



Showcase Newsletter

Newsletter Introduction

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Welcome to the April edition of Showcase's Newsletter! Aiming to give all our readers an insight into key updates within our sectors, the monthly editions will guide you through key legislation updates, Government policies, news stories that have caught our eye, and things to be aware of coming up over the next few weeks.

If you have any suggestions on features to highlight please do email them to hello@showcasetraining.co.uk and we'll be happy to work with you.

We hope you enjoy the newsletter and find the content useful and interesting to read.

Message from the Author

As we head into what hopefully will be our last ever week in lockdown, April marks the start of Spring and better weeks and months ahead. We celebrated Easter this month with a couple of extra days off, and though in many parts of the UK we were sunburnt one day and watching the snow the next, the promise of pub gardens from the 12th is really giving many of us the boost we needed!

This month's newsletter features an article from our Mental Health Lead on being a 'people-pleaser', and, as we move out of lockdown, I think it has some really great advice about making sure we are looking after ourselves first to be able to then look out for others. If this lockdown has taught us anything, it's to appreciate the people we have around us and not to take for granted those little moments that make us feel loved and appreciated. Taking time to ensure we are happy is paramount to ensuring long-term well-being, and to be able to provide helpful support to friends and family when they need it without sabotaging ourselves at the same time.

We very much welcomed the news in March from Chancellor of the Exchequer, Rishi Sunak, of the Apprenticeship incentive scheme not only being extended but also going up to £3000 per new apprentice. Literature regarding this will be emailed to employers over the next few days to spread the word as it is a welcome support for our industry. We also welcomed Ofqual's introduction of TAGs for Functional Skill qualifications and very much look forward to working with NCFE on this over the next few weeks. Have a wonderful month and see you next time. Happy reading!

Congratulations to the following learners who have achieved their programmes this month!

- April S
- Carla H
- Rebecca D
- Beth M
- Liberty G
- Rachael F

Your certificates will be with you very soon!

Equality and Diversity in the News

The Guardian has conducted research into the extent of racism in schools, accusing the government of covering up the true picture. A freedom of information request was sent to 201 councils across the UK, and the resulting research reports that over the past 5 years, over 60,000 racist incidents have occurred. Investigators fear that this number could be higher if schools have not informed local authorities who hold such data. Underreporting has been criticised as it is not a legal requirement of schools to disclose information regarding racism.

Of all councils reporting data of racist incidents in schools, Hampshire disclosed the highest number with 3728 incidents between 2017 and 2019.

<https://www.theguardian.com/education/2021/mar/28/uk-schools-record-more-than-60000-racist-incidents-five-years>

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Samuel Kasumu, senior advisor to the Prime Minister on ethnic minorities, has stood down from his position following the outcome of government-commissioned report on race. Equality campaigners had criticised the report for 'downplaying the extent of racism in British society and institutions', though Mr Kasumu's resignation has not been directly attributed to the inquiry. A spokesperson for Downing Street has said his leaving has been planned for several months and denies any suggestion that his departure is linked to the report.

<https://www.bbc.co.uk/news/uk-politics-56601166>

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Comedian Lenny Henry has written an open letter persuading black Britons to take up the offer of the COVID vaccine. The letter has been signed by influencing individuals such as KSI (YouTube star), and actors Thandie Newton (*Mission Impossible*) and Chiwetel Ejiofor (*12 Years a Slave*).

Vaccine take-up is considerably lower amongst black communities in the UK in comparison to white communities (around 60% compared to over 91% respectively), and it is believed misinformation is the cause. Henry's appeal has also been turned into a short film and has been backed by the NHS.

Read it about it here: <https://www.bbc.co.uk/news/entertainment-arts-56565995>

Watch the video here: <https://youtu.be/0mKYnTZvIUU>

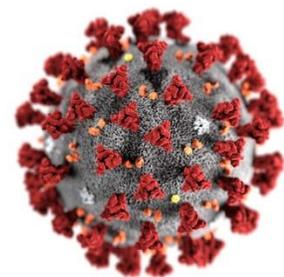
Will you be having the vaccine? Why?

“

This could just be the tip of the iceberg.

Anne Longfield, former
Children's Commissioner for
England

”



Extremism and Radicalisation in the News

You may recall in October, French schoolteacher Samuel Paty was beheaded on the streets of Paris by an Islamic extremist, after he showed controversial cartoons of the Prophet Muhammad to his class. The incident came about as a pupil in the class told her father about the cartoons and he took to social media to express his disgust; this led to an online campaign to identify the teacher and have him removed from his post, which unfortunately led to his death.

However, the pupil has now admitted to making the event up. She had been excluded from school by Mr Paty due to bad behaviour, but she told her father it was because of her protest against the images being shown, fearing his reaction to the truth. Her lies led to the death of both an innocent person and the extremist attacker. She and other pupils involved in the claims have since been charged with complicity in a terrorist murder, and the incident again highlights the potential consequences of spreading misinformation online.

<https://www.bbc.co.uk/news/world-europe-56325254>

<https://www.bbc.co.uk/news/world-europe-54581827>

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A Met Police Officer, Benjamin Hannam, has been charged with being a member of a banned neo-Nazi terrorist group, the first British officer ever to be charged with a terrorism offence. He has also admitted to possessing an indecent image of a child which will result in a separate charge and trial. The group, National Action (or NA) was banned in 2016, but Hannam denies ever being a member – just being interested in their meetings and information. Following the group's ban, Hannam was also reportedly part of another organisation NS131, which was banned in 2017. Upon joining the Met in 2018, he failed to declare any association or a past history with extremist views or behaviour.

<https://www.bbc.co.uk/news/uk-england-london-56604470>

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Freedom of speech vs inciting hatred is always a topical debate, but what do you think about Trump's latest endeavours on social media? Facebook had previously banned the former President of the United States of America from posting (as did Twitter, YouTube and Instagram), but a few days ago he used his daughter-in-law's page to upload a video of himself talking about a range of issues. The video has since been removed by Facebook in line with the ban, and an official statement from the company reiterated that any further content would also be taken down and further limitations imposed on assisting users.

So, is this extreme censorship? Or do you agree that the risk of allowing Mr Trump to continue using social media is too risky, especially following the riots in January?

<https://www.bbc.co.uk/news/world-us-canada-56598862>

Regional Prevent Co-Ordinators:

- Salam Katbi (South West): 07824 083307
- Alamgir Sheriyar (South East): 07468 714372

Anti-Terrorism Hotline:
0800 789 321

Crime Stoppers:
0800 555 111

See It. Say It. Sorted.
0800 40 50 40 or
Text 61016

<https://actearly.uk/>

**If in doubt, dial 101 or
999**



Safeguarding Updates

The Internet Watch Foundation study has found that predators online are increasingly persuading children to photograph or record their own abuse, or those of their friends and siblings. The study was conducted between September and December and found '511 self-generated child sexual abuse images and videos involved siblings', equating to 8 images or videos a day. In 65% of these, one or both children were 'engaged in direct sexual contact with each other'. 46% of the material was classed as the most severe form of image, Category A. The IWF states: "Predators are now not only using the internet to contact, coerce, and abuse children – they are now using those children to get to other victims. Abuse often takes place in children's own bedrooms, when parents think children are safe – playing with their siblings."

<https://www.iwf.org.uk/news/%E2%80%98beyond-heart-breaking%E2%80%99-abuse-predators-groom-children-film-siblings-and-friends>

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The government has launched a massive review into sexual abuse in schools, including investigating the safeguarding policies in place for both state and independent schools. This follows reports of over 8000 accounts of rape, harassment and assault by pupils on a survivor's website (everyonesinvited.uk), and that 6 out of 10 girls in the UK have been sexually abused at school.

Education Secretary, Gavin Williamson, has also announced a new helpline run by the NSPCC (0800 136 663) to provide adults and children with support and advice. He has also instructed Ofsted to conduct an immediate deep-dive review into how 'private and state schools in England deal with sexual harassment and assault among their pupils'.

Ofsted Chief Inspector Amanda Spielman has welcomed the enquiry and supports the open discussion around sexual abuse within schools with the aim to raise awareness and help eliminate the issue.

<https://www.gov.uk/government/news/government-launches-review-into-sexual-abuse-in-schools>

<https://www.theguardian.com/society/2021/mar/29/ofsted-must-investigate-allegations-of-sexual-misconduct-in-schools-mp-says>

<https://www.theguardian.com/education/2021/mar/31/dfc-announces-review-into-school-sexual-abuse>

<https://www.safeline.org.uk/abuse-or-banter-sexual-harassment-and-abuse-at-school/>

Local Safeguarding Teams:

Portsmouth

Children: 0845 671 0271

Adults: 02392 688 613

Southampton

Children: 02380 833 336

Adults: 02380 833 003

Isle of Wight

Children: 01983 814 545

Adults: 01983 814 980

Hampshire

Children: 0300 555 1384

Adults: 0300 555 1386

Wiltshire

MASH Hub: 0300 456 0108

Dorset

West: 01305 221196

East: 01202 458873

Berkshire

01635 503090

Showcase Safeguarding Team

Designated Safeguarding

Officer (DSO):

Ellen Mould

07715 658036

Deputy DSO:

Louise Bloomfield

07597 366506

Office Number:

01329 848714

Safeguarding at Showcase Training

Follow our Safeguarding webpage for the latest news and advice regarding Safeguarding.

<https://showcasetraining.co.uk/safeguarding>

Online Safety

Have you ever heard of ‘doxing’?

Doxing (sometimes spelt ‘doxxing’) is an online attack in which hackers will find the real information of an anonymous poster and reveal their true identity, often to expose a troll or to embarrass someone. Typically, a doxer will publish a person’s real name, perhaps their phone number and email, personal photographs and links to social media pages, encouraging others to make contact – so be careful what you post online. In the past, doxing has been used for good by vigilantes exposing trolls and online predators but can also be used in cyber-bullying and scams.

Doxing is unethical but not necessarily illegal; sharing bank details and social information (e.g. passport number, birth certificate etc.) very much is unlawful, but sharing names and contact details isn’t. Be careful to protect your data online, making sure privacy settings are set to prevent your information from being mined.

Read more about Doxing here:

<https://us.norton.com/internetsecurity-privacy-what-is-doxing.html>

<https://www.kaspersky.com/resource-center/definitions/what-is-doxing>



Health and Well-Being

Mental health and well-being are still very much at the forefront of media at the moment, with several documentaries being released in the last month highlighting key triggers and the wide range of support available to both those suffering and those helping to care for an individual with poor mental health.

Below are some links to some that have caught our eye, but please take note of this trigger warning that they do talk about challenging subjects like suicide that may be upsetting.

‘Caroline Flack: Her Life and Death’ – Channel 4:

<https://www.channel4.com/programmes/caroline-flack-her-life-and-death>

‘Roman Kemp: Our Silent Emergency’ – BBC Three:

<https://www.bbc.co.uk/programmes/p098hsv6>

The Huffington Post wrote an article titled ‘5 Powerful Things we Learned from Roman Kemp: Our Silent Emergency’, and in it they discuss the issues of toxic masculinity that have been attributed to causing so many to feel they cannot speak out or seek help.

https://www.huffingtonpost.co.uk/entry/roman-kemp-our-silent-emergency-what-we-learned_uk_6051c7c2c5b685610fd3a4d7

“
*You may not truly know
 the mental state of your
 close friends – but there
 are ways you can help.*
 Huffington Post, March
 2021
 ”

**Showcase Mental Health
 Lead:**

Nicola Bailey
 07597 366606

Mental Health Feature: People Pleasing

Are you caught in the people-pleasing trap?

It is hard work being a people pleaser, feeling the constant need to put other people's feelings and happiness before your own is draining and will often cause your sense of self-worth to get lost.

All that giving requires some taking, and if we're not doing the taking then we're definitely going to run out of resources to give, resulting in a decrease in mental health and happiness.

As explained by The Blurt Team, "When we people please, we forget our own boundaries and bend over backwards to please all else, relinquishing our responsibilities to ourselves to take control of our own health and happiness. When we people please, we're also impacting the boundaries of others too - taking on some of their responsibilities and ownership for their own health and happiness."

Whilst pleasing others is a wonderful trait, when this is at the sacrifice of your own happiness and wellbeing, you are at risk of a 'slow-but-sure slide to rock bottom'.

If you feel you're a people-pleaser, here are some steps you can take to help:

- **Communicate** that you're not doing so well and that you're going to take some space for yourself, with anyone who typically comes to you for something.
- **Create** emergency boundaries where there are easily identifiable stressors that has been particularly difficult to cope with
- **Ask for help** from others to help you hold that respite/boundary, perhaps you live with someone who can answer the door and turn away people who have turned up unexpectedly, maybe you can delete any apps from your phone which are causing the issue.

Once you're feeling stronger, it is important that you don't revert back to how it was before. Take time to reflect and think about what boundaries, limits and self-care practices do you need to put into action.

As highlighted by Blurt, before you put those into action - *and this is the very important bit* - consider what you're going to say to those who loved the people-pleasing side of you. The hardest bit about setting boundaries is not setting the intention to change or communicating your needs to others, it's the potential backlash. Being a people pleaser means that any backlash may throw you because you won't be used to it and may even feel quite uncomfortable. Perhaps consider being prepared with answers that will allow you to be really honest about how you've been neglecting your needs, and that you need to change some of your habits and behaviours.

Communicate those boundaries repeatedly until they stick. It does get easier and remember:

You can be a kind, thoughtful, generous, and supportive person without having to compromise the very self of you.

For more support please visit:

<https://www.blurtitout.org/>
<https://www.scienceofpeople.com/people-please>

**Showcase Mental Health
Lead:**

Nicola Bailey
07597 366606

Upcoming Events

1st April:	Maundy Thursday (Christian)
2nd April:	Good Friday (Christian) (Bank Holiday UK)
4th April:	Easter Sunday (Christian)
5th April:	Easter Bank Holiday Monday (UK)
8th April:	Yom Ha-Shoah (Jewish)
8th April:	Hanamatsuri (Buddhist, Japanese)
13th April:	Songkran (Buddhist New Year's Day)
13th April:	Start of Ramadan (Muslim)
23rd April:	St George's Day (Patron Saint of England)
30th April:	Beltane (Wiccan/Pagan)
1st May:	Beltane (Pagan)
3rd May:	May Day Bank Holiday
5th May:	Cinco de Mayo (Mexican)
9-15th May:	Christian Aid Week (Christian)
12th May:	End of Ramadan (Muslim)
13-16th May:	Eid-ul-Fitr (Muslim)
23rd May:	Pentecost/Whit Sunday (Christian)
31st May:	Spring Bank Holiday
3rd June:	Corpus Christi (Catholic)
10th June:	Ascension (Christian)
16th June:	Martyrdom of Guru Arjan (Sikh)
20th June:	Pentecost (Christian)
21st June:	Litha/ Midsummer Solstice (Pagan)

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