

SAFE & SOUND

Providing you with news and updates around safeguarding, prevent and British Values

The rising cost of living

What this means...The 'cost of living crisis' refers to the fall in 'real' incomes (that is, adjusted for inflation and tax) that the UK has experienced since late 2021. It is caused by a combination of high inflation outstripping wage increases and upcoming tax increases so incomes will fall in real terms. Wage growth in the last year has not been sufficient to keep pace with inflation, with underlying pay growth of only 4% in February 2022. The Bank of England forecasts wage growth of 4.75% in 2022 while inflation is over 8%

In fact, according to research by network Student Beans, 71% of students have stopped socialising as much, with 49% of them skipping a meal. A further 54% said they relied on money from family and or friends.

Four in five students say they have felt personally impacted by the rising cost of food shopping, and almost just as many are altering their habits just to get by. One in 20 have even started using a food bank.

Other actions taken in response to the rising cost of groceries include increasing use of free food apps like OLIO, rationing food, and buying food from the reduced section to make their money go further.

The causes...Cost pressures have been apparent in the economy since mid-2021, when many advanced countries reopened their economies from coronavirus lockdowns. Gas prices have increased because of a number of factors. Increased demand for gas from Asia, depleted gas storage supplies in Europe, unexpected outages in Liquefied Natural Gas (LNG) production and the war between Ukraine and Russia (a major supplier of European gas) have all contributed to the large price increases since mid-2021.

Disruption to global supply chains has also increased prices. Global shipping costs have also increased, as shipping firms reduced capacity by 11% during the pandemic in anticipation of reduced demand. The Russian invasion of Ukraine has significantly exacerbated these economic stresses.

Many international companies have permanently ceased operations in Russia either to comply with economic sanctions or due to reputational risk. The dangerous security situation in Ukraine has also prompted many companies to temporarily close factories.

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The rising cost of living *Continued from page 1*

Help and support... To help with the cost of living crisis, the government has announced several measures: an energy discount, a council tax rebate and one-off payments to low-income households, pensioners and those receiving disability benefits. Around 28 million UK households will get £400 off their domestic energy bills from October. You don't have to apply, as the discount will be applied automatically by energy suppliers.

A £150 council tax rebate also applies to everyone living in a property that falls under bands A to D. As you are a student you may be able to get a 25% Council Tax Discount. This is worth looking into and Abbeydale can supply you with a letter of proof if required.

Go to [Gov.UK](https://www.gov.uk) for more information about the government-led schemes.

Do you have a variable-rate mortgage? You may want to lock in to a fixed-rate mortgage now so you're insulated from rate increases – at least for the short term. You can use a mortgage comparison tool to see what deals are out there.

Carpooling- can you join together with other members of your class to share the costs of fuel travelling to college? Speak with an Abbeydale team member if you would like us to raise the subject in class if you feel unable.

Energy-saving- look into energy-saving tips. Small changes could result in some significant savings.

Cancelling un-unused/not needed subscriptions. Services such as Netflix, Spotify, and Apple Music could be taking up valuable spare cash or maybe you have an un-utilised gym membership. Think how important these subscriptions are and look to cancel them if you are not getting value for your money.

A budgeting app can be a great help in managing your finances. You can link all your bank accounts and credit cards in one place, making it easier to track your spending.

For free impartial money advice, contact the Money Advice Service. www.moneyadviceservice.org.uk



Special dates in July/August

- 7th July, London bombings remembrance

A time to remember the terrorist attack of 2005

- 7th July to 7th December, The Hajj

The annual pilgrimage to the Holy City of Mecca required for all Muslims at least once

- 15th July, St Swithun's Day

According to legend, if it rains today, it will continue for 40 days and 40 nights.

- 28th July- 8th August, Commonwealth Games

Multi-sport event involving athletes from the Commonwealth of Nations, this year it is being held in Birmingham

- 8th August, International Cat Day

- 15th August, Feast of the Assumption

A holy day that commemorates the Virgin Mary being assumed, body and soul, into heaven.

- 24th August, International Dog Day

- 31st August, Summer bank holiday

Last bank holiday in England and Wales before Christmas

THE DARK WEB

There are three basic levels within this complex thing we call the World Wide Web – open, deep, and dark. The open or surface web is what you access daily through Bing or Google. The deep web has higher security and will be where you find intranets and your internet banking. The dark web – despite the media attention – is a small part of the deep web which is only accessible through a special TOR network. Not only is it more secure, it also is more private as it effectively shuts out online trackers. While it is not flawless in protecting user privacy, it works well enough to give users much more privacy in where they go, the content accessed, and concealing their own identity. There are a number of TOR only sites for illicit drugs or materials. It allows surfers to stay anonymous and go to “members only” forums where they can use untraceable cryptocurrencies for their purchases.

To find out more and some help and advice if someone you know is access the Dark Web please watch this 5-minute video developed by the National Crime Agency in collaboration with The Children's Society and Marie Collins <https://bit.ly/39v7UPE>



When does animal welfare become animal rights? The danger of extremist views.

What is radicalisation?

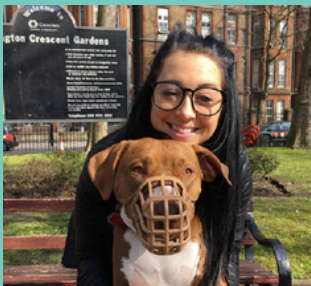
"...the process by which people come to support terrorism and extremism and then in some cases, to then participate in terrorist groups" (ddscp.org.uk)

What is extremism?

"vocal or active opposition to fundamental British values, including democracy, the rule of law, individual liberty and mutual respect and tolerance of different faiths and beliefs." (HM Government Prevent Strategy)

We often think that radicalisation and extremism is not something that affects or will affect the veterinary industry, let alone decorated and revered RVN, Ms Shakira Free-Miles, having recently made national headlines due to her beliefs and actions. Shakira, a popular and supported speaker who represented the veterinary profession by speaking in Parliament to the All-Party Parliamentary Dog Advisory Welfare Group meeting about Breed Specific Legislation and how this affects not just dogs, but also the veterinary surgeons and veterinary nurses both professionally, and personally. She was awarded the prestigious Ceva Animal Welfare Awards, Veterinary Nurse of the Year award twice and the Outstanding contribution to the veterinary profession award from the BVNA. Shakira has also spoken at BSAVA Congress about breed-specific legislation and dog bite intervention and Vegfest conference in Istanbul about veganism. She has also sat on the VNJ editorial boards and has authored numerous articles relating to animal welfare and has worked at the Royal Veterinary College (RVC) in the Beaumont Sainsbury Animal Hospital.

Recently Shakira has found herself in the national headlines as an animal rights activist. She has appeared in news sources such as The Telegraph, Wales Online, msn.com, The Daily Mail, lbc.co.uk and gbnews.uk. The headlines in the sources use the words 'militant' and 'activist'. The news sources report that Shakira has been dismissed from the RVC for gross misconduct for a breach in university accommodation rules by keeping a pet turkey in the flat despite a no pet policy and her involvement with the Animal Liberation Front. Following RVC investigations it was deemed there was sufficient evidence in social media posts of her association with illegal activities carried out by extreme animal rights groups. Shakira was arrested by the police due to these activities and investigated. Reports suggest that she has been linked to animal stealing by the Suffolk Counter Terrorism Unit. This led Shakira to make an unfair dismissal claim against the RVC, citing that she had been discriminated due to her ethical veganism beliefs. Her claim was overruled by the review panel because her personal views of the right to trespass and remove animals and to disobey laws did not amount to a philosophical belief.



The Animal Liberation Front (ALF) was founded in 1976, by Ronnie Lee a British animal rights activist who was also the founder of Band of Mercy. The ALF was formed to support any activist who is willing to engage in violent action against those considered to be violating animal rights. Their movement has travelled wide to become the most damaging and infamous animal rights group in the United States making them a listed domestic terrorism threat with Homeland Security. They have also been responsible for arson, bombings, and property damage in the UK. The ALF aims to end inequalities to animals which includes speciesism and vivisection by achieving full equality for animals. They are not happy to settle for animal welfarism.

Animal rights activists/extremists believe that they are obligated to undertake/perform acts of sabotage or violence because animals cannot defend themselves. This may be in the form of removing animals from certain situations/organisation or by performing violence against a person or their property. They believe that they are acting in a form of protective 'self-defence' for the animal where an illegal act is necessary to protect that animal.

The incidence of attacks has significantly reduced in the last two decades. It is perceived that the domestic terrorist threat of attack is low but potentially enduring.

At Abbeydale we undertake numerous compulsory tutorials, covering topics such as prevent, safeguarding and current political issues. Shakira has been discussed at Abbeydale as being a role model due to her 'Save a Bulls' campaigns. We now find ourselves having to discuss her actions in 'current affairs and professional issues' tutorials with links to the Prevent agenda which is why it is essential to be familiar with legislation and professionalism.

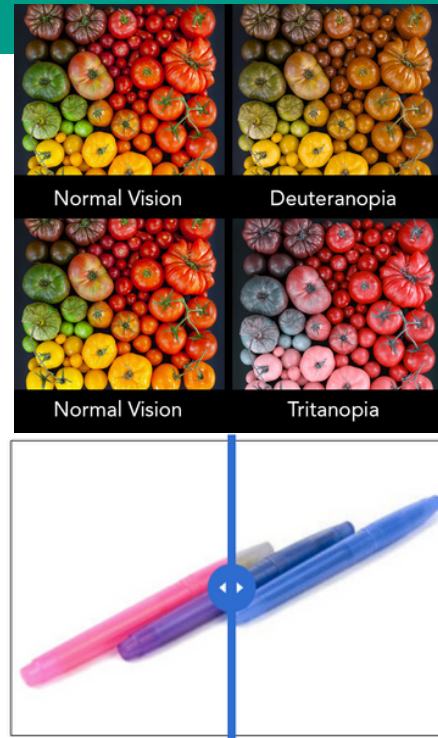
Colour Blindness

Colour blindness (colour vision deficiency, or CVD) affects approximately 1 in 12 men (8%) and 1 in 200 women. In the UK there are approximately 3 million colour blind people (about 4.5% of the entire population), most of whom are male. Worldwide, there are estimated to be about 300 million people with colour blindness, almost the same number of people as the entire population of the USA!

There are different causes of colour blindness. For most colour-blind people their condition is genetic, usually inherited from their mother, although some people become colour blind as a result of other diseases such as diabetes and multiple sclerosis or it can be acquired due to ageing or from taking drugs and medications.

There are different types of colour blindness and in extremely rare cases people are unable to see any colour at all, but most colour blind people are unable to fully 'see' red, green or blue light.

Being 'red/green colour blind' means people with it can easily confuse any colours which have some red or green as part of the whole colour. So someone with red/green colour blindness is likely to confuse blue and purple because they can't 'see' the red element of the colour purple.

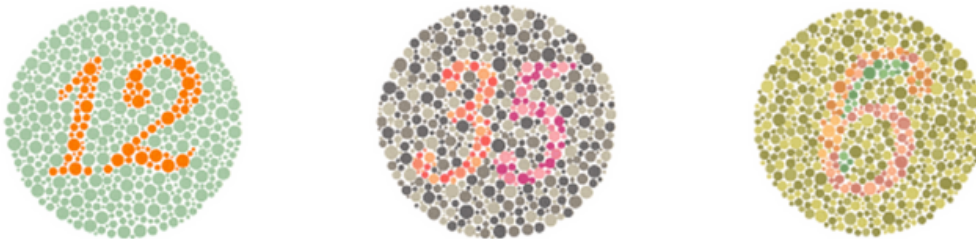


Normal Vision | Deuteranopia

Where to go for a diagnosis

If you have any eye test with an optometrist they should test colour vision as a matter of routine, but not all chains of optometrists in the UK undertake this test routinely. With some, you may have to request a colour vision test specifically and sometimes even be asked to pay for it as an extra. In England and Wales, a colour vision test for children (and adults) does not form part of the NHS eye test and you will need to specifically request a colour vision test.

The Ishihara test is the most widely used for testing for red-green colour vision deficiency and contains 38 plates of circles created by irregular coloured dots in two or more colours. The plates will be put in front of you and you will be asked what number you can see on the plate. Some plates contain information which people with normal colour vision can see whilst others contain information that only people with colour blindness can see. If you make a certain number of errors you will be diagnosed with colour blindness.



Treatment

There is currently no effective treatment for inherited colour blindness. Some colour blind people have found some coloured filters and some lenses might help them to distinguish between some colour combinations in certain situations, whilst others report no effect or that they can cause further confusion. Caution has been raised however about the use of coloured lenses or 'colour blind' glasses for use in the workplace, in schools/for education or in any situation which could impact upon safety e.g. driving and general recommendations are that extreme caution is taken when using any type of glasses or lenses to 'help' with colour discrimination.

Support

Any information provided by colour alone can potentially alienate people with colour blindness, consider this when asking for the blue needle or pink cannula, or explaining the types of medication to clients by colour alone.

Your employer can find out information on how to support employees with colour blindness and keep them safe by visiting The Health and Safety Executive's (HSE) website.