Welcome to the second online newsletter from the East Ayrshire Protecting People partners.

Many people may be unaware of the sterling work which is carried out within East Ayrshire between several different partners to protect children, young people, adults and women at risk.

We hope you will find this newsletter useful in keeping you updated on the work of the East Ayrshire Protecting People partners and also of wider issues, available resources and initiatives that are in place to protect the people of East Ayrshire.
What we do... Dougie Robertson

In each issue of this newsletter we focus on the work of representatives from some of the many agencies involved in ‘Protecting People’. Here, we meet Dougie Robertson, Child Protection Lead Officer for East Ayrshire Council.

“The main purpose of my job is to take the lead role, on a multi-agency basis, for child protection arrangements in East Ayrshire. I support the strategic planning and continuous improvement of services relative to Child Protection, and ensure that work is carried out with local and national legislation, policies and procedures in mind.

“Community planning and partnership arrangements are crucial to the work of the Child Protection Committee (CPC) and I make sure that all relevant work is reported to the CPC and then progressed.

“I have responsibility for reviewing and developing policies and procedures; for monitoring and reporting to the CPC on quality and performance issues and for planning, preparing and implementing the CPC Business Plan following approval by the CPC.

“Part of my work entails undertaking or commissioning initial case reviews or significant case reviews, as well as evaluating work, which includes support for the multi-agency partnership during inspection activities.

“I am also involved in research and lead on specific projects, ensuring high quality services are provided to children and their families at all times.

“An average day for me involves fielding a variety of emails; juggling the progression of work relative to the three CPC sub-groups: Performance & Quality, Public Engagement & Information and Children’s Services Learning & Development; as well as linking in with partners across all the agencies making up the CPC partnership, to keep the work of the Committee constantly moving forward.”
### Building confidence and developing best practice

All staff who work to support and protect children and adults need to continually develop their understanding of the complexities involved in safeguarding them.

You could ask yourself the following questions:

<table>
<thead>
<tr>
<th><strong>Recognition</strong></th>
<th>Do you know what abuse looks like? What are the thresholds for concern?</th>
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<tbody>
<tr>
<td><strong>Report</strong></td>
<td>Do you know who to share this information with? Do you feel confident to talk to that person? What will you do if you are not listened to? Do you know how to escalate concern?</td>
</tr>
<tr>
<td><strong>Risk</strong></td>
<td>Do you know what makes some situations more risky? If not, do you feel confident to ask? Do you know what ‘safe’ looks like?</td>
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<tr>
<td><strong>Relevance</strong></td>
<td>Do you understand the relevance of the information you have? Does it matter if you don’t? It may be relevant to the bigger picture and another agency may think it is critically relevant.</td>
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<tr>
<td><strong>Resistance</strong></td>
<td>Do you feel confident to challenge families or colleagues? Can you recognise when people are being evasive?</td>
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<tr>
<td><strong>Relationships</strong></td>
<td>Are you clear about the boundaries of your relationship with children, adults, families and carers? How do you avoid collusion? Are you clear what your role is?</td>
</tr>
<tr>
<td><strong>Recording</strong></td>
<td>Is your recording clear, evidenced based, with agreed actions and timescales? Can you state ‘in my professional judgement’ with confidence?</td>
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<tr>
<td><strong>Representing</strong></td>
<td>Is the voice of the child or adult heard? How do you ensure they have every opportunity to be part of the process? Can you ‘walk in their shoes’?</td>
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<tr>
<td><strong>Review</strong></td>
<td>What are your contingency plans? How do you cope with change?</td>
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<tr>
<td><strong>Responsive</strong></td>
<td>How do you manage optimism and pessimism as completely natural human responses to complex situations?</td>
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<tr>
<td><strong>Reflection</strong></td>
<td>Do you have space personally and professionally to learn? How do you challenge your own judgements?</td>
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**Barnardo’s launch app to help protect children from sexual exploitation**

Children’s charity Barnardo’s, in partnership with Microsoft, have created a new app to educate young people on the dangers of child sexual exploitation (CSE).

The free app, called ‘Wud U’, has been developed for social workers, teachers and other professionals working with young people to encourage conversation and raise awareness. It has been designed as an ‘ideal starting point’ for teaching children how to keep safe.

‘Wud U’ calls on young people to think of situations when a teenager might be at risk of sexual exploitation. After viewing a number of scenarios, the app asks the user what they would do in the same situation and offers advice about the decisions they make.

The app is available from the Microsoft App store, the Apple store and Google Play and is the latest part of an ongoing campaign by Barnardo’s to raise awareness of child exploitation.

The West of Scotland Child Protection Committees have also commissioned Barnardo’s to develop a practitioner’s guide and training resources.

The CSE ‘Train the Trainer’ training commences on 8 October, with training for practitioners to follow thereafter. The Practitioner Guide on CSE can be accessed at: [www.eac.eu/childsexualexploitation](http://www.eac.eu/childsexualexploitation)
Care Inspectorate’s new ‘hub’

The Care Inspectorate has a new and improved website known as ‘The Hub’.

The website provides ‘one-stop-shop’ access to a range of resources aimed at supporting improvement in the social care and social work sectors through the sharing of intelligence and research-led practice.

Accessible to all, the Hub provides a central point of access to a wide range of features, including:

- a library of good practice guidance
- information on the latest developments in policy and legislation
- video based examples of innovative practice
- guidance to help users carry out their own research
- toolkits and resources aimed at supporting improvement

The Hub also supports a number of the Care Inspectorate’s purposes, including:

- acting as a catalyst for change and innovation
- supporting improvement and signposting good practice

www.hub.careinspectorate.com

Safe Place Scheme

Following the successful Disability Hate Crime Conference held in Auchinleck in April, a small group of interested people have met up to look at the possibility of forming an Ayrshire wide ‘Safe Place Scheme’. A safe place is a temporary location to which a person can go when they feel unsafe, vulnerable or upset. People can sometimes become targets for bullying and harassment and can feel intimidated, scared and frightened when they are out in their community. The safe place venues are normally in a town centre setting, with staff who:

- are able to offer reassurance
- can offer the person a place to calm down
- can offer support with making a call or can make a call on their behalf, to either a relative or relevant service
- can make an emergency call on the person’s behalf to the police or for an ambulance

Staff from agencies are working with local residents/people who access services to consider how to progress a Safe Place Scheme in Ayrshire. For further information, email Ian George at Maps@east-ayrshire.gov.uk

WithScotland

WithScotland is a national resource supporting professionals who work with children and adults at risk of harm and abuse.

In June 2014, it held an event to look at progress with the five National Priorities for Adult Support and Protection:

1. Adults at risk of financial harm
2. Adult support and protection in care homes and independent hospitals
3. Adult support and protection in A&E settings
4. Service users and carers’ involvement in adult support and protection
5. National Data Collection

A series of presentations on the five priority projects is available at:

www.eac.eu/withscotland

WithScotland has also organised a free two day conference on 18 and 19 November at Stirling Management Centre. The first day will look at Child Protection matters and the second day will focus on Adult Protection. Email withscotland@stir.ac.uk for further information.

To coincide with the second day, a new public advertising campaign funded by the Scottish Government will be launched across Scotland which will run for four weeks.
Protecting People events

‘Protecting People’ was the theme of the day at two fun and interactive events held at Kilmarnock’s Grand Hall in September. They were part of a series of events taking place during September and October aimed at members of the public and local agencies who are working together to keep people safe in East Ayrshire.

The day kicked off with a dance event primarily for people with dementia, Alzheimer’s and Parkinson’s, as well as carers and professionals across East Ayrshire. Peter Lovatt, also known as Dr Dance, was there to show how dance can provide physical and psychological benefits for the elderly, especially those with degenerative neural conditions. Peter, a dance psychologist with a professional dance background, is currently researching the link between dancing and how our brain works.

In the afternoon there was a 1940s themed Tea Dance, where people took a stroll down memory lane and enjoyed tea and cakes, a live band, dancing and a special appearance from East Ayrshire’s very own Elvis!
Inspiring Change

Different approaches to tackling violence against women in East Ayrshire were showcased at a conference in Auchinleck recently.

Organised by the East Ayrshire Violence Against Women Partnership and facilitated by East Ayrshire Women’s Aid, the ‘Inspiring Change’ conference featured interactive workshops covering topics including: working with children and young people; preventing sexual violence and supporting survivors of childhood sexual abuse.

The conference also included the launch of a Domestic Abuse Contact Card which has been developed by members of South West Scotland Community Justice Authority’s Multi Agency Domestic Abuse Group.

The credit card-sized, fold-out booklet includes contact details for a wide range of support services and organisations for people affected by domestic abuse. It will be issued to anyone who needs help via local Violence Against Women Partnership agencies in East, North and South Ayrshire.

Above right: Delegates at the ‘Inspiring Change’ conference with the new cards. Right: New Contact Cards. Far right: John Linton and Shaun McCluskey who help the White Ribbon campaign to raise awareness amongst their peers about the issue of violence against women.
**Understanding legal highs**

New Psychoactive Substances (NPS), often referred to as ‘legal highs’, are a potential danger to users and offer a range of challenges to Scottish society, communities, professionals and services.

A large range of NPS are available. The European monitoring centre, EMCDDA, has reported that there were 49 new substances available in Europe in 2011 and 73 in 2012. It is likely that the vast majority of these were available in the UK, one of the biggest markets for NPS in Europe.

Although this may seem like a bewildering range of substances, most can be categorised into one of seven groups in terms of their effect (see table). NPS imitate more traditional illegal substances with which we are more commonly familiar.

It’s important to understand that shops selling these products are only a small part of the supply chain. The vast majority of supply is through the internet and there are at least 639 online shops.

In terms of who uses NPS, we should avoid stereotypes. Young people certainly use NPS but there is evidence of usage across all age sections of the population.

The latest official 2012 Scottish drug related death figures show that NPS were present in 47 deaths. In 32 of these, NPS were believed to be implicated in, or potentially have contributed to, the death.

<table>
<thead>
<tr>
<th>Group</th>
<th>NPS with similar effects</th>
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<tbody>
<tr>
<td>Stimulants [e.g. amphetamine or cocaine]</td>
<td>Banned substances like MDPV, Naphyrone, PMA. Also includes substances not banned such as Methiopropamine (MPA).</td>
</tr>
<tr>
<td>Empathogens [e.g. MDMA (‘ecstasy’)]</td>
<td>Banned substances like Mephedrone and 6-APB (Benzo Fury). Also includes substances not banned such as MDAI.</td>
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<tr>
<td>Psychedelics [e.g. LSD]</td>
<td>Banned substances like the 2C group of drugs and NBOMe drugs which are currently under a temporary banning order and soon to be controlled. Also includes substances not banned such as AMT.</td>
</tr>
<tr>
<td>Dissociatives [e.g. ketamine]</td>
<td>Banned substances like methoxetamine. Also includes substances not banned such as Salvia.</td>
</tr>
<tr>
<td>Cannabinoids [e.g. cannabis]</td>
<td>Banned substances like JWH-018 (Spice) and AM-2201 (Black Mamba). Also includes substances not banned such as 5F-AKB-48 (Psyclone).</td>
</tr>
<tr>
<td>Depressants [e.g. diazepam (Valium)]</td>
<td>Banned substances like Phenazepam and substances not banned such as Etizolam.</td>
</tr>
<tr>
<td>Opiates [e.g. heroin or codeine]</td>
<td>Substances which have not been banned including Kratom.</td>
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Child safety – preventing burns and scalds

Recent research has revealed that hair straighteners and hot mugs are the leading causes of childhood scalds and burns, and that one-year-olds are at greatest risk from these potential dangers.

A survey found that all scald injuries were sustained at home, and that hot drinks accounted for 55% of the scald injuries among young children. In half of cases, this happened when the child reached up and pulled down the mug of hot drink on to themselves.

In 81% of cases, contact burns in under fives were caused by touching hot items in the home. The main culprits were hair straighteners or irons (42%) and oven hobs (27%)

Researchers looked at admissions to three leading hospital burns units as well as five emergency departments in the UK. Nearly three-quarters of the 1,215 children treated in a two-year period were under the age of five, with most burn and scald injuries occurring in one-year-olds. The average height of one-year-olds is about 75cm (2ft 6in), which is about the same height as a dining table, and kitchen work surfaces or cooker hobs will still be within arm’s reach.

Danger Detectives

Danger Detectives has just completed its 17th successful year of teaching P6 pupils in East Ayrshire about personal safety.

The young people were presented with a variety of safety scenarios which challenged them to become ‘detectives’ and to seek out the possible dangers that they could encounter in everyday life. Scenarios included safety around the home, fire, road, social networking sites, vandalism and the countryside.
Fire Safety - charging devices

The potential dangers of electrical charging devices have been highlighted recently as they’ve been named as the source of ignition in an increasing number of house fires in the UK.

The concern for the Fire and Rescue Service is that lives are being put at risk when poorly made or counterfeit charging devices are used to charge phones, e-cigarettes, music devices, gaming machines and other similar electronic goods.

Below is a three point safety check you should go through when buying and using an electrical charger:

Plug Pins

• check there is at least 9.5mm between the edge of the pins and the edge of the charger, otherwise there is a risk of an electrical shock when plugging in and unplugging
• does it plug in easily? If not, do not use
• if the pins are loose, do not use

Markings

• look for a manufacturer’s brand name or logo, model and batch number
• look out for the CE mark that indicates chargers comply with European Safety
• check that the output voltage and current ratings marked on the charger and your electrical device are the same

Warnings and Instructions

As a minimum, information must be provided on conditions and limitations of use, how to operate the charger safely, basic electrical safety guidance and details of how to safely dispose of the charger when at the end of its useful life.

E-cigarette chargers

• follow the instructions provided by the manufacturer carefully
• ensure that e-cigarettes are not left charging for long periods of time, overnight or whilst out of the house
• look out for the CE mark

For further information on electrical safety, visit


As part of its commitment to building a safer Scotland, the Scottish Fire and Rescue Service is offering everyone in Scotland a free home fire safety visit. It can also fit smoke alarms free of charge if your home requires them. Arrange a visit by:

• completing the online form:
• calling 0800 0731 999
• calling your local fire station
• texting “Check” to 61611 from your mobile phone
SUDI summit

A Scottish Cot Death Summit will be held on 10 December in Edinburgh which is aimed at any professional who may respond to a sudden unexpected death in infancy (SUDI), anyone supporting a family, and especially those who are responsible for developing local policies and delivering education.

The summit, organised by the Scottish Cot Death Trust in conjunction with the Scottish Government, will be held at the Hilton Grosvenor in Haymarket, Edinburgh.

To note your interest, please complete the following link:

www.eac.eu/cotdeathsummit

Good wishes for fostering and adoption

East Ayrshire Council’s Fostering and Adoption team have been out and about in East Ayrshire over the last few months in a bid to recruit more foster carers.

One of the venues they visited in August was Playday in Kilmarnock’s Kay Park where many people, including Provost Jim Todd, showed their support by placing a wish for foster children on a ‘wishing tree’.

The team is looking for people who can care for single children or sibling groups from birth to 16 years.

Although there is a minimum age requirement of 21 to become a foster carer, there is no maximum age limit. You don’t have to be married either - single people and same sex couples can apply. Fostering can even be a full-time occupation and lots of people earn a living fostering children full time.

If you’ve ever thought there could be room in your life to foster a child, call 0800 434 6633 or visit

www.fosteringandadoption.org.uk.
If you have any suggestions for articles that could feature in the next edition of the Protecting People newsletter, please email caroline.gordon@east-ayrshire.gov.uk.

If you are worried about someone’s safety or need advice, call:

**Police Scotland**
**Telephone** 101 (or 999 in an emergency)

**Social Services (Kilmarnock)**
The Johnnie Walker Bond, 15 Strand Street, Kilmarnock KA1 1HU
**Telephone** 01563 554200
**Email** social.work@east-ayrshire.gov.uk

**Social Services (Cumnock) (Children & Families)**
Rothesay House, Greenholm Road, Cumnock KA18 1LH
**Telephone** 01290 427720
**Email** social.work@east-ayrshire.gov.uk

**Adult Protection**
Kilmarnock 01563 528011
Cumnock 01290 421444
Galston 01563 503400
Dalmellington 01292 552900

**Emergency Social Work Service**
**Telephone** 0800 328 7758

**Note:** The Emergency Out of Hours Social Work Service is available after 5pm until 9am, Monday to Friday and throughout the weekend, including public holidays. You will be put through to the Ayrshire Social Work Out of Hours Response Service. A qualified Social Worker will assess the circumstances referred.

**East Ayrshire Women’s Aid**
**Telephone** 01563 536001

**Break the Silence**
**Telephone** 01563 559558