



# SAFE & SOUND

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



## Social media

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How much are you sharing with the world?

Social networks are a great way to stay connected with others, but you should be wary about how much personal information you post. To help you stay safe follow these helpful tips:

- Learn about the privacy and security settings on social networks and ensure these are on or set to what you want to share. The National Cybersecurity Alliance has quick links to show you how to adjust settings <https://staysafeonline.org/stay-safe-online/managing-your-privacy/manage-privacy-settings/>
- Remember once posted, always posted. Think about who you want to see the content now and in the future! Recent research found that 70% of job recruiters rejected candidates based on information they found online.
- You can build a good online reputation
- Keep personal information, personal. The more you post, the more a hacker will be able to use to steal identities or commit other crimes.
- Know and manage your friends, If you want to create a public persona consider having a second page and keep your personal one to your real friends.
- Be honest if you are uncomfortable and know what action to take to report/remove someone
- Remember the RCVS Code of Professional Conduct and potentially your own employers' Social Media policy when you are posting

# Financial advice

## Beginners Guide to managing your money

We all need money, be it for living costs, travel expenses, pet care, children or even just to enjoy ourselves once in a while! A lack of money can put us under great pressure and even force us to do without necessary things. Learning to manage money is a skill and a subject not always talked about or thought fondly of, but it can really pay off (pardon the pun). The Money Advice Service has pages of tips and advice to help anyone manage their money. Here is just a snippet of information.



**the Money  
Advice Service**

Free and impartial money advice

If you have loans or owe money on credit cards it usually makes sense to pay off the debt that charges the highest rate of interest first.

The first step to taking control of your finances is doing a budget. It will take a little effort, but it's a great way to get a quick snapshot of the money you have coming in and going out.

To get started on your budget, you'll need to work out how much you spend on:

- Household bills
- Living costs
- Financial products (insurance...)
- Family and friends (presents...)
- Travel (car costs, public transport...)
- Leisure (holidays, sport, restaurants...)

The Money Advisory Service has a budget template for you to use.

If you've already missed credit card or loan payments or if you're behind with so-called 'priority debts' such as your:

- Rent or Mortgage
- Court fines
- Energy bills
- Council Tax
- Child support

Take advice from a free debt advice charity straight away.



### Where to get free debt advice

A debt adviser will:

- never judge you or make you feel bad about your situation
- always be happy to talk to you, however big or small your problem might be
- find ways to manage your debts even if you think you have no spare money
- suggest ways to deal with debts that you might not know about

### Who can you contact?

Money Adviser

[Networkadviser.moneyadvice.org.uk](http://Networkadviser.moneyadvice.org.uk)

Debt Advice

[Foundationwww.debtadvicefoundation.org](http://Foundationwww.debtadvicefoundation.org)

0800 622 61 51

National Debtline

[www.nationaldebtline.org](http://www.nationaldebtline.org)

0808 808 4000

# The new minimum wage

The NLW is the obligatory minimum wage payable to workers in the UK aged 23 and over, which came into effect on April 1, 2016.

If you are 23 years old or above and classed as a “worker”, you are entitled to the NLW (also known as the minimum wage).

- The NLW has risen to £10.42 per hour from £9.50, for over 23-year-olds.
- The 21- to 22-year-old rate has risen to £10.18
- For 18-20s it has risen to £7.49
- If you are 16- to 17-year-olds or an apprentice in their first-year the NLW is £5.28

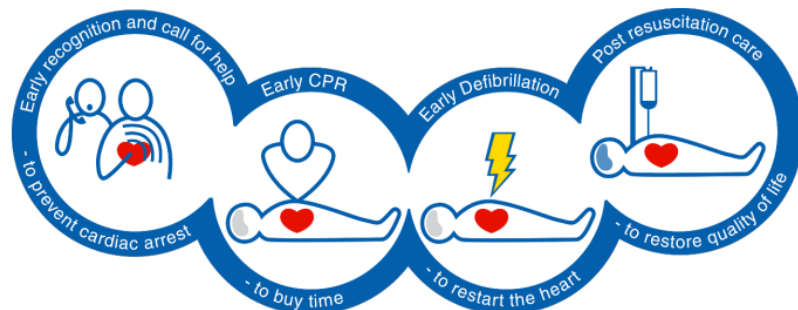
## What is an Automated External Defibrillator?

An Automated External Defibrillator (AED or ‘defibrillator’) is a machine that is placed externally on the body and is used to give an electric shock when a person is in cardiac arrest i.e., when the heart suddenly stops pumping blood around the body.

Cardiac arrest can affect people of any age and without warning. If this happens, swift action is vital, and you must call 999 immediately for an ambulance. While the ambulance crew are on their way, early cardiopulmonary resuscitation (CPR) and prompt defibrillation can help save a person’s life.

## Our values...

- V** valuing ideas
- E** empowering our learners
- T** teamwork
- N** nurturing resilience
- U** unleashing potential
- R** respecting others
- S** student-centred approach
- E** eliminating discrimination



Abbeydale's defibrillator is simple and safe to operate and use. Once attached, the defibrillator will automatically analyse the individual’s heart rhythm and, if required, apply a shock to restart it or advise that CPR should be continued.

Prompts include:

- where to position and attach the pads
- when to start or restart CPR
- whether or not a shock is advised.

Abbeydale's defibrillator can be found in the kitchen area under the sink.



# Keeping safe at Festivals

Depending on how one handles themselves, music festivals can have the potential to provide either incredible experiences or serious risks. With attendees listening to overwhelmingly loud music in the heat for hours on end, the effects of substances like drugs and alcohol can have a much more detrimental impact on our health, and crime and sexual misconduct can become a greater problem when so many people are packed into a tight area.

## **Festival Wellbeing Guide**

- Be drink and drug aware – don't overdo it. Make informed decisions.
- Look after your friends – make sure that everyone gets home safely at night and people are not left to walk back to camp on their own.
- Be a friendly face in the crowd – if you see someone you don't know who looks like they are struggling or needs some help ask if they are ok. If you see someone alone and unconscious alert a steward or member of event staff.
- Pace yourself and know when to go to bed – have a good time, stay up all night if you are having fun, but there comes a point where you need to ask yourself: Is this fun anymore or do I need a bit of sleep?
- Avoid an upset stomach – you might be happy to dodge the shower for the weekend, but make sure you always wash your hands or use an antibacterial hand sanitiser before you eat and after you've used the toilet. If you're making your own food back at camp, ensure meat is thoroughly cooked.
- Eat regularly and stay hydrated – drinking alcohol, walking for miles, sitting in the sun and dancing can quickly cause you to get dehydrated. Be careful about over hydrating if you are taking ecstasy/MDMA as this can cause problems.
- Love music? Love your ears! – exposure to loud music at festivals and concerts can cause serious long term damage to your hearing. If you do like to be right in the action, wear ear protection.
- Protect yourself from the elements – start by bringing the right gear with you. Wear sun cream to protect yourself, even if it's cloudy. Always bring a pair of boots or wellies; white trainers + mud = bad times. Once you get cold and wet it can be very hard to warm back up, especially when you are sleeping in a tent so wear a waterproof and stay warm.

**For more advice check out [www.festivalsafe.com](http://www.festivalsafe.com)**