but instead dial **999** for the police.

For further information visit the Birmingham City Council webpage dedicated to this issue [here](#)



LONELINESS & ISOLATION LOOK OUT FOR YOUR NEIGHBOUR

Loneliness and isolation can increase especially during the winter month across our community.



Any adult who is lonely or isolated are more vulnerable to abuse such as financial abuse, fraud and 'scammers' exploitation and self neglect .

There are 9 million lonely people in the UK and 4 million of them are older people who find constant loneliness hardest to overcome. They lack the friendship and support that we all need.

Birmingham City Council (BCC) now requires the voluntary organisations it commissions to provide preventative services that reduce social isolation whilst using the following measures:

- Percentage of people who use the service reporting if they feel they have adequate social contact
- Percentage of individuals using the service reporting that they feel less lonely and depressed
- Percentage of service users reporting that their lifestyle has improved for the better

This framework for third sector commissioning is part of BCC's approach to improve and expand universal preventative services for vulnerable adults across the city provided by voluntary organisations

Please check on your family, friends or neighbours.

Please visit the following organisations who can offer support to people:

- [Ageing Better in Birmingham](#)
- [The Silver Line - Helpline for Older People](#)
- www.campaigntoendloneliness.org

For more information on what partners can do visit:

- <https://campaigntoendloneliness.org/guidance/about/>

KEEPING SAFE!

West Midlands Police have a launched a Darker Nights Campaign. which includes information on what to do about anti-social behaviour, prevention of burglary theft and robbery.

The Darker Nights Campaign, includes information on what to do about anti-social behaviour, prevention of burglary, theft and robbery.

On their web pages, there is information on how to beat bogus callers amongst other hints and tips. Never feel pressured to allow an unexpected caller access to your home. Call their company from the number in your telephone directory not the one on their business card. And remember, there is no such organisation as the 'Water Board'

For further information, visit the [Darker Nights Campaign](#)

BSAB EVENTS



RISK ENABLEMENT FOR LEADERS

A workshop to raise the profile of risk enablement for Leaders was held in November.

In June last year the BSAB's Position Statement and Practice Guidance entitled ***Risk Enablement: Balancing Wellbeing and Risk*** was launched

At that time the BSAB urged that Risk Enablement became part of each organisation's values and culture, and adopt it as a way of working. Without this we know that practitioners would not feel able to adopt positive risk-taking approaches.

Since then, the Board and many of its partners have worked with practitioners to support their understanding of Risk Enablement and the application of its principles.

The document has been recognised as a model of good practice nationally and has been included within the ADASS Making Safeguarding Personal tool kit.

As a follow on, we held a workshop to explore the learning so that those in leadership roles can best support employees in this practice.

Thank you to everyone involved - your attendance and support was very much appreciated

SAFEGUARDING PRACTITIONERS FORUM

In November a Practitioners forum took place with the theme

The transitions case scenario caused much debate and discussion. It highlighted the complexities surrounding a young woman who was potentially at risk of being exploited by others.

Consistent and important learning points highlighted within the groups includes:

- Open communication and positive working relationships between services/professionals when a child transitions to adult services, particularly ensuring the move is planned well in advance with key people.
- Building a network of trust between all professionals and ensuring there is 'open' communication with the young person.
- Ensuring we support our young people to 'manage' risks in a relatively safe environment whilst giving them the necessary knowledge and information to protect themselves
- Deciding if the person has capacity, is subjected to coercion or undue influence, or at risk of being abused - all of which may lead to making an application to the High Court to invoke 'inherent jurisdiction' to protect the individual
- Forward planning, to identifying risks, monitoring and adopting a 'measured' approach.

We would like to thank all who participated, including the social worker who provided the case study

SAFEGUARDING ADULTS PARTNERSHIP

We held a well received Safeguarding Adults Partnership Meeting in October.

The theme of the meeting was *Prevention When Working with People with Learning Disabilities*. We had many people including citizens speaking.

The following areas were highlighted:

- What the Learning Disabilities Mortality Review (LeDeR) Programme is.
- The work and the future of the Birmingham City Council Transition Team.
- Three citizens informed us on their experiences of living in Birmingham and how safe they feel.
- Malachi gave an insight of their work and a citizen spoke about her experience of the support she had received.
- A themed discussion took place about Risk Enablement, Making Safeguarding Personal, and Prevention and Early Intervention.

Following on from the event, we have received an update regarding Transition at the Scrutiny and Governance meeting, and held a Practitioners Forum.

One of the citizens who raised issues at the meeting was provided with additional support from the Police.

Thanks to all who attended to make the meeting a success



HOT OFF THE PRESS!

The West Midlands Adult Safeguarding Policy & Procedures has been updated.



Version 2.0 of our West Midlands Adult Safeguarding Policy and Procedures is now published and available via the regional information hub pages [here](#). A summary of changes document is available alongside it.