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

This is a special summer edition filled with advice and tips on how to stay safe and healthy over the summer months. It also contains news about work that’s going on to protect people across East Ayrshire, as well as useful contact details just in case you or someone you know needs help.

Wishing you a safe and happy summer!
East Ayrshire Child Protection Committee

The work of the East Ayrshire Child Protection Committee is focused on keeping children and young people safe. Here, we provide some background to the work of the Committee and highlight some useful sources of information and resources which staff may find helpful, particularly newly recruited staff who have recently joined one of our partnership’s agencies or services.

What is the East Ayrshire Child Protection Committee (CPC)?

It’s a strategic partnership between East Ayrshire Council, NHS Ayrshire and Arran, Police Scotland, Scottish Children’s Reporter Administration (SCRA), Scottish Fire and Rescue Service, Crown Office and Procurator Fiscal Service (COPFS), and the third sector.

Responsibilities include the design, development, publication, distribution, dissemination, implementation, embedding and evaluation of all child protection policy and practice. Its vision is: ‘Working together to keep our children and young people safe.’

The Committee also has responsibility for co-ordinating multi-agency learning and development activities focused on raising awareness and understanding of child protection related matters. It works through its sub groups to ensure that important safety information is given out to the public, and that work practices are regularly audited and constantly improved, so that services for children and their families are maintained at the highest possible standard.

The CPC reports directly to the East Ayrshire Chief Officers’ Group, which retains a strategic overview of all public protection matters such as child protection; adult protection; violence against women and multi-agency public protection arrangements (MAPPA).

“Child Protection” means protecting a child from child abuse or neglect. Abuse or neglect need not have taken place; it is sufficient for a risk assessment to have identified a likelihood or risk of significant harm from abuse or neglect.

What do CPC members do?

• Work collaboratively and in partnership to ensure the safety and wellbeing of children in East Ayrshire

• Develop and implement plans which are focused on keeping children safe

• Review, evaluate, monitor and approve multi-agency protocols, procedures and guidance which relate to child protection

• Have oversight of data about child protection practice, to inform improvements and developments

• Promote key messages about protecting children and young people in our communities

• Develop training and learning opportunities for practitioners relating to child protection
Female Genital Mutilation
Female Genital Mutilation (FGM) comprises all procedures involving the partial or total removal of the external female genitalia or any other injury to the female genital organs for non-medical reasons.

Child Protection Procedures and guidance are available at national, local and service levels. All practitioners require to be aware of, and follow, www.proceduresonline.com/westofscotland/, which have been adopted by the East Ayrshire Child Protection Committee. These procedures comply with the National Guidance for Child Protection in Scotland (2014) and assist staff in identifying indicators which might suggest that a child is being abused or is at risk of abuse, advise what steps should be taken if there are concerns about a child, and describe what happens once concerns have been reported.

Practitioners must also be aware of their own single agency procedures which set out agency and role specific requirements and guidance. This includes the East Ayrshire Social Work Child Protection Procedures, Standard Circular 57 - Child Protection (Early Years and Education), NHS Ayrshire & Arran Child Protection Guidelines and Police Scotland’s Child Protection Standard Operating Procedures (SOP).

Child abuse and neglect
Abuse and neglect are forms of maltreatment of a child. Someone may abuse or neglect a child by inflicting, or by failing to act to prevent, significant harm to the child. Children may be abused in a family or in an institutional setting, by those known to them, or more rarely, by a stranger. Assessments will need to consider whether abuse has occurred or is likely to occur. Guidance for practitioners is available from:

GMC Protecting Children

Child Sexual Exploitation
This is a form of child sexual abuse in which a person of any age takes advantage of a power imbalance to force or entice a child into engaging in sexual activity in return for something received by the child and/or those perpetrating or facilitating the abuse. As with other forms of child sexual abuse, the presence of perceived consent does not undermine the abusive nature of the act. The Barnardos document, ‘Guidance on Child Sexual Exploitation - A Practitioner’s Resource Pack’, has been adopted for use in East Ayrshire.

Barnardos Guidance on Child Sexual Exploitation

Female Genital Mutilation
Female Genital Mutilation (FGM) comprises all procedures involving the partial or total removal of the external female genitalia or any other injury to the female genital organs for non-medical reasons.

Child Trafficking
Typically exposing children to continuous and severe risk of significant harm, it involves the recruitment, transportation, transfer, harbouring and/or receipt of a child for purposes of exploitation. This definition holds whether or not there has been any coercion or deception as children are not considered as capable of informed consent to such activity.

Human Trafficking

The Child Protection Committee website pages provide a range of helpful information including: its role and function; membership of the committee; its plans and management; publications and reports; Learning and Development resources and a wide variety of external links to other agencies involved in protecting children.

In addition, the CPC maintains web pages which provide information for children and young people, parents and carers, and members of the public. The CPC has also produced a booklet with leaflets which replicates the information on the website. This can be given to members of the public by practitioners to help them understand the child protection process.

For practitioners, the CPC provides web pages with useful resources including: links to key guidance documents, procedures and protocols; information about available Learning and Development courses; a range of Practitioner Briefing Notes on key issues linked to child protection and specific resources in respect of child sexual exploitation. All of these pages can be accessed at www.eac.eu/childprotection
East Ayrshire Adult Protection Committee

The East Ayrshire Adult Protection Committee works collaboratively to keep adults safe by ensuring the safety and wellbeing of adults at risk and/or their carers. Some background to the work of the Committee follows, as well as some useful sources of information and resources which staff may find helpful.

What is the East Ayrshire Adult Protection Committee (APC)?

It’s a strategic partnership between East Ayrshire Council, NHS Ayrshire and Arran, Police Scotland, Scottish Fire and Rescue Service, Crown Office and Procurator Fiscal Service (COPFS), and the Scottish Ambulance Service that is required by law.

The Independent Chair reports directly to the Scottish Government on the progress of the Committee every two years through our Biennial Report.

The Committee reports directly to the East Ayrshire Chief Officers’ Group, which retains a strategic overview of all public protection matters such as child protection; adult protection; violence against women and multi-agency public protection arrangements (MAPPA). This is because we believe protecting people works best when we work together.

What do APC members do?

• Work in ways to prevent harm so have delegated authority to make strategic and operational decisions to improve how we work
• Provide a vehicle to ensure issues raised by members of the public or during community engagement activities are brought to the attention of the Committee
• Produce, review, evaluate, monitor and approve multi-agency documents such as protocols, procedures and guidance which relate to ASP
• Consider requests and undertake Significant Case Reviews and share learning
• Communicate and raise the profile of the Committee and its work

East Ayrshire’s Adult Protection Committee website is at www.east-ayrshire.gov.uk/asap

It provides a range of helpful information about the APC including: its role and function; membership of the committee; its plans and management; publications and reports; Learning and Development resources and a wide variety of external links to other agencies involved in protecting adults.
In addition, the APC maintains web pages which provide information for the public and for practitioners. These explain the many different types of harm which include physical, psychological, self harm, neglect, self neglect, sexual or financial harm.

For practitioners, the APC provides web pages with useful resources including: links to key guidance documents, procedures and protocols; information about available Learning and Development courses and events and a range of Practitioner Briefing Notes on key issues linked to adult protection and specific resources in respect of Disability Hate Crime, Forced Marriage, Adult Support and Protection in Care homes and Large Scale Investigations.

All of these pages can be accessed at www.east-ayrshire.gov.uk/asap

Ten years of Adult Support and Protection
The Adult Support and Protection Act was passed in 2007 and came into effect in 2018. Over that time, strong links have been forged with partner agencies in both the statutory and voluntary sectors.

The Adult Support and Protection Implementation Committee has evolved into the Adult Protection Committee and has an Independent Chair, Alex Davidson (see page 7).

Guidelines and Procedures
The Committee produces a range of publications and guidelines to assist staff employed across the partner agencies to understand Adult Support and Protection, helping to keep adults in East Ayrshire safe.

Adult Protection Publications
Information for Practitioners

Disability Hate Crime
The Adult Protection Committee supports local groups who are working in our communities to raise awareness of Disability Hate Crime. We helped organise a conference and are fully behind the Keep Safe Scheme’s implementation in East Ayrshire.

Disability Hate Crime
Keep Safe Scheme

Learning and Development
The Committee provides a wide range of tailored training courses to partner agencies and the private sector. These are continually evaluated and refreshed to reflect local trends of harm.

Training Framework and Calendar

Financial Harm
Working alongside Police Scotland and East Ayrshire Trading Standards, the Adult Protection Committee raises awareness of scams and bogus callers. Together we support and implement initiatives like the ‘Take Five to Stop Fraud’ campaign.

Bogus Callers

Forced Marriage Guidance
The three Ayrshire Adult Protection Committees led on the development of this Guidance to support all staff within Ayrshire organisations, including all of the Public Protection Forums, who might come into contact with people at risk of forced marriage.

Everyone has a right to choose their own spouse and enter into marriage with their full and free consent. Legislation is in place to prevent an individual from being forced or tricked into marriage.
Raising awareness of hate crime

The Things Tae Dae Social Hub performed a powerful drama about hate crime recently at Cumnock Town Hall.
The hub has been working alongside Police Scotland and the Adult Support Protection Team for over a year to promote a new initiative called ‘Hate crime/keep safe’.
The drama focused on one of the hub member’s stories about their experience of hate crime which made the performance particularly thought provoking. Also shown was a video that the group produced at the SKY TV Academy in Livingston, and the performers told the audience about the benefits of the Keep Safe Scheme and Third Party Reporting as well.

iTunes voucher scam

PC Craig Marshall of Police Scotland is warning people about the latest scam doing the rounds. He said: “Fraudsters are using iTunes gift cards to collect money from victims because they can be easily redeemed and sold on.

“The scammers don’t need the physical card to redeem the value and instead get victims to read out the serial code on the back over the phone to them. Action Fraud has been working with Apple and HMRC to warn people about this type of fraud.

“If you receive an unexpected call, whereby the caller requests an advance fee in the form of iTunes gift cards, police advise that the call should immediately be terminated.”

iTunes Vouchers can ONLY be redeemed for iTunes products and cannot be used to pay fines, income tax or any other form of bill.
**Adult Protection Day**

Local authorities came together in February to discuss Adult Support and Protection. Following on from that, posts on social media carrying the slogan “Seen Something, Say Something” were issued to highlight various types of harm and a link to a Scottish Government video was provided.

The video was produced with input from the National Adult Protection Coordinator, Police Scotland, Scottish Consortium for Learning Disabilities and local authorities. Watch the video here: https://youtu.be/pbnBzkp7vCI

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**New independent Chair of Adult Protection Committee**

Alex Davidson is the new independent Chairperson of the Adult Protection Committee. We asked him a few questions to find out a bit more about him...

**What are your current interests?**

**Where have you worked previously?**
I have had roles with Voices of Experience, Joint Improvement Team, and West Lothian Council Adult Protection Committee.

**What are you most proud of?**
I think my work on learning disability in South Lanarkshire. We were involved in a major service redesign with service users and carers, creating new integrated day opportunities of an extremely high standard. We created some 200 tenancies as homes during the hospital closure programme, and built an infrastructure for engagement and involvement in services.

**If you could do any job in the world what would it be and why?**
I had a job in the Marine Research Laboratory at Dunstaffnage in my earlier career, prior to entering social care and community development. I was outside all the time, with access to great equipment and colleagues, doing interesting work on the early potential for fish farming and so on. I looked after the aquarium and fed the turbot which ate out of my hand, but it was just being in wild spaces along the coast which was and still is exhilarating.

**How do you relax?**
Music (all kinds), some gardening, hill walking and trekking.

**Favourite place in Scotland?**
Torridon – wonderful mountains and it’s the wilderness I love.

**Favourite place abroad?**
It’s a tie between Italy and the Rockies in the USA.
Surviving and Thriving

The East Ayrshire Violence Against Women Partnership (EAVAWP) Spring conference, Surviving and Thriving, was held at the end of May in the Grand Hall, Kilmarnock, with 114 delegates attending.

Susan Taylor, EAVAWP Chair and Head of Children’s Health, Care and Justice chaired the conference and provided opening remarks, with Dr Marsha Scott, CEO of Scottish Women’s Aid delivering the keynote speech.

A broad range of workshops were held throughout the day covering topics such as ending the harm caused by prostitution; coercive control risk assessment and sexual violence and trauma.

The ‘Heart and Soul’ choir from Cumnock Women’s Centre sang uplifting and empowering songs – a well received and popular part of the conference.

Evaluations of the day were overwhelmingly positive with 60 forms returned and many delegates noting they left the conference feeling inspired, more informed and having an increased understanding of issues relating to violence against women and girls.

Position Statement on prostitution

The East Ayrshire Violence Against Women Partnership (EAVAWP) has formally agreed a final draft of its position statement on prostitution.

The statement advocates a challenge demand approach, in line with that of the national Equally Safe strategy, and seeks endorsement from members’ organisations to promote the position statement to all staff, making it clear that support for prostitution, in any form, is unacceptable.

EAVAWP members committed to take the position statement back to their host organisations for formal endorsement. The statement has now been considered and endorsed by full Council, the Community Planning Partnership (CPP) Board, Integration Joint Board (IJIB), NHS Ayrshire & Arran Board, Ayrshire College Board, Adult Protection Committee, Child Protection Committee and Alcohol and Drugs Partnership.

It has also been recognised at a national level by both Scottish Women’s Aid and the national Violence Against Women Network.

EAVAWP will commission research to engage with local women who are involved in prostitution to gain an improved understanding of what is happening in their lives. It’s hoped this research will be progressed on a pan-Ayrshire basis (with support from North and South VAWPs) and a final report prepared by the end of the year.

For more information in relation to this work please contact Hilary Scott, HSCP Planning & Performance Officer/ EAVAWP Lead Officer via: hilary.scott@east-ayrshire.gov.uk
Safer summer holidays

Summer is a wonderful time for outdoor activities with family and friends. And for many people, a day at the beach or at a back garden barbecue will include drinking alcoholic beverages.

But excessive drinking and summer activities don’t mix. Drinking impairs both physical and mental abilities, and it also decreases inhibitions—which can lead to tragic consequences on the water, on the road, and in the great outdoors. In fact, research shows that up to 70 percent of all water recreation deaths of teens and adults involve the use of alcohol.

If you’re going away for sun, sea and fun, then have a great time - just try to remember these simple tips:

- If you travel by air, especially on long flights, don’t be tempted to drink too much, even if it is free! Water and soft drinks are a better choice as both alcohol and altitude dehydrate you.
- Don’t let drink lead you into risky situations, with strangers, swimming pools or unknown places.
- Mixing drink with sports, from volleyball to rock climbing, can lead to injuries. So play it safe. Likewise, midnight swimming and drinking is never advisable.
- If you’re going out in the car, decide beforehand who’s going to be your designated driver. It’s their job to make sure you all get home safely.
- Bars abroad often serve larger measures of spirits than at home so just two vodkas could be the same as four or five at home.
- In some countries, alcohol is restricted or banned. Consult your guidebook or travel agent before you go, and respect local laws and customs. Apart from being common courtesy, ignoring advice can lead to serious punishment.
- While waiting for your flight at the airport don’t drink too much as you may not be allowed to travel.
- Remember that many insurance companies won’t pay up if you have an accident after drinking too much.

Party planning

Even if you aren’t going away you may want to enjoy the (hopefully) good weather by having a party with friends and family. When you’re having a party, you want your friends to have a great time. However, you want to be a responsible host too, here are some simple tips to make sure you all have a good time without things getting out of hand:

- If alcohol is served, keep an eye on the size of measures – try to stick to pub measures and smaller glasses.
- Offer plenty of water and alcohol free alternatives and serve food - it really helps to soak up the alcohol.
- Watch the strength of mix in home-made cocktails. Use plenty of ice and mixers.
- If people have had a bit too much to drink, encourage them to have a soft drink. Tell a ‘white lie’ – like the beer has run out!
- Make sure everyone can get home safely, using a designated driver, public transport or taxi.
- Have taxi phone numbers available and if at all possible, pre-book.
- As host, make sure you set a good example and drink in moderation.
**Summer health tips**

The risk of heat exhaustion and heat stroke rises at this time of year along with the temperature and humidity.

Heat illnesses occur when the body's cooling mechanism becomes overloaded. When the heat starts to rise - slow down. Regardless of your activity level, drink more fluids - your body needs water to prevent dehydration during warm summer days. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar. Stay indoors or in shaded locations; wear lightweight, light-coloured, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

**Signs of heat emergencies**

Heat exhaustion is a milder form of heat-related illness that can develop well after dehydration occurs. Those most prone to heat exhaustion include the elderly, those with high blood pressure, and children.

Some symptoms of heat exhaustion include:

- cool, moist, pale or flushed skin
- muscle cramps
- heavy perspiring
- nausea and sometimes vomiting
- weakness
- dizziness
- dry mouth
- headache

Heat stroke is a life-threatening situation. It occurs when the body is unable to regulate its temperature and can occur within 10-15 minutes of the first symptoms.

Signs of heat stroke include:

- very high body temperature (above 103 degrees)
- hot, dry, red skin
- no sweating
- nausea
- dizziness
- confusion, disorientation, hallucinations
- loss of consciousness

**Treatment of heat emergencies**

If you feel you are suffering from heat exhaustion, it is important to get out of the sun and into a cool place; loosen clothing; drink water/fluids (be sure to avoid caffeine and alcoholic beverages); take a cool shower, bath or sponge bath; and rest.

**Healthy swimming**

Summer time means fun in the sun, and plenty of fun and games in the water - but did you know that germs could contaminate swimming water?

Recreational water illnesses (RWIs) are spread by swimming in contaminated recreational waters such as pools, water parks, rivers and the ocean. Germs causing RWIs can be killed by chlorine, but it doesn’t work straight away. It takes time to kill germs, and some are resistant to chlorine and can live in pools for days.

**Useful contacts**

- www.nhs.uk
- Department of Health - Information about the European Health Insurance Card (EHIC) and the latest travel health advice. www.dh.gov.uk
- Fit for Travel Health information for people travelling abroad. www.fitfortravel.nhs.uk
- Foreign Office: Travel Advice - Government information on all aspects of travelling and who to contact in case of trouble. Tel: 0845 850 2829 Email: traveladvicepublicenquiries@fco.gov.uk www.fco.gov.uk/travel
- MASTA Facts about immunisations and antimalarial tablets, jet lag and much more. Email: enquiries@masta.org www.masta.org
- National Travel Health Network & Centre Promotes clinical standards in travel medicine. Tel: 0845 155 5000 Email: nathnac@uclh.nhs.uk www.nathnac.org
- World Health Organisation: International travel and health Learn about the risks to which travellers are exposed and the precautions needed to protect their health. www.who.int/ith
- World Health Organisation: Disease outbreak news - Upto-date details of the most recent disease outbreaks and where they happened. www.who.int/csr/don/en/
What we do...

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 Angie Bennett, Service Manager, Early Intervention & Prevention.

I work in the Council’s Vibrant Communities team and represent Housing and Communities on the Child Protection Committee.

In Vibrant Communities our ethos is ‘putting people at the heart of everything we do’ so we have a strong connection to the Protecting People Agenda.

My job is to manage the Early Intervention and Prevention Services within Vibrant Communities so this includes all the activities, events and support programmes that either help to keep people healthy and safe or that can help them to get back on track or recover from an illness if they need some support.

Some examples of the things we deliver include events and activities like Play Day, play times, and our prison play programme. We have befriending for children, young people and older people, and we also have older people’s social clubs and classes to help anyone who has, or who is recovering from, a long term condition.

Our Young People, Sport & Diversion Team also deliver Youth Action activities, Sports Mentoring and Youth Clubs, and they promote our Youth Voice via things like MSYPs and the annual Youth Conference.

Although we deliver these services directly, we also work with partners in the community to help them deliver many more valued activities that are often at the heart of the community. These include all sorts of groups, clubs and associations from parent and toddler groups to retirement clubs.

One great example of this is our local Sports Clubs. East Ayrshire has immense sporting talent and we support over 80 voluntary sports clubs through our Sports Council, helping with issues like development plans, funding, protecting people policies and equalities activities like starting a disability section.

We also have over 200 managed volunteers contributing to 10,000 + hours of service each year. Many of our volunteers support programmes like ESOL and are working directly with refugee families, as well as supporting other initiatives like Gaelic Learning and Youth Literacy.

In East Ayrshire we have 17 communities with their own Community Led Action Plans, and although it’s maybe a little less tangible than some of the things mentioned already, I really do think these are the key to having safer places where protecting people comes naturally. In these areas there are more local groups, more people joining groups, and more events and activities. This means people are more connected, probably more caring and possibly a little kinder too!
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)**
Rothesay House, Greenholm Road, Cumnock KA18 1LH
**Telephone** 01290 427720
**Email** social.work@east-ayrshire.gov.uk

**Emergency Out of Hours 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.