

SPECIAL POINTS OF INTEREST

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- Alcohol
- Drinking quiz
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- Facts about drinking
- Safeguarding 'undermind'

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Are British Values Important?



Kim Leadbeater is the sister of murdered MP Jo Cox.

Since Jo's death, Kim has continued her legacy by campaigning against loneliness and bringing communities together.

'Since Jo was killed, my life has been turned upside down and a lot of what I thought I knew and understood about living in our country has been challenged. I love this country, I love being a part of Great Britain and Jo loved this country too. But there are issues we need to talk about, and even though it may be difficult, we have to try. Understanding different views and listening to people's legitimate concerns is vital if we are to eradicate hatred and build strong communities.

One thing I really wanted to understand was what people - normal, everyday people like me - think about and understand by the term 'British values'. The Government has its own definition - it says British values are: democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. But how do they relate to people in the 'real world'? I headed to Manchester to find out. First stop, the Church of Nazarene parent and toddler group. Martin, who has three daughters aged nine, seven and three, had one of my favourite examples of a true British value: "Things like our next door neighbour taking our bin in," he said. I was interested to hear what values Martin and the other parents wanted their children to have.

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A mile up the road, at a busy pensioner lunch club, I found a group of older people who at times were quite pessimistic about what they saw as the loss of British values. Liz, 62, said: "There's no respect for the elders, respect for the police, no respect at all. "Youngsters today, they just seem to do everything and anything they want." The wealthy get away with murder as far as I'm concerned," he said. "Corporate fraud - nothing's done about it." One way the pensioners were in agreement with the parents I'd met earlier was their belief that community spirit was a core British value. Margaret, 83, said: "My mother-in-law lived in my house originally. She knew all her neighbours; they were in and out, in and out. They all talked and they brought their children up together. I was struck by the difference in the pensioners' somewhat gloomy outlook compared to the more positive feelings of the young parents I had met earlier.

For me it shows how important it is that conversations like this take place.'

<https://www.bbc.co.uk/programmes/articles/4Y7JNXLjnPTny3b3FsgH43/are-british-values-important>

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Did you know? - Facts about alcohol

24% of adults drink regularly over the low risk guidelines

In 2016 there were 9,214 alcohol related deaths in the UK

1 in 20 deaths in Wales are alcohol attributed

Overall consumption has fallen by 16% between 2004 - 2017

Scotland is the only country to experience a decrease in alcohol related death rates since 2001

Whose round is it anyway?



The relationship between alcohol and mental health is complex.

Alcohol is used by some people to manage stress and anxiety but excessive drinking can make this worse.

Although alcohol can help us to relax and make us feel good for a small time, the effects are short lived and the long term effects can make our mental health as well as our diet take on a negative impact.

If we have had a “BIG” drinking session some people tend to go to the gym to “sweat it off”. This can be more damaging as alcohol makes your kidney produce more urine which will make you dehydrated. The best thing to do after a heavy session is to drink lots of water.

Using alcohol as a reward after a “hard” work out or a stressful week at work, can stimulate your appetite which can have a negative affect on your diet.

Recent research has shown that 80% of people are not aware of how many calories they are using when drinking alcohol.

Cutting down your alcohol intake will help reduce the amount of calories which are being consumed. You can also use lower strength drinks which will use less calories.

Calories Per Drink:

- Medium Glass of Wine - 158 Calories
- Large Glass of Wine—225 Calories
- Pint of Beer, Lager or Cider— 222 Calories
- Spirits (25 ml) - 50 Calories

The Drinking Quiz

How often do you drink?	Never	Once or twice a month	Once or twice a week	Every day
How many units are you drinking?	None	1-3	4-6	7 or more
How many times in the last year have you drunk 7 or more units in 1 session?	Never	Last Month	On a weekly basis	On a daily basis
How many times in the last year have you forgotten what happened the night before because of drink?	Never	Last Month	On a weekly basis	On a daily basis

Drugs

A teenager in care died after taking illegal drugs and may have been sexually and criminally exploited before his death, a report has said.

The 16-year-old boy, known as Child T, was under the care of Dorset County Council when he died in June 2018.

A serious case review found there had been "no co-ordinated approach" to manage his safety and welfare.

Dorset Council said it was working to improve support for children at risk of exploitation.

The report by Dorset Safeguarding Children Board said, from the age of 14, Child T repeatedly went missing and had been arrested on suspicion of attempted murder, robbery and assault, among other things.

Safe Guarding - Undermind

It said despite his admission of gang involvement and having had 11 sexual partners since the age of 14, "gender stereotyping" meant concerns about sexual exploitation were never properly investigated.

It also said anecdotal evidence suggested he was being exploited by gangs to courier or sell drugs.

In May 2018, Child T received a one-year custodial sentence for robbery but was "released unexpectedly" in mid-June.

It was then, after being placed by Dorset County Council in another county, that he ingested "illicit drugs" while with friends and died in hospital.

The serious case review found efforts to safeguard Child T were "undermined" by the increasing number of agencies and professionals involved.

Dorset Safeguarding Children Board Chairman Sarah Elliott said: "Children and young people who are in care should expect to be supported and protected from harm and we're all greatly saddened by the untimely death of this young person."

Children's councillor Andrew Parry, of Dorset Council, which replaced the county council in April, said the authority had been "working tirelessly" with other agencies to improve information sharing.

He said: "We're particularly working hard to improve support for children at risk of different forms of child exploitation."

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