



Safeguarding newsletter- May 2025

Mental Health Awareness Week 12-18th May

Counter Terrorism Policing- Summer Campaign



Mental Health Awareness Week: 12–18 May 2025

Since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week - bringing the UK together to focus on getting good mental health. This year, the week takes place from 12 to 18 May 2025 and the theme is 'community'.

At Aspire Procurement Training, we're proud to support Mental Health Awareness Week, led by the Mental Health Foundation. This year's theme – 'Community' – reminds us how vital human connection is to our wellbeing.

We celebrated "Wear it Green Day" to show our support for mental health. Thank you to everyone who took part!



What Affects Our Mental Health?

Our mental wellbeing is influenced by a combination of:

- Biological factors – physical health, sleep, age, diet, genetics

- Psychological factors – mindset, beliefs, addiction, mental health diagnoses
- Social factors – relationships, housing, culture, money, work

Learn more here:

<https://www.mentalhealth.org.uk/explore-mental-health/factors-affect-mental-health>

Finding a Healthy Balance

A healthy work-life balance will mean different things to us all. It's not so much about splitting your time 50/50 between work and leisure but making sure you feel fulfilled and content in both areas of your life. A healthy balance could be:

- Meet deadlines without burnout
- Make time for friends, hobbies, and rest
- Don't carry work stress into your home life

It's easy to fall into habits of overworking or high stress, especially when others around you are doing the same. Remember: **taking care of yourself is a priority, not a luxury.**



Staying Safe This Summer: Counter-Terrorism Policing Campaign

This summer, millions of people across the UK will be attending large-scale events like music festivals, sporting fixtures, Pride celebrations, and bank holiday gatherings.

While these events are a time for enjoyment, it's important to recognise that they may also attract the interest of those planning harmful acts. That's why Counter Terrorism Policing is working closely with event organisers and businesses nationwide to help ensure everyone stays safe.

Read the full campaign here:

<https://www.protectuk.police.uk/print/pdf/node/1113>

What to Do If You See Something Suspicious

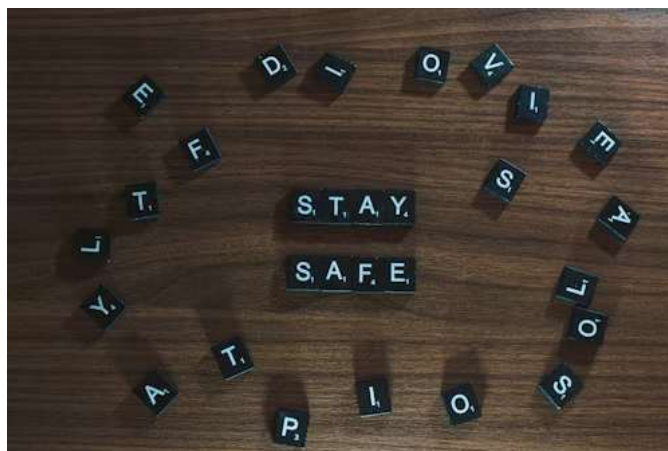
If you see or hear something that doesn't feel right—trust your instincts. Whether it's unusual behaviour, unattended items, or anything that seems out of place, it's always better to report it.

You can:

- Report online at gov.uk/ACT
- Call 0800 789 321 – the confidential Anti-Terrorism Hotline
- Tell a member of staff or security at the venue

Remember: your information could be the missing piece. If something doesn't feel right, ACT (Action Counters Terrorism).

Be alert, trust your instincts, and report anything that doesn't feel right.



Need Support?

If you're feeling overwhelmed or just want to talk, we're here for you.

Contact our Designated Safeguarding Lead: Cheryl@cips-training.com



Contact our Deputy Designated Safeguarding Lead: Casey@cips-training.com



Alternatively, you can email our dedicated safeguarding email address: safe@cips-training.com

Your Skills Coach is also a safe point of contact.

Remember: You're never alone.