



## Safeguarding Newsletter- January 2026

### Red January, Dry January, Prevent

Firstly, I would like to start off the first newsletter of 2026 by saying a very Happy New Year to you all! We hope you had a chance to enjoy a well-earned break and spend time doing things that matter to you. As we step into the new year, remember that progress isn't about being perfect - it's about showing up, learning, and taking things one step at a time. We're looking forward to supporting you throughout your apprenticeship this year.

That being said, January can be one of the most challenging months of the year. Shorter days, colder weather, financial pressures, and returning to routine after the festive period can all impact our wellbeing. This month's safeguarding themes focus on mental health awareness (Red January), alcohol awareness (Dry January), and Prevent, supporting learners to stay safe, healthy, and informed.

#### Red January – Mental Health & Mood Changes

Red January is a national initiative encouraging people to move every day to support their mental health. The focus is on consistency rather than intensity – small, regular movement can have a big impact on mood and motivation.

Many people experience a dip in wellbeing during January, sometimes referred to as the 'January blues'. This can include low mood, anxiety, difficulty concentrating, changes in sleep or appetite, and withdrawing from others. Regular movement can help release endorphins, improve sleep, and create a sense of routine.

You can find more information, including how to take part (completely free, and open to all!) on the Red January website: [RED January](#).

Joining the Red January initiative gives you:

- **A daily movement goal**
- **A boost to your mood and energy**
- **A supportive community**
- **A positive way to start your year!**



Safeguarding reminder: Changes in behaviour or mood can sometimes indicate that someone is struggling. If you are worried about yourself or another learner, support is available.

Support services include: GP or NHS 111, Samaritans on 116 123 (24/7), or SHOUT by texting 85258. If you are concerned about a learner's safety, follow safeguarding procedures immediately.

### **Dry January – Alcohol Awareness & Wellbeing**

Dry January encourages people to take a break from alcohol to support physical and mental wellbeing. For some, this is about resetting habits, while for others it is an opportunity to reflect on how alcohol affects their mood, sleep, focus, and overall health.

Alcohol can impact decision-making, increase risk-taking behaviour, and sometimes be used as a coping mechanism during stressful periods. Reducing alcohol intake can improve sleep, concentration, and emotional resilience.

You can take part in the official Dry January Challenge here: <https://alcoholchange.org.uk/help-and-support/managing-your-drinking/dry-january>

Taking part in Dry January is a personal choice. Safeguarding is about support, not judgement. If alcohol use is affecting wellbeing, work, or learning, learners are encouraged to seek support early from a GP, wellbeing services, or a trusted member of staff.

### **Prevent – Staying Safe from Radicalisation**

Prevent is part of the UK government's counter-terrorism strategy and aims to safeguard individuals who may be vulnerable to radicalisation or extremist influence.

People may be more vulnerable during periods of isolation, low mood, financial stress, or when feeling disconnected or unheard. Extremist groups often target individuals online, offering a sense of belonging, simple answers to complex issues, or someone to blame.

Signs to be aware of include sudden changes in behaviour or beliefs, use of extremist language or symbols, withdrawal from others, or increased secrecy around online activity.

**If you have a concern related to radicalisation, do not investigate yourself. Report concerns to Aspire's Safeguarding Leads via [safe@cips-training.com](mailto:safe@cips-training.com).**



## **Learner Wellbeing Challenge – January Reset**

To support wellbeing this month, learners are encouraged to take part in the January Reset Challenge.

For 10 minutes a day, choose one activity: go for a walk, stretch or move, practice mindfulness or breathing exercises, or take a proper screen break.

Bonus challenges include aiming for one alcohol-free week, checking in with a friend or colleague, and noticing one positive thing each day – small wins count. These can be documented in your reflective journal and uploaded to Bud.

## **Safeguarding Reminder**

Safeguarding is everyone's responsibility. If something doesn't feel right, it is always better to share a concern.

Report concerns to the Safeguarding Team:

- Designated Safeguarding Lead: Cheryl Head, [cheryl@cips-training.com](mailto:cheryl@cips-training.com)
- Deputy Designated Safeguarding Lead: Casey Beck, [casey@cips-training.com](mailto:casey@cips-training.com)
- Safeguarding Inbox: [safe@cips-training.com](mailto:safe@cips-training.com).

**No concern is too small.**