



Safeguarding Newsletter - May 2026  
Mental Health Awareness Week 11-17<sup>th</sup> May  
County Terrorism Policing

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 11th to 17th May 2026 and the theme is 'ACTION'!


At Aspire Procurement Training want to use this Mental Health Awareness Week to celebrate the power and importance of community. We will be celebrating 'Wear it Green' Day - just like last year!





**68%**

of young people have experienced online content they found harmful or disturbing (1)



**35%**

of young people have seen suicide or self-harm content online (1)



**28%**

of young people have been exposed to pro-eating disorder content (1)

Biological factors, e.g. physical health, genetics, diet, sleep, age

Psychological factors, e.g. beliefs, mental health diagnoses, perception, addictions

Social factors, e.g. relationships, family, culture, work, money, housing

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

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:

- Meeting your deadlines at work while still having time for friends and hobbies
- Having enough time to sleep properly and eat well
- Not worrying about work when you're at home

It can be easy to normalise working long hours or being under extreme stress, especially if we've been doing it for a long time or all our colleagues are in the same boat.

Our assumptions and habits around work can become deep-rooted unless we take a step back occasionally.

Here are some top tips! (thanks to Mental Health Foundation):

<https://www.mentalhealth.org.uk/our-work>

<https://www.mentalhealth.org.uk/sites/default/files/2026-04/MHAW%202026%20Tipsheet%20Top%20ten%20actions.pdf>

<https://www.mentalhealth.org.uk/sites/default/files/2026-04/MHAW%202026%20-%20Tipsheet%20Quick%20actions.pdf>

<https://www.mentalhealth.org.uk/sites/default/files/2026-04/MHAW%202026%20-%20Tipsheet%20Long-term%20actions.pdf>

## **County Terrorism Policing**

### **What is it?**

Counter-terrorism policing refers to the strategies, actions, and partnerships used by police and security agencies to prevent, detect, and respond to terrorism. The focus is on keeping the public safe by stopping attacks before they happen and reducing the impact if they do.

### **What it typically includes**

- Prevention - working with communities, schools, local authorities, and online platforms to stop people from being drawn into extremist ideologies.
- Intelligence gathering - collecting and analysing information to identify threats early.

- Investigation - tracking suspects, disrupting plots, and arresting individuals involved in terrorism-related activity.
- Protection - securing crowded places, transport hubs, major events, and critical infrastructure.
- Emergency response - coordinating police, fire, ambulance, and specialist units during and after an incident.
- International cooperation - sharing information with other countries to tackle global threats.

In the UK specifically

“Counter Terrorism Policing” (CTP) is a national network of police forces working with MI5 and other partners. They focus on:

- Stopping attacks
- Protecting the public
- Pursuing those who plan or support terrorism
- Preventing radicalisation (e.g., through the Prevent programme)

Four things you can do now to secure your premises against terrorism

- VIEW the latest advice and guidance available to you across the website.
- COMPLETE the ACT Awareness e-Learning course:  
<https://www.protectuk.police.uk/group/84?type=catalog>
- SHARE resources on ProtectUK with employees and colleagues.
- UNDERTAKE the terrorism risk management process:  
<https://www.protectuk.police.uk/threat-risk/security-risk-management/risk-management-process-0>

