



# NEWSLETTER

November 2020

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### HSAB priorities:

Wide awareness of adult abuse and neglect and its impact and engaging local communities.

Prevention and early intervention – promoting well being and safety and acting before harm occurs.

Competent well-equipped workforce across all sectors.

Safeguarding services improved and shaped by the views of service users, carers, and stakeholders.

Assurance that clear, effective governance processes are in place within and across organisations.

Learning from experience - mechanisms to gain learning from critical events and serious cases and promote service and practice improvement.

## National Adult Safeguarding Week 16 – 22 November 2020

The Local Safeguarding Adults Boards in Hampshire, Isle of Wight, Portsmouth and Southampton are proud to support National Safeguarding Adults Week, taking place from the 16th to the 22nd November 2020. We will be working with our partner organisations and local communities to raise awareness of a range of important issues relating to the abuse or neglect of adults with care and support needs. Each day we will be shining a spotlight on a specific theme.

Monday 16th November	<a href="#">Prevention and safeguarding in local communities</a>
Tuesday 17th November	<a href="#">Loneliness and social isolation</a>
Wednesday 18th November	<a href="#">Mental Health</a>
Thursday 19th November	<a href="#">Domestic abuse</a>
Friday 20th November	<a href="#">Fraud, Scams and Cybercrime</a>
Saturday 21st November	<a href="#">Homelessness</a>
Sunday 22nd November	<a href="#">Family approach</a>

Information on these topics and how they relate to Adult Safeguarding is available on the Hampshire Safeguarding Adults Board [website](#) below

<https://www.hampshiresab.org.uk/national-safeguarding-adults-week-16th-to-22nd-november-2020/>

## COVID-19 Mental Health and Wellbeing

Coronavirus (COVID-19) is having an impact on everyone's daily lives, as the government takes necessary steps to manage the outbreak, reduce transmission and treat those who need medical attention. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. These are all common reactions to the difficult situation we face. Everyone reacts differently to events and changes in the way that we think, feel, and behave and this will vary between different people and over time. It's important that you take care of your mind as well as your body. See the links below for practical steps which may help maintain positive mental health and well-being during the pandemic.

 [COVID-19: guidance for the public on mental health and wellbeing](#)

 [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

### How to Report Domestic Abuse

You can report concerns or get help and support for yourself from Hampshire Domestic Abuse Service which, due to the COVID-19 pandemic, has extended opening hours until March 2021.

Domestic abuse services in Hampshire, including refuge, are still available and mainly provided via telephone, email and online communication.

Face to face support is currently unavailable due to national measures introduced. You can view further details on the [Hampshire Domestic Abuse Service](#) webpage.

In an emergency always call 999

### Hampshire Domestic Abuse Service

Email: [advice@stopdomesticabuse.uk](mailto:advice@stopdomesticabuse.uk)

Secure email: [advice.hampshire@stopdomesticabuse.cjsm.net](mailto:advice.hampshire@stopdomesticabuse.cjsm.net)

Telephone: 033 0016 5112

Advice Line opening hours for victims, perpetrators and their family/friends and professionals

9.30am-8.00pm Monday – Friday.

Refuges can be accessed 24 hrs by calling 033 0016 5112 and following the answerphone instructions.

## Domestic Abuse

### What is Domestic Abuse

Domestic abuse refers to situations where a person is subjected to controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer.

Each year nearly 2 million people in the UK suffer some form of domestic abuse – 1.3 million female victims (8.2% of the population) and 600,000 male victims (4%) and lockdown measures during Covid-19 have increased the risk for people in abusive relationships.

Domestic abuse can include, but is not limited to, the following:

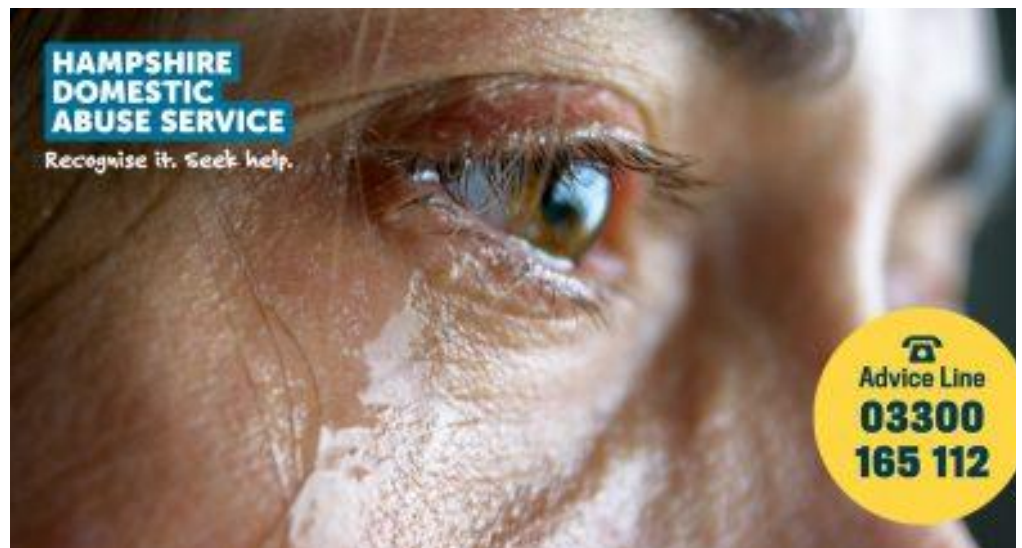
- Coercive Control and ‘gaslighting’-
- Psychological and/or emotional abuse
- Physical or sexual abuse
- Financial or economic abuse
- Harassment or stalking
- Online or digital abuse

### How to spot the signs of Domestic Abuse

You may become concerned that someone is being abused in a number of ways:

- the person may tell you
- the person may say something that worries you
- you may see something an incident or an injury or other sign

A list of other signs to look out for can be found on the [Hampshire Safeguarding Adults Board](#) website.



**Report Domestic Abuse**

**What will happen next**

If you report concerns because you suspect that a vulnerable adult is being abused or you are being abused yourself:

You will be listened to and your concerns will be taken seriously.

Your concerns will be looked into fully and fairly.

You will be involved in decision making and trained staff will work with you to stop the abuse and agree with you steps to protect you from further harm.

You will get advice about the help and support available.

**Domestic Abuse Service Provision**

Further updates to the local domestic abuse service provision, including service updates, safety planning and useful contacts can be viewed on the [Hampshire County Council Domestic Abuse](#) webpage.

**Adolescent to Parent Violence**

Adolescent to Parent Violence (APV) or Child to Parent Violence (CPV) can be defined as 'abusive behaviour perpetrated by a son or daughter against a parent, who is legally recognised as a child and is most likely still living in the family home. APV is not restricted to violence by an adolescent against a parent; it extends to violence against a family member who is acting as a parent i.e. common-law in-laws, foster family, grandparents, aunt or uncle. Click on the image to see further information.

**ADOLESCENT TO PARENT VIOLENCE**

**INDICATORS THAT YOUR CHILD'S BEHAVIOUR COULD HAVE SOME SERIOUS HEALTH OR SAFETY ISSUES**

- You are changing your behaviour to avoid interactions with your child
- The child bathes or physically cleanses self or others
- You feel you are walking on eggshells to keep the peace
- The child is abusing or damaging other family members possessions
- The child threatens you or others
- The child threatens to harm themselves or engage in self-harm
- The child is critical and abusive to you and your siblings
- The child blames you or others for their behaviour
- The child is often angry
- The child has a history of being away from home if you don't meet their demands
- The child threatens to call others in, such as a social worker or other professional if their demands are not met
- You are fearful for your safety or the safety of other family members

**IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER PLEASE CALL 999**

**GETTING HELP**

It can be difficult to admit even to yourself that your child's behaviour might be abusive. If you do have concerns, there are support services available that can help you understand your situation and guide you and your family to resolution.

**HAMPSHIRE STOP DOMESTIC ABUSE:** Small group work for parents and young people who are being abused or witness domestic abuse. This is only one aspect of a broader risk to parent violence.

**PORTSMOUTH CITY COUNCIL:** APV programmes aimed at parents and carers whose children are being abused or violent towards them or who report acts of parent violence. Portsmouth City Council offers support to parents whose child is aged 5-18 who have a current Early Help, Children's Social Care involvement.

**ISLE OF WIGHT - YOUNG MEN:** Provides support and services to parents and carers who are experiencing child to parent violence.

**HAMPSHIRE, SOUTHAMPTON, PORTSMOUTH AND ISLE OF WIGHT - YOUTH OPTIONS:** Family Centres work together with police, probation, counselling or self-destructive behaviours aged 5-17 years to weekly practical parent group sessions providing non-violent responses, strategies and guidance.

**POLICE & CHILD COMMISSIONERS**

**Self-Neglect**

Below is the One Minute guide to self-neglect – this is a really useful piece of information for keeping track of those possible signs, with useful links of who to contact. See more on the [HSAB website](#).



**Recognising Self-Neglect**

Some possible signs may include the following:



**SPOTTING SELF-NEGLECT #1**

AN ADULT WHO SELF-NEGLECTS MAY LIVE IN VERY UNCLEAN ENVIRONMENT FOR EXAMPLE LIVING WITH A RODENT INFESTATION OR LIVING WITH A COMPLETELY BLOCKED TOILET.

**SPOTTING SELF-NEGLECT #2**

AN ADULT THAT SELF-NEGLECTS MAY NEGLECT HOUSEHOLD MAINTENANCE, AND THEREFORE CREATE HAZARDS OR FIRE RISKS FOR EXAMPLE ROTTEN FLOORBOARDS CREATING TRIP HAZARDS; OR LACK OF BOILER OR ELECTRICAL MAINTENANCE.

**WHO CAN HELP?**

In an emergency always dial 999.

Contact your Local Adult Services Team:

- If you live in **Hampshire** call 0300 5551386 (out of hours - 0300 5551373)
- If you live in **Southampton** call 023 8083 3003 (out of hours - 023 8023 3344)
- If you live in **Portsmouth** call 023 9268 0810 (same number out of hours)
- If you live on the **Isle of Wight**
- call 01983 814980 (out of hours - 01983 821105)

**Useful Links**

- 4LSAB Multi Agency Guidance on Self Neglect
- SCIE Self Neglect: At a Glance Guide
- 4LSAB Multiagency Risk Management Framework

**SPOTTING SELF-NEGLECT #3**

AN ADULT WHO SELF-NEGLECTS MAY REFUSE NECESSARY HELP FROM HEALTH AND/OR SOCIAL CARE STAFF IN RELATION TO PERSONAL HYGIENE AND CARE. THEY MAY HAVE POOR PERSONAL HYGIENE, POOR HEALING OR SORES, LONG TOENAILS.

**SPOTTING SELF-NEGLECT #4**

AN ADULT WHO SELF-NEGLECTS MAY HAVE A POOR DIET AND NUTRITION. FOR EXAMPLE THERE IS LITTLE OR NO FRESH FOOD IN THE FRIDGE, OR FOOD IS MOULDY AND VERY OUT OF DATE.

Source: 'Working With Self-Neglect' – East Sussex Safeguarding Adults at Risk, Brighton & Hove Safeguarding Adults Board, West Sussex Safeguarding Adults Board.

*Please feel free to share our newsletter with other colleagues and to follow us on Twitter at @hsab\_hampshire*