



SAEB Safeguarding Ambassadors Bulletin December 2022

Welcome to our Festive Bulletin

We hope you are staying safe and well and enjoying this festive season. This week many members of our group are looking forward to Christmas or making plans with relatives to enjoy the festive break.

The SAEB recently published their [Annual Report](#) and there is an Safeguarding Ambassador section within the report which highlights the work we have done to raise awareness of Safeguarding in our communities throughout 2021/22. We also have our very own page on the SAEB website which you can view [here](#), in addition you can view all our video's on the website [here](#).

In November for **National Safeguarding Awareness Week 2022**, we hosted a session on **Sensible Precautions & Local Solutions** available across the Bi-borough to support residents during the 'Cost-of-Living Crisis' this Winter. Presentations at the event included:

- **Public Health** sharing information on financial support, warm spaces and wellbeing this Winter.
- **Community Alarm Services** provided information on **Assistive Technology** available for vulnerable residents.
- **Fire Safety** information on how to stay safe from Fire Risks - our Moto this year is '**Think Fire**' and we urge all residents to stay safe this winter from using anything to heat your homes that could cause a fire.



We are planning to turn all the presentations into a resource library and share these with all residents in January 2023. While we get this organised and in place, in this bulletin we wish to share our idea's for a survival toolkit to keep you safe in the event of a power-cut this winter. We really hope you will find these idea's helpful.

Top 10 Idea's to keep you safe in the event of a power-cut from Safeguarding Ambassadors, Maria, Fay, Elaina and Michael

1. A bottle of water, tins of food with a ring pull, fruit cake or a snack and don't forget some cutlery
2. A flashlight or a torch and motion sensor lights for during the night
3. suitable extra batteries for your gadgets, and don't forget a power bank for your phone
4. A spare set of glasses or contact lenses
5. A wide neck flask, a blanket and some warm clothes
6. A small DAB radio with your radio stations pre-set
7. A first Aid Kit, list of your medications and an urgent medication supply and don't forget those important hearing aids batteries.
8. Important telephone numbers written down and in your phone.
9. Books, a magazine and if you have a pet don't forget some food for them.
10. Lastly if you are incontinent remember some supplies!



We hope you have enjoyed this short update and we wish you a wonderful Festive Season. We look forward to continuing to raise awareness of important safeguarding topics that matter to our communities in 2023

Please send your news, updates and comments to share in upcoming bulletins to makinsafeguardingpersonal@rbkc.gov.uk



**All you need is Safeguarding
Merry Christmas 2022**