



**SAFEGUARDING
- THE LATEST
UPDATES FOR
LEARNERS,
EMPLOYERS AND
COLLEAGUES
JUNE - JULY 2025**

[TOTALPEOPLE.CO.UK](https://totalpeople.co.uk)





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WELCOME

Hello and welcome to issue 13 of our safeguarding newsletter.

Published every two months, this newsletter is written for our learners, their employers, and Total People colleagues. Each issue contains updates, information and resources crucial to ensuring the safety of our learners.

In this issue we look at how somebody's life choices ended up with them in prison; and how they made choices that turned their life around. On the subject of choices, we also discuss career planning, how a 'growth mindset' can help you progress, and men's mental health.

Stay safe; we'll see you at the end of the summer!



PRISON TALK

A Powerful Lesson in Choices and Change

Within our Study Programme we strive to provide learners with real-world insights that inspire and challenge them. In April we had the privilege of welcoming a guest speaker with a truly powerful story - someone who is currently serving a 13-year sentence for a criminal offense. His journey from past mistakes to a mindset of growth and change left a lasting impact on all our learners in the room.

During the session, our learners listened intently as he shared his experiences - where he started, the choices that led him down his path, and, most importantly, how he is now using his time in prison to reflect, learn, and help others avoid making the same mistakes. His honesty and willingness to speak about his regrets, as well as his hopes for the future, made for an incredibly moving and eye-opening discussion.

What stood out the most for our learners was their engagement. They asked thoughtful questions, shared their own perspectives, and took away



valuable lessons about decision-making, resilience, and personal growth. It was a session filled with raw emotion, inspiration, and a renewed sense of purpose for many of our Study Programme learners.

Some of the main points discussed were:

- Why he had been arrested and sent to prison
- How he felt in a prison environment during covid - only having one hour out of his cell per day
- Suicidal thoughts
- Being a prison listener (trained by the Samaritans)
- How teaching resilience and digging deep has become his focus to pass onto others.

Opportunities like this reinforce why we do what we do - helping learners see the bigger picture, make informed choices, and believe in their ability to shape their own futures.

Total People is incredibly grateful to our speaker for his honesty and courage in sharing his journey, and we look forward to bringing more impactful experiences like this to our learners.

Many thanks to HMP Thorn Cross for their support.

Time for reflection

Ask yourself:

- How do we choose the choices we make?
- What questions can we ask first, to help us see the bigger picture?
- Who else does this choice affect? How?
- Where can we go to receive advice and guidance?



KEEPING LEARNERS SAFE IN EDUCATION

(inc. apprenticeships) -

NCS (National Careers Service)

You might not think that careers support is part of safeguarding. But as it contributes to 'giving our learners the best possible outcomes' and 'supporting health and development', we still consider it all part of the service!

That's why we invited Mark Gibson from the NCS service to visit and update our staff in March 2025. Mark came and advised us on the full range of careers advice their service provides. Have a look at the website and then sit down with your Learning Coach to explore any career opportunities that might interest you.

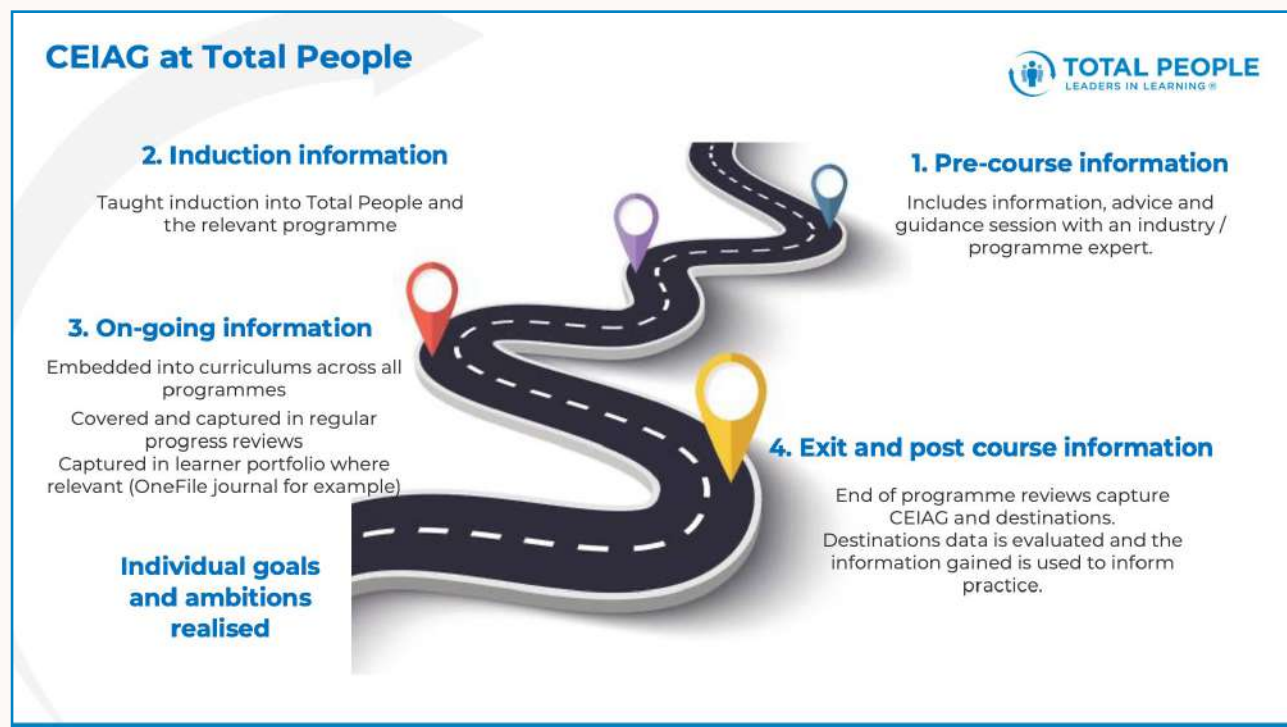
[Careers advice - job profiles, information and resources | National Careers Service](#)

Mark was very passionate about the many opportunities such as:

- Career progression
- Education and funding options
- Training and funding options
- Redundancy support
- Self-employment
- Interview training
- Disclosure and resettlement advice
- Online profiles and social media
- Job applications
- Job searching
- Apprenticeships
- Aspirations and next steps



As part of Total People's offer, your Learning Coach will support you along your pathway from start to finish. Make sure you pick up careers discussions with your Learning Coach whenever you need guidance or more information.



Time for reflection

- Where are you on your path?
- Are you on track or have you veered onto another path?

Raise your career aspiration discussions with your employer and your Learning Coach. Are there any challenges to overcome, or support that you need, before your path ends? Will your 'individual goals and ambitions' be realised?



COLLEAGUE CPD

Total People take staff training seriously. Our staff receive many types of CPD including our annual 'Festival of Learning'.

This year, the Festival of Learning took place in April. Among the many topics explored, we looked at 'Mindsets' and how Artificial Intelligence (AI) can augment the way we support colleagues and learners.

Your coaches should challenge you to move from a 'fixed' mindset to a 'growth' mindset as you go through your apprenticeship / learning journey. Your mindset will also shape your careers path discussions, as mentioned above.

Learners will also be receiving more support via OneFile through our work with AI; this will happen behind the scenes. Staff were given an insight into how different websites / links can assist them to develop resources and lesson / session plans to speed up this element of their work using AI, allowing more time for focusing on individual learners and their needs. Learners and employers should keep in touch with their Learning Coaches on this exciting development.



SAFEGUARDING AND ARTIFICIAL INTELLIGENCE (AI)

Artificial Intelligence poses a growing risk to learners of all ages.

In October 2023, the Internet Watch Foundation (IWF) published a report on the use of AI for generating child sexual abuse material and the wide-ranging harm associated with this. The report was reviewed and updated in mid-2024, tracking some of the rapid advancements in the technology and level of use.

The reports demonstrate the horrifying ways in which AI is being used to create images – and now deepfake videos – of abuse, as well as recommending ways that government and tech companies can respond to this issue.

[The Children's Commissioner's view on artificial intelligence \(AI\) | Children's Commissioner for England](#)

Time for reflection

Using critical thinking questions, look into the ways that learners and their families can keep safe from the risks with AI.

- What are the risks?
- How big is the issue?
- What could happen if use of AI continued unchecked?
- What do you do in your home / family / friends to use AI sensibly and safely?



INCLUSION ALL AROUND

FOCUS ON KEY EVENTS IN JUNE

June is motor neurone disease awareness month, stillbirth and neonatal death awareness month, Scleroderma awareness month, LGBTQ+ pride month, and Gypsy, Roma and Traveller history month.

Religious/cultural

2-3	Shavuot* <i>Judaism</i>
5-9	Hajj* <i>Islam</i>
6	Waqf al Arafa* <i>Islam</i>
7	Saturday of souls <i>Orthodox Christian</i>
7-10	Eid al-Adha* <i>Islam</i>
8	Pentecost <i>Christian</i>
12	Guru Hargobind Jayanti <i>Sikh</i>
15	Eid al-Ghadir* <i>Islam</i>
15	Trinity Sunday <i>Christian</i>
16	The apostles' fast begins <i>Orthodox Christian</i>
16	Martyrdom of Guru Arjan Dev <i>Sikh</i>
19	The feast of Corpus Christi <i>Catholic Christian</i>
20	Litha <i>Wicca and Pagan</i>
24	Nativity of saint John the Baptist <i>Christian</i>
26	Islamic New Year * <i>Islam</i>
27	Feast of the sacred heart of Jesus <i>Catholic Christian</i>
29	Feast of Saints Peter and Paul <i>Christian</i>

Awareness and events

4	International day of innocent children victims of aggression
8	Race unity day
9-15	Men's health week
12	World day against child labour
14	Global wellness day
15	World elder abuse awareness day
15	Father's day
15-21	Refugee week
18	Autistic pride day
10	World refugee day
21	Summer solstice
22	UK Windrush day
23-27	School diversity week

INCLUSION ALL AROUND

FOCUS ON KEY EVENTS IN JULY

July is UV safety awareness month, international women with alopecia month, group b strep awareness month, disability pride month and the start of South Asian heritage month.

Religious/cultural

3	Feast of the saint Thomas the Apostle <i>Christian</i>
6	Ashura* <i>Islam</i>
9	Martyrdom of the Bab Bahai
10	Asalha Puja (Dharma day) <i>Buddhist</i>
15	Saint Vladimir the great day <i>Orthodox Christian</i>
19	Guru Har Krishan Jayanti <i>Sikh</i>
22	Feast of saint Mary Magdalene <i>Christian</i>
23	Birthday of emperor Haile Selassie <i>Rastafari</i>
24	Pioneer day Mormon <i>Christian</i>
25	Saint James the Great's Day <i>Christian</i>

Awareness and events

14	International Non-binary People's Day
18	Nelson Mandela International Day
18 Jul-17 Aug	South Asian Heritage Month
28	World Hepatitis Day



MEN'S HEALTH

Father's Day and Men's Health Week are two events that you may be interested in, both occurring in the same week. Why is Men's Health Week a focus? Research and find out the causes of male ill health and what some of the solutions may be. There are many organisations that promote male health such as:

ANDY'S MAN CLUB

www.andysmanclub.co.uk

MEN'S HEALTH

www.healthline.com/health/mens-health

LADS NEED DADS

www.ladsneeddads.org

MEN'S HEALTH HUB

www.nhsprofessionals.nhs.uk

MAN HEALTH

www.manhealth.org.uk

Have a look and see what they offer...

July sees a quieter focus on religious and events occurring. Choose a theme that may help you to develop your critical thinking and British Values knowledge. As the DSL, I didn't know much about hepatitis, so I set myself the challenge to do some research into the condition.



[Hepatitis](#) is the term used to describe inflammation of the liver. It's usually the result of a viral infection or liver damage caused by drinking alcohol.

There are several different types of hepatitis. Some types will pass without any serious problems, while others can be long-lasting (chronic) and cause [scarring of the liver \(cirrhosis\)](#), loss of liver function and, in some cases, [liver cancer](#).

The NHS website is a very safe website to learn from; I certainly did not know that there are seven types of hepatitis!

How do these link to British Values of:

- Democracy
- Rule of Law
- Tolerance/Respect
- Liberty and Freedom of speech

(Topic taken from an external safeguarding bulletin received January 2025).

Time for reflection

Cultural and awareness events should provoke thinking and questioning. As modern British citizens, have a discussion at work, with your line manager, Learning Coach or friends and see how some of these events generate learning.

Alcohol plays a big part in British cultural society. Does the use of alcohol need to be managed in the UK? Are learners aware of its impact on the liver and other illnesses? Should we limit access to alcohol?

How do the events in June and July link to your British Values of:

- Democracy
- Rule of Law
- Tolerance/Respect
- Liberty and Freedom of speech.





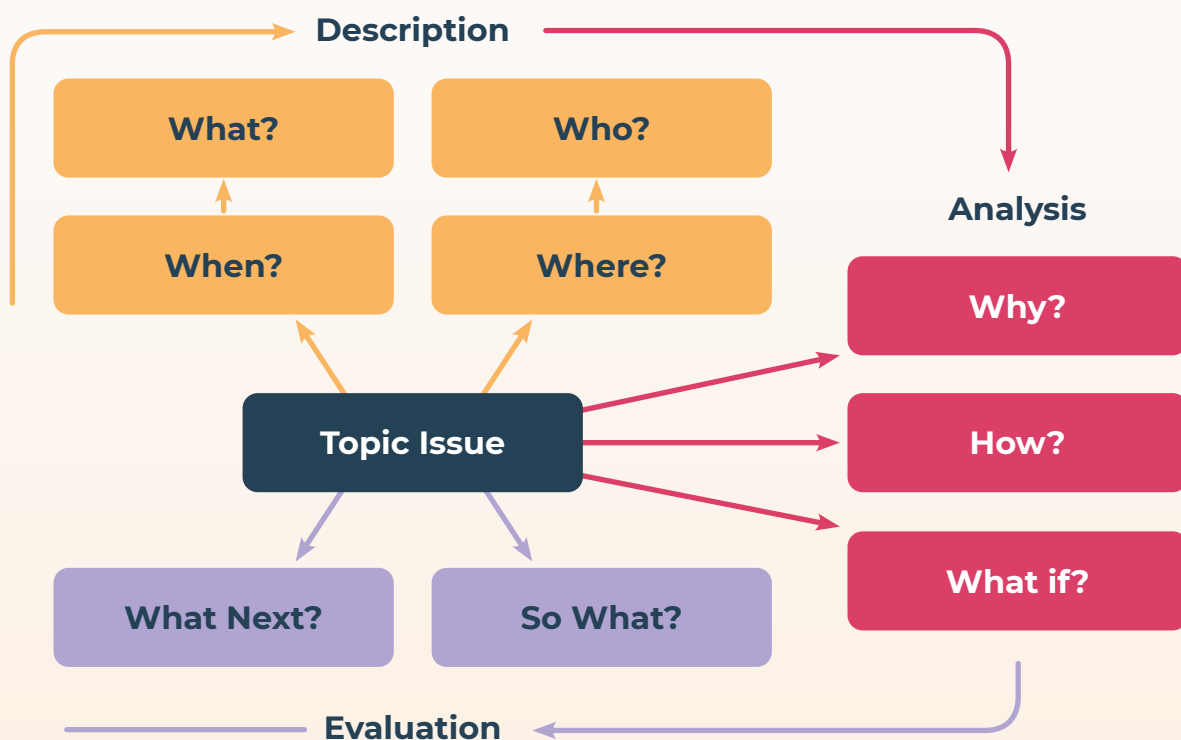
All the sections above should provide you ample opportunities to reflect on the key British Values.

Revisit sections of this newsletter and see if you can link them to the 4 values when you reflect and think with your Learning Coach or as you work.

Researching and report-writing develops many skills, from critical thinking, challenging your biases, reinforcing your own protection against radicalisation, and develops your confidence in producing assignments and reports.

Critical Thinking

Critical thinking diagram – use this when you meet your Learning Coach or manager at work:



REFLECTION CYCLES

There are many reflection tools that learners can use to help them on their apprenticeship journey. Your Learning Coaches should be encouraging you and challenging you with these questions. Rolfe (2001) created a very simple reflection model:

- What?
- So what?
- Now what?

Here is an example to help learners:

What?

Specific tasks were shared out amongst members of my team. Initially, however, the tasks were not seen as equally difficult by all team members.

So what?

Cooperation between group members was at risk because of this perception of unfairness. “Cooperative learning experiences encourage higher achievement” (Maughan and Webb, 2001).

Now what?

Ultimately, our group achieved a successful outcome, but to improve the process, we perhaps needed a chairperson to help encourage cooperation when tasks were being shared out. In future group work, on the course and at work, I would probably suggest this.

In this example the group reflects on a group project, where some felt the tasks were not shared equally, creating tensions. The suggestion was to recommend a chairperson to create some structure and backed by some research quotes.

This simple reflection tool allows learners and coaches to focus on the strengths and areas of development.

Are you aware of any other models?

NEXT STEPS



There are several ways to get help if you have a safeguarding issue:

- Speak to your learning coach, workplace manager or mentor
- Email the Safeguarding team at safeguarding@totalpeople.co.uk
- Complete the online reporting form www.totalpeople.co.uk/about/safeguarding/report-a-concern
- You can also contact a member of the Safeguarding team directly:



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We understand that asking for help can be difficult, you can ask anyone at Total People at any time. We will always take concerns seriously and treat your information with care and respect.

There is also an independent site called [Together All](http://TogetherAll.org). It is anonymous and offers community-based support. Please note it is important to follow their 'house rules' to keep safe online.

Total People is part of LTE group. LTE group is committed to equality of opportunity, non-discriminatory practices and supporting individual students. This information is also available in a range of formats, such as large print, on request.