

August 2026

SAFEGUARDING NEWSLETTER

**New Beginnings, Mental
Wellbeing & Staying Safe**

Welcome to September's safeguarding newsletter.

September often brings a change of routine. Holidays come to an end, people return to work and learning, and new courses, apprenticeships and responsibilities may begin.



Changes like these can be positive, but they can also bring stress, pressure, anxiety and uncertainty.

This month, we're focusing on mental wellbeing, suicide prevention, hate crime, online safety and staying safe as the evenings become darker.

Returning to Work & Learning: Look After Your Wellbeing

September can feel like a fresh start, but getting back into a routine after the summer can take time.

You may be dealing with:

- Increased workload.
- New responsibilities.
- Changes within your team.
- Starting or returning to your apprenticeship.
- Balancing work, study and home life.
- Financial or personal pressures.

Simple ways to look after yourself:

- Set realistic goals.
- Take regular breaks.
- Talk to someone if you're struggling.
- Don't be afraid to ask for help.
- Make time for sleep, exercise and activities you enjoy.
- Remember that asking for support is a strength, not a weakness.

If you notice a colleague or fellow learner struggling, check in with them.

World Suicide Prevention Day

10 September

It's okay to ask "Are you okay?"

10 September is World Suicide Prevention Day.

Talking about suicide can feel difficult but asking someone how they really are can open the door to support.

You might notice someone:

- Becoming withdrawn or isolated.
- Saying they feel hopeless or that people would be better off without them.
- Giving away possessions.
- Experiencing significant changes in mood or behaviour.
- Talking about death or suicide.

What can you do?

Ask

"Are you thinking about suicide?" Asking the question does not put the idea into someone's head.

Listen

Give them time to talk without judging.

Take it seriously

Don't dismiss what they say.

Get help

Encourage them to speak to a professional or trusted person

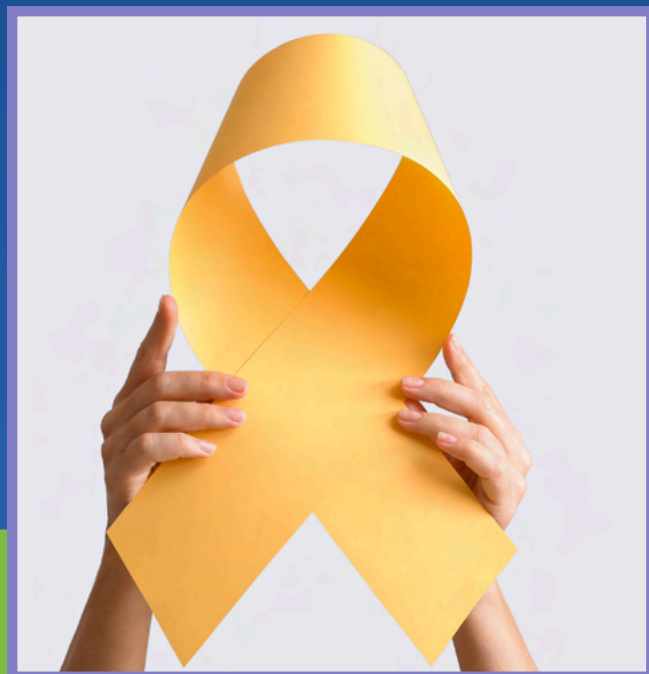


World
Suicide
Prevention
Day

If someone is in immediate danger or has seriously harmed themselves, call 999 or go to A&E.

For urgent mental health support in England, you can also call NHS 111 and select the mental health option.

You don't have to have the perfect words. Being there and listening can make a difference.



Hate Crime

Recognise It, Report It

September is an opportunity to remind ourselves that everyone has the right to feel safe and respected.

A hate crime is a criminal offence that is motivated by, or perceived to be motivated by, hostility or prejudice based on characteristics including:

- Race or ethnicity.
- Religion or belief.
- Disability.
- Sexual orientation.
- Transgender identity.

Hate crime can include physical attacks, threats, harassment, criminal damage and online abuse.

If you experience or witness hate crime:

- Get somewhere safe.
- Report emergencies to 999.
- For non-emergencies, contact the police on 101 or report the incident online.
- If appropriate, seek support from a trusted person or organisation.

You don't have to be the victim to report a concern.



Online Safety

Think Before You Share

As more of our work, learning and social lives take place online, it's important to think about what we share and who we trust.

Protect yourself online:

- Use strong, unique passwords.
- Turn on two-factor authentication where available.
- Check privacy settings on social media.
- Be careful about sharing personal information.
- Don't send intimate images if you feel pressured.
- Think before accepting requests from people you don't know.
- Report and block accounts that make you feel uncomfortable or threatened.

If someone is threatening or blackmailing you online, don't pay them or send more information. Keep evidence and report it.

Once something is shared online, you may lose control of where it goes.



Darker Evenings

Stay Safe

As we move towards autumn, the evenings begin to get darker earlier. This can create additional risks for people travelling to and from work, training or social activities.

Stay safe:

- Plan your journey in advance.
- Stay in well-lit areas where possible.
- Keep your phone charged.
- Let someone know if your plans change.
- Be aware of your surroundings.
- If you feel unsafe, move somewhere busy and seek help.

For anyone working alone, make sure you follow your organisation's lone-working procedures.

Trust your instincts – if something doesn't feel right, take action.



Test Your Knowledge

1) When is World Suicide Prevention Day?

- A) 1 September
- B) 10 September
- C) 30 September

2) What should you do if someone tells you they are thinking about suicide?

- A) Tell them to think positively
- B) Listen, take them seriously and help them access support
- C) Change the subject

3) Which of the following can be a hate crime?

- A) Harassment motivated by hostility towards someone's race
- B) A disagreement about work
- C) Receiving constructive feedback

4) Someone is threatening you online and demanding money. What should you do?

- A) Pay immediately
- B) Send them more information
- C) Keep evidence, don't pay and report it

5) What should you do if you feel unsafe while travelling home?

- A) Ignore the feeling
- B) Move somewhere safe and seek help
- C) Continue walking even if the situation becomes worse

Quiz Answers
1) B 2) B 3) A 4) C 5) B

September Awareness Dates

10 September – World Suicide Prevention Day

A day to raise awareness of suicide prevention and encourage people to talk openly about mental health and seek support.

September – National Hate Crime Awareness

September is a useful opportunity to reinforce awareness of hate crime and remind everyone that discriminatory abuse and harassment should not be ignored.

Remember: If a crime is happening or someone is in immediate danger, call 999.

Safeguarding Reminder

Safeguarding is everyone's responsibility. Starting a new course, returning to work or simply getting back into a routine can bring challenges.

If you notice that someone is struggling, check in, listen and don't be afraid to speak up.

If something doesn't feel right, report it. Please report any concerns to the

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No concern is too small.

