ASPIRE

December 2026



SAFEGUARDING NEWSLETTER

Christmas Wellbeing

Welcome to December's safeguarding newsletter.

December can be an enjoyable time of year, with Christmas celebrations, time with family and friends and a break from normal routines.

However, it can also bring financial pressure, loneliness, increased alcohol consumption, online risks and additional stress.

This month, we're focusing on Christmas parties and alcohol safety, financial wellbeing, online safety, loneliness and looking out for others over the festive period.



Christmas Parties
Have Fun, Stay Safe

Work Christmas parties and social events are a great opportunity to celebrate, but alcohol and unfamiliar situations can sometimes create safeguarding risks.

Remember:

- Know your limits if you choose to drink alcohol.
- Never pressure someone to drink.
- Keep an eye out for colleagues who may need support.
- Respect personal boundaries.
- Remember that being at a work event does not change workplace expectations around appropriate behaviour.
- Arrange a safe way to get home.
- Never drink and drive.

For managers and colleagues

Everyone should be able to enjoy a work event without experiencing harassment, unwanted attention or inappropriate behaviour.

Consent and personal boundaries still apply at work social events.

If something makes you or someone else feel uncomfortable, speak to a trusted colleague, manager or member of the Safeguarding Team.

Financial Pressure

Christmas Doesn't Have to Be Expensive

December can create pressure to spend money on presents, food, travel and social events.

Financial difficulties can affect anyone, and people may feel embarrassed or worried about talking about money.

Look after yourself:

- Set a realistic budget.
- Don't feel pressured to spend more than you can afford.
- Be careful with buy-now-pay-later and high-cost credit.
- Ask for help if you're struggling with debt.
- Remember that saying "no" to an expensive social activity is okay.

Look out for others

Financial stress can affect someone's mental health and wellbeing.

If someone seems particularly worried, withdrawn or overwhelmed, a simple:

"Are you okay?" could open up a conversation.

Christmas should never be a reason to put yourself into financial difficulty.

Online Safety

Don't Let Scammers Spoil Christmas

December is one of the busiest times of year for online shopping, deliveries and digital payments.

Be alert for:

- Fake delivery messages.
- Fake websites and online shops.
- Phishing emails.
- Fake competition or giveaway messages.
- Banking scams.
- Social media scams.
- Requests for gift cards or urgent payments.

Stay safe online

- Check links before clicking.
- Use secure and reputable websites.
- Never share passwords, PINs or one-time security codes.
- Use two-factor authentication where available.
- Be suspicious of messages creating a sense of urgency.
- If you're unsure, stop and check before making a payment.

If something feels suspicious, don't click – check.



Christmas Can Be Lonely

While December is often described as a time for family and celebration, it can be a difficult period for many people.

Someone may be experiencing:

- Bereavement.
- Relationship difficulties.
- Financial worries.
- Family conflict.
- Social isolation.
- Mental health difficulties.
- Increased stress or anxiety.

People may also feel lonely when social media makes it appear that everyone else is having a perfect Christmas.

Look out for others

- Check in with colleagues who may be working over Christmas.
- Remember people who live alone.
- Don't assume someone is okay because they appear cheerful.
- Give people an opportunity to talk.
- Listen without judgement.

A phone call, message or simple conversation could mean more than you realise.





Christmas & Domestic Abuse Know the Signs

For some people, spending more time at home or increased financial and relationship pressures can make an already difficult situation worse.

- Domestic abuse can include:
- Physical abuse.
- Emotional or psychological abuse.
- Controlling or coercive behaviour.
- Economic abuse.
- Sexual abuse.
- Threats or intimidation.

If someone tells you they are experiencing abuse:

- Listen.
- Take them seriously.
- Don't blame them.
- Don't confront the alleged perpetrator.
- Encourage them to seek appropriate support.

If someone is in immediate danger, call 999.

Abuse doesn't stop because it's Christmas.

Test Your Knowledge

1) What should you do if you feel uncomfortable about someone's behaviour at a work Christmas party?

A) Ignore it
B) Speak to someone you trust or report the concern
C) Post about it on social media

2) Which is a warning sign of a Christmas shopping scam?

A) A trusted retailer's normal payment process
B) A message asking you to urgently pay a fee through an unfamiliar link
C) Receiving an expected delivery

3) What should you do if you're struggling financially at Christmas?

A) Take out expensive credit without checking the terms
B) Ignore the problem
C) Set a realistic budget and seek advice if needed

4) Which could be a sign that someone is experiencing domestic abuse?

A) Someone being controlled or intimidated by their partner
B) Someone choosing to spend Christmas with family
C) Someone enjoying a Christmas party

5) What is a good way to support someone who may be lonely over Christmas?

A) Assume they want to be left alone
B) Check in and offer an opportunity to talk
C) Tell them everyone feels the same

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

December Awareness Dates

1 December – World AIDS Day
A day to raise awareness of HIV, challenge stigma and remember those who have lost their lives to AIDS-related illnesses.

3 December – International Day of Persons with Disabilities
A reminder of the importance of inclusion, accessibility and equality for disabled people

10 December – Human Rights Day
A reminder that everyone is entitled to dignity, equality and fundamental human rights.

25 December – Christmas Day
For many people this is a time of celebration, but remember that not everyone experiences Christmas positively.

31 December – New Year's Eve
If you're celebrating, plan your journey home, look after your friends and drink responsibly.

Safeguarding Reminder

Safeguarding is everyone's responsibility – including over the Christmas period.

Remember to look out for yourself and those around you.

If someone seems different, withdrawn or distressed, check in.

If you are worried about someone's safety, speak up and report your concern.

Please report any concerns to the Safeguarding Team.

Safeguarding Team:

Designated Safeguarding Lead:
Cheryl Head
cheryl@cips-training.com

Deputy Designated Safeguarding Lead:
Rubie Edgar
Rubie@cips-training.com

Safeguarding Inbox:
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No concern is too small.