

# SAEB AUTUMN BULLETIN



Safeguarding Adults  
Executive Board

SAFEGUARDING AMBASSADORS

NOVEMBER 2025

## Top articles in this bulletin



National  
Safeguarding Adults  
Week 2025



Safeguarding  
Ambassadors  
Stop the Pressure  
Campaign 2025



The SAEB Mental  
Health Learning  
Programme

## A warm welcome everyone!

This month we re-launch our Campaign for **Stop the Pressure week** which this year aligns with **National Safeguarding Adults Week 2025**, so November is a really busy month for the SAEB.

### The Power of Lived Experience

The SAEB Safeguarding Ambassadors group, made up of residents and service users, is the beating heart of the SAEB community prevention agenda. Our work ensures that safeguarding is personal, practical, and rooted in real stories.

### My Pressure Ulcer Journey

In 2023, as a wheelchair user and Safeguarding Ambassador, I shared my story of living with recurring pressure ulcers. Our 2024 campaign, **"If you see Red, Purple or Pink... please think!"**, resonated across our communities, urging vigilance and early action. My experiences continue to be a stark reminder that pressure ulcers can reappear at any time, and a lapse in care or a change in routine can have devastating consequences.

Despite undergoing four major surgeries and receiving regular visits from District Nurses, my battle continues. In 2025, my pressure sores have re-opened, and I am now leading this renewed awareness campaign with the SAEB Safeguarding Ambassadors to reach even more people at risk.

On page 2 you will find our Safeguarding Ambassadors 7 Preventative Top Tips which we hope you will find useful to share and promote across your organisations and our communities and on page 3 of this bulletin you will find our activities during November and for National Safeguarding Adults Week 2025.

Warmest Wishes

*Mariya Stoeva*

Chair, SAEB Safeguarding Ambassadors

# Pressure Ulcers

## 7 Preventative Top Tips



### SAEB Safeguarding Ambassadors

**1. Understand the Risks** Pressure ulcers can affect anyone with limited mobility. They often develop on bony areas—heels, elbows, hips, tailbone and growing areas—and can escalate quickly if ignored.

**2. Daily Vigilance** Check skin daily for discoloured patches (red, purple, or pink), warmth, pain, or itchiness. Use mirrors or ask for help. Early detection is key.

**3. Nutrition and Hydration** A balanced diet with enough protein supports skin health and healing. Hydration is also very important. A person needs to be well-hydrated.

**4. Repositioning and Support** Regularly change position - lean, tilt, stand, or turn in bed. Avoid Pressure and use custom seating and high-quality cushions to relieve pressure

**5. Pressure Mapping:** Special equipment can identify high-risk areas, guiding targeted interventions, such as specialist mattresses.

**6. Don't Ignore Symptoms** Even minor changes can signal a problem. Mariya's story shows how quickly a sore can worsen even with regular care.

#### 7. Here are the 3 Mandatory Tips from Mariya's Surgeon

1. Keep the Area Clean

2. Keep it Dry

3. Keep it free from Pressure (remember to relieve the pressure!)

#### Learning from Experience: The Emotional Impact

**The pain, isolation, and anxiety that come with pressure ulcers:**

Healing often means weeks in bed, missing out on life's milestones.

The emotional toll is real - but so is the hope that comes from community support and shared learning.

#### Get Involved: Stop the Pressure Week 2025

**Share the Safeguarding Ambassador's message - "If you see Red, Purple or Pink... please think!"**

**Seek Help Early** Contact your GP or NHS 111 if you notice symptoms.

Access local resources, including the Central and North West London NHS Trust's guide on prevention.

**Together, we can stop the pressure—one story, one action, one day at a time.**

Visit our local resources on the [SAEB Website](#):

[SAEB Learning Programme: Pressure Ulcers Lunch and Learn](#)

[How to Prevent Pressure Ulcers – A Guide for Patients and Carers](#) by Central and North West London NHS Trust (CNWL)

[Preventing Pressure Ulcers - Chelsea and Westminster Hospital](#)

Visit The Society of Tissue Viability to learn more and watch their videos: [STOP the Pressure Videos](#)



## SAEB SPOTLIGHT

**Did you know?** The SAEB Mental Health Learning Programme was launched in 2024, overseen by Catherine Knights, Director of Quality, Central and North West London NHS Foundation Trust (CNWL) and now has a suite of webinars available for all to view. Please click on the links below to access recordings.



### SAEB Mental Health Learning Programme Webinars

**'Stay with us'** Preventing Suicide Together [here](#)

**Safeguarding Across the Partnership:** Learn about key service roles, recent changes to Section 75, managing Section 42 enquiries for adults with mental health needs, and escalation processes with essential contacts [here](#)

Increase your confidence in understanding and referring to **Talking Therapy Services** [here](#)

Gain confidence in understanding **Peer Supported Open Dialogue (POD) in Social Care** and its suitability [here](#)

## November and National Safeguarding Adults Week Webinars 2025

| Date                         | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Link to sign up/<br>Recording          |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 04/11/25<br>12:00-<br>13:00  | <b>Bariatric Care for Adults - Professionals Guidance Launch &amp; Learning Event:</b> This webinar is designed for all staff supporting adults with care and support needs in the Bi-borough. It launched the SAEB Bariatric Care for Adults Professionals Guidance, deepen understanding of bariatric patients' unique needs and challenges, promote psychologically informed approaches, and raises awareness of multiagency pathways and specialist support services.                                                                                                               | <a href="#">View the Webinar here.</a> |
| 11/11/25<br>10:30 -<br>12:00 | <b>Pre-National Safeguarding Adults Week Event (Tri-SAB Event): Learning Together from Safeguarding Adult Reviews: Understanding Executive Capacity &amp; Self Neglect Webinar:</b> This learning event brings together colleagues from the Kensington, Chelsea, Westminster, Sutton, and Merton Safeguarding Adult Boards. It will share key findings from recent Safeguarding Adult Reviews and an MCA (Mental Capacity Act) Audit. Topics include the complexities, challenges, and lessons around executive capacity and self-neglect, with practical insights to enhance practice. | <a href="#">Register here</a>          |
| 18/11/25<br>14:00 -<br>15:00 | <b>Safeguarding Ambassadors - Domestic Abuse, Surviving Economic Abuse, and the Cost of Living Webinar:</b> Community session with a focus on Prevention, Protection and Empowerment with key messages and information on local services.                                                                                                                                                                                                                                                                                                                                               | <a href="#">Register here</a>          |

To ensure that we keep up to date with all our safeguarding activities, we would love to continue to hear from you! Please send your news, updates and comments to share in upcoming bulletins to:

[makingsafeguardingpersonal@rbkc.gov.uk](mailto:makingsafeguardingpersonal@rbkc.gov.uk)