

# Safeguarding Adults Week 2021

15 – 20 November

LSAB schedule of events  
including annual LSAB  
Conference



## Contents

Safeguarding Adults Week 2021.....	3
Overarching theme – ‘creating safer cultures’ .....	3
LSAB annual conference overview.....	6
LSAB Conference 2021 programme overview .....	6
LSAB Conference 2021 – full details of the morning breakout sessions .....	8
LSAB Conference 2021 – full details of the afternoon breakout sessions.....	13
Joining the LSAB conference on the 16 November 2021 .....	17
Navigating Zoom on the day of the conference .....	17
Accessing the conference .....	17
Going to your morning breakout session .....	17
Asking for help .....	18
At the end of the morning breakout session .....	18
If your internet connection fails during the conference .....	18

## Safeguarding Adults Week 2021

### Overarching theme – ‘creating safer cultures’

We will be running a series of events during Safeguarding Adults week 2021 which include:

Date	Time	Session	Theme	Summary	Link to join / register
15/11/2021	12:00 – 12:45	Luncheon via Microsoft Teams	<b>Emotional Abuse and Safeguarding Mental Health – facilitated by the LondonADASS mental health steering group<sup>1</sup></b>	<p>Emotional abuse can have a devastating impact on mental as well as physical health. To have safer cultures, we need to prioritise wellbeing, and create a culture where people can speak out, be listened to and respected.</p> <p>Today’s action learning set will use the following case study to demonstrate why the voice of the person with lived experience needs to be central in everything we do.</p> <p><b>Case study</b>  <i>A 70 year old man has a history of alcohol and Diazepam use for over 20 years. His wife has been his main source of support during that time. Recently she has had a change in her own health and feels she can no longer look after her husband. She has approached a care provider to introduce a live in nurse to ensure her husband’s safety and escalate and manage any emergency situations. The nurse is general trained and has no experience in substance dependency. She is liked by the couple and accepted as a source of support. They live in a remote spot in the Sussex area. The care is privately funded.</i></p> <p>The challenges to the care provider are</p> <ul style="list-style-type: none"> <li>• Accessing training for the nurse</li> <li>• The client has no involvement in communication with the agency. His</li> </ul>	<a href="#">Click here to join the meeting</a>

<sup>1</sup> Membership comprises: People with Lived Experience of mental ill health, Adult Social Care provider and LondonADASS

				<p>wife is the main point of contact</p> <ul style="list-style-type: none"> <li>• Unable to source an introduction to other professionals involved in support</li> <li>• Unable to source guidance protocols</li> <li>• Unable to source assessment details of overall health</li> </ul>	
16/11/2021	10:00 – 14:30	Conference via Zoom	<b>The Power of Language – LSAB 2021 conference</b>	<p>Language is vital in creating a positive culture and fostering inclusivity. Complex terminology and jargon can isolate individuals and result in people feeling excluded. In contrast, using respectful language can widen participation in services, organisations and communities. Today at 10:00 (the start of our LSAB 2021 conference) we will premiere the LSVG group members first video emphasising the importance of the Voice of the person with lived experience of Safeguarding in decision making.</p> <p>To join the conference please click the following link  <a href="https://zoom.us/j/91504953986?pwd=NW9ieVQ0N3NkR2xsaEdxcUlaVFByUT09">https://zoom.us/j/91504953986?pwd=NW9ieVQ0N3NkR2xsaEdxcUlaVFByUT09</a></p> <p><b>Meeting ID: 915 0495 3986 Passcode: 863427</b></p>	<p>Click here to register  <a href="https://www.eve-ntbrite.co.uk/e/lsab-conference-2021-tickets-169282581759">https://www.eve-ntbrite.co.uk/e/lsab-conference-2021-tickets-169282581759</a></p>
17/11/2021	12:00 – 12:45	Luncheon via Microsoft Teams	<b>Digital Safeguarding – facilitated by Amelia Hajek, Cyber Protect Officer, City of London Police</b>	<p>Over the past year an increasing proportion of our lives from work, education to sport and activity has moved online. This is likely to continue to some extent, even as lockdown restrictions ease.</p> <p>Today, Amelia Hajek, Cyber Protect Officer, NFIB Protect   City of London Police will deliver a presentation on how to create safe cultures online. There will then be an opportunity for questions and discussion.</p>	<p><a href="#">Click here to join the meeting</a></p>
18/11/2021	12:00 – 12:45	Luncheon via Microsoft Teams	<b>Adult Grooming – facilitated by Louise Rochester, Metropolitan Police Service</b>	<p>People can experience grooming and exploitation at any age and in a wide range of contexts.</p> <p>At the session today, Louise Rochester, Metropolitan Police Service will discuss grooming through the following lenses</p> <ul style="list-style-type: none"> <li>• Adult modern slavery</li> </ul>	<p><a href="#">Click here to join the meeting</a></p>

				<ul style="list-style-type: none"> <li>• Domestic servitude</li> <li>• Sexual exploitation</li> <li>• Forced labour</li> </ul> <p>There will as always be an opportunity for questions and discussion</p>	
19/11/2021	12:00 – 12:45	Luncheon via Microsoft Teams	<b>Creating Safer Organisational Cultures – opportunity to hear from you</b>	<p>Today we want to hear from you! Tell us what you are doing in your organisation to create safer cultures.</p> <p>Today, we will also be focusing on including voices of people less likely to raise concerns and promoting reflection and learning in safeguarding practice to promote safer cultures.</p>	<a href="#">Click here to join the meeting</a>
20/11/2021	12:00 – 12:45	Luncheon via Microsoft Teams	<b>Safeguarding and you – facilitated by the London Safeguarding Voices Group (LSVG)</b>	<p>Do you know what your role in safeguarding is? Safeguarding is for everyone. It is not just about knowing your role in an employment setting, but also knowing your role as a human being in everyday life to promote safer cultures in the community.</p> <p>Today, LSVG members will discuss:</p> <ul style="list-style-type: none"> <li>• Why the voice of the person with lived experience of Safeguarding needs to be embedded in everything we do</li> <li>• Highlight why safeguarding is everyone’s responsibility</li> <li>• Articulate why everyone needs to play their part to effectively create safer cultures.</li> </ul>	<a href="#">Click here to join the meeting</a>

**The next section will outline the programme for the LSAB conference 2021**

## LSAB annual conference overview

The annual LSAB safeguarding conference brings together professionals who work within adult safeguarding across the Capital, people with lived experience of safeguarding and carers via Zoom. This will be the third annual event and is organised by the London Safeguarding Adult Board.

**London Safeguarding Adult Board (LSAB)** is a partnership group seeking to identify and disseminate good practice as well as addressing complex cross borough issues. The London SAB supports local Safeguarding Adults Boards (SABs) through the SAB Chairs network

## LSAB Conference 2021 programme overview

Time	Item	Lead
09:30	<b>Greetings and overview of navigating around the breakout rooms</b>	
10:00	<b>Welcome</b> ( <i>plenary</i> )	Dawn Wakeling (London Safeguarding Adult Board Chair)
10:10	<b>Impact of Covid-19 on those who access services</b> ( <i>panel discussion</i> )	Panel host: <ul style="list-style-type: none"> <li>• Stephen Bitti, Chief Executive Officer, Healthwatch Kingston Upon Thames</li> </ul> Panel members: <ul style="list-style-type: none"> <li>• Claire</li> <li>• Gill</li> <li>• Sybil</li> <li>• Tracey</li> </ul>
10:40	<b>Questions</b> ( <i>plenary</i> )	
11:00	Choice of attending either a: <ul style="list-style-type: none"> <li>• Breakout session</li> <li>• Wellbeing session</li> </ul> <b>Breakout session choice:</b> <ul style="list-style-type: none"> <li>• Engaging women with complex needs</li> <li>• How to embed and demonstrate change arising from findings from SARs - panel discussion</li> <li>• Informed consent / best interest decisions in consent to care and treatment</li> <li>• Mental Wellbeing - managing burnout / what are partners doing to support carers and practitioners in the Covid-19 recovery period</li> <li>• New ways of working post Covid-19</li> <li>• Self-neglect and homelessness</li> <li>• Transitional Safeguarding</li> </ul> <b>Wellbeing session choice</b> <ul style="list-style-type: none"> <li>• Information about services for those suffering greater mental health crisis</li> <li>• Mindfulness</li> </ul>	
12:00	<b>Lunch</b>	

12:30	<p>Choice of attending either a:</p> <ul style="list-style-type: none"> <li>• Breakout session</li> <li>• Wellbeing session</li> </ul> <p><b>Breakout session choice:</b></p> <ul style="list-style-type: none"> <li>• Engaging women with complex needs</li> <li>• How to embed and demonstrate change arising from findings from SARs - panel discussion</li> <li>• Informed consent / best interest decisions in consent to care and treatment</li> <li>• Mental Wellbeing - managing burnout / what are partners doing to support carers and practitioners in the Covid-19 recovery period</li> <li>• Support for carers</li> <li>• Transitional Safeguarding</li> </ul> <p><b>Wellbeing session choice</b></p> <ul style="list-style-type: none"> <li>• Meditation</li> <li>• Sound 'gong' bath - a type of inactive meditation, where you “bathe” in the healing vibrations of sound</li> </ul>
13:30	<b>Break</b>
13:40	<b>Keynote address – London Fire Brigade</b>
14:10	<b>Next steps and closing remarks</b>
14:30	<b>Close</b>

## Breakout session on Liberty Protection Safeguards – postponed

The organisers were advised to postpone the breakout session focused on Liberty Protection Safeguards due to the delay in launching the public consultation.

### Current position

You may know that delivery of LPS and the updated MCA Code of Practice spans at least three Govt Departments – DHSC, MOJ and DFE. Since the reshuffle in September, we (civil servants) have been advising three new Govt Ministers about LPS, including on the planned, public consultation.

I’m sorry that we’ve not yet been able to launch the consultation nor update you all on the Govt’s previous statement from July 2020 – that we are aiming for implementation by April 2022. We continue to advise Ministers on plans for the consultation and implementation. We hope to be able to say something more about the implementation timetable and consultation, soon.

The Govt understands the impact that uncertainty is having on the different organisations and sectors that will be called on to implement LPS. We need to balance different pressures and priorities when making decisions about LPS. LPS is a complicated set of a reforms. Working through the practical details of a major reform to health and social care is taking time.

## LSAB Conference 2021 – full details of the morning breakout sessions

Breakout session topic – morning	Facilitator	Overview	Bio
<ul style="list-style-type: none"> <li>Transitional Safeguarding</li> </ul>	<ul style="list-style-type: none"> <li>Dr Adi Cooper</li> <li>Dr Christine Cocker</li> </ul>	<p>This session on Transitional Safeguarding for Safeguarding Adult Boards provides an update on recent developments in Transitional Safeguarding. It will focus on the Safeguarding Adults Board role in Transitional Safeguarding and what Safeguarding Adults Boards can do to promote this approach, using key messages from Chief Social Worker's briefing.</p>	<p>Dr Adi Cooper OBE is the Care and Health Improvement Advisor for London, and safeguarding adults lead for the Local Government Association, Independent Chair of the City and Hackney Safeguarding Adults Board and Haringey Safeguarding Adults Board. She is a Visiting Professor at the University of Bedfordshire. Adi also works as an independent consultant in adult social care and adult safeguarding. She is a Non-Executive Director on the Board of Social Work England.</p> <p>Dr Christine Cocker is a Professor in Social Work and Head of School at the University of East Anglia, Norwich, UK, and a qualified social worker. Prior to academia Christine practiced in child and family social work. She continues to have strong links with practice as an independent member of a Local Authority Fostering Permanence Panel and as the Independent Chair for a Local Authority's Children's Academy. Her research and publications are in the area of social work with looked after children, LGBT+ issues in social work, and Transitional Safeguarding.</p>
<ul style="list-style-type: none"> <li>Self-neglect and homelessness</li> </ul>	<ul style="list-style-type: none"> <li>Michael Preston-Shoot</li> </ul>	<p>The webinar session will present the evidence base for best practice for working with people who self-neglect, and similarly for people experiencing homelessness. The webinar will illuminate the evidence-base with learning from safeguarding adult reviews.</p>	<p>Michael Preston-Shoot is Professor (Emeritus) Social Work at the University of Bedfordshire, England. He is a Fellow of the Academy of Social Sciences. His research has concentrated on law and social work practice, adult safeguarding and effective practice with adults who self-neglect. He is Independent Chair of Lewisham and of Brent Safeguarding Adults Boards, and Joint Convenor of the National SAB Chairs Network. He has authored safeguarding adult reviews and completed sector-led improvement projects on adult safeguarding and homelessness and on the first national analysis of safeguarding adult reviews.</p>
<ul style="list-style-type: none"> <li>Engaging women with complex needs</li> </ul>	<ul style="list-style-type: none"> <li>Katie Lewis</li> <li>Nikita Iddles,</li> <li>Marina. Nikita</li> </ul>	<p>In this session, we will explore how to work with one of the most marginalised groups of women in our society, street sex workers. Sex workers are affected by three different types of marginalisation: they're women, they are</p>	<p>We're The Nelson Trust. We're a charity that brings belief, hope and long-term recovery to people whose lives have been torn apart by addiction and the multiple and complex needs that come with it. We provide residential addiction treatment to men and women. We also support women in the community who are in contact with the criminal justice system.</p>

Breakout session topic – morning	Facilitator	Overview	Bio
		<p>selling sex and they are substance misusers. You will explore how trauma principles can provide a framework for services to engage and sustain women’s engagement with services.</p> <p>The session will be delivered by the lead of an award winning project, supported by a woman with lived experience.</p>	
<ul style="list-style-type: none"> <li>• How to embed and demonstrate change arising from findings from SARs – panel discussion</li> </ul>	<p>Panel hosts</p> <ul style="list-style-type: none"> <li>• Martin Crow</li> <li>• Trish McMahon</li> </ul> <p>Panel members:</p> <ul style="list-style-type: none"> <li>• Brian Boxall</li> <li>• Aileen Buckton</li> <li>• Annie Callanan</li> </ul>	<p>This session will explore the role of SARs in policy development and systems change work, especially the impact of highlighting the individual human story. The session will also look at the potential of SARs to bring renewed accountability in relation to cross agency working and potential for better integration across sector boundaries and disciplines.</p>	<p>Brian is the independent chair of LB Havering Safeguarding Adult Board. He previously served as a police officer for 30 years in Surrey Police reaching the rank of Detective Superintendent responsible for public protection in Surrey.</p> <p>Since his retirement, he has chaired several adult and children safeguarding boards. He has also been commissioned to author both adult and children serious case reviews and domestic homicide reviews across the country.</p> <p>Annie Callanan MBA CQSW DIP Social Science. An experienced senior manager with a wide base of expertise in delivering and commissioning adult and children’s Social Care and Health, Housing and related services, and of establishing robust and sustainable high level cross sector operational and governance partnerships. Recent experience as an effective chair of six Adults’ and Children’s Safeguarding Boards, ensuring Children’s and Care Act Compliance. Those are informed by management of Commissioning and Inspection and Performance Management of LA Services. She consistently delivered high quality outcomes in Department of Health, Local Authorities, NHS organisations and Chief Executive Departments throughout a successful career. Identifies crucial issues, with focus on improvement and governance and brings partners together working to ensure services remain relevant to need and are safe. Improves outcomes and especially enjoys working within complex cross sector systems. Annie’s style is described as thorough and fair, and experienced as supportive and clear by colleagues, managers and staff.</p> <p>Member of National and London Independent Safeguarding Adult Chairs Networks, Co Vice Chair London Chairs, Chair of South East Chairs Group,</p>

Breakout session topic – morning	Facilitator	Overview	Bio
			Member of National Executive, working with ADASS, the DHSC and the LGA. Previous Member Independent Chair Safeguarding Children’s Board National and London Group.
<ul style="list-style-type: none"> <li>Informed consent / best interest decisions in consent to care and treatment</li> </ul>	<ul style="list-style-type: none"> <li>Sarah Williams</li> </ul>	<p>Drawing on the learning from the SARs Sarah did for Barnet and Richmond plus the national analysis in this area, the session will focus on:</p> <ul style="list-style-type: none"> <li>clinician’s duty of care re consultation (esp. re DNACPR)</li> <li>fluctuating capacity and temporary impairment, particularly in respect of preventative planning.</li> <li>family/ LPA rights to refuse care or treatment and when his might become a safeguarding issue, i.e., what to do to avoid it becoming a safeguarding issue or respond quickly to avoid it becoming a SAR!</li> </ul>	<p>Dually qualified in New Zealand and the UK, Sarah worked for 20 years as a safeguarding lawyer across children and adult’s services, including 8 years as Head of Law at a large London authority. She now works as an independent safeguarding consultant, authorising a number of SARs and delivering training nationally.</p>
<ul style="list-style-type: none"> <li>Mental Wellbeing - managing burnout / what are partners doing to support carers and practitioners in the Covid-19 recovery period</li> </ul>	<ul style="list-style-type: none"> <li>Juliet Green</li> <li>Nadia Pantouw</li> </ul>	<ul style="list-style-type: none"> <li>Sharing sector issues raised through our market intelligence</li> <li>What we hear works well e.g., peer support, access to supervision, reflective safe spaces</li> <li>Raise awareness of the <u>NHS wellbeing hubs</u></li> <li>Sharing evidence from our <u>productivity and quality model</u> developed with the LGA with the links between valuing, engaging and supporting the workforce, health and wellbeing and quality of care/outcomes for people supported.</li> </ul>	<p>Juliet Green, Project Manager with the Workforce Capacity and Transformation team, lead for the wellbeing work and member of the national strategic wellbeing steering group co-hosted by Skills for Care and LGA in collaboration with national partners.</p>
<ul style="list-style-type: none"> <li>New ways of working post Covid-19</li> </ul>	<ul style="list-style-type: none"> <li>Liz Symmonds</li> <li>Donna Peters</li> <li>Alan Taylor</li> <li>Michele Kemp</li> </ul>	<p>Moving forward together post Covid and using this as an opportunity to take a fresh look at how we do things as multi-agency partners and 'be even better than we ever</p>	<p>Liz joined the Metropolitan Police Service 19 years ago and spent time on a front line response team. She then moved to the Crime Squad before going into Neighbourhood Policing. She was promoted to a busy central London borough where she led a large</p>

Breakout session topic – morning	Facilitator	Overview	Bio
		<p>were' – perspectives from:</p> <ul style="list-style-type: none"> <li>• Metropolitan Police Services</li> <li>• London Ambulance Service</li> <li>• London Fire Brigade</li> <li>• Substance misuse services</li> </ul>	<p>front line team. Liz moved into Neighbourhood Policing again where she successfully implemented a no drinking zone in a busy town centre with a politically challenging landscape. She worked with the NHS, obtained funding and a purpose built Wet Clinic was opened which was seen as national best practice.</p> <p>Liz then led the Borough Partnership Team and forged strong links between the police and Local Authority.</p> <p>In 2012 she joined the Command Support Team at Policing Headquarters where she worked in the mental health and domestic abuse fields supporting Commander Christine Jones. She moved into adult safeguarding in 2018 and also became the Multi Agency Safeguarding Hub coordinator for the MPS. In 2019 Liz became the newly formed mental health and adult safeguarding team lead, becoming a tactical policy advisor in both fields and now holds the rank of Inspector.</p> <p>Michele is a Programme Manager London Alcohol, Drugs and Tobacco team in The Office for Health Improvements and Disparities (London). Current specialist areas include Homelessness, Drug Alerts and Tobacco.</p> <p>She started her career in homelessness and mental health but transitioned to substance misuse 25 years ago, specialising in criminal justice. She has held roles in the Statutory and non-statutory sector, as a service manager, operations director, senior commissioning manager and regional programme manager. She has also been lucky enough to live in other countries during this time.</p> <p>Michele is also a qualified Executive Coaching and missed out on her ambition to have travelled to 100 countries by her 50th birthday due to Covid-19 travel restrictions.</p>
<p>Information about services for those suffering greater mental health</p>	<ul style="list-style-type: none"> <li>• LondonADASS mental health steering group</li> </ul>	<p>Given the psychosocial effects of the COVID-19 Pandemic process and the vulnerability of individuals with mental illness, it is clear that some preventive measures will increase the</p>	<p>The LondonADASS mental health steering group was developed following Race Equality week 2021 when as part of our Big Promise we agreed to embed the Voice of the person with lived experience throughout the LondonADASS work programme.</p>

Breakout session topic – morning	Facilitator	Overview	Bio
crisis (wellbeing session)		<p>well-being of these individuals and reduce relapses<sup>2</sup>.</p> <p>During this session you will hear why embedding the Voice of the Person with Lived Experience is key when carefully planning and implementing preventive measures at the individual, institutional and social level.</p> <p>This approach will help reduce the negative consequences of this pandemic for this vulnerable population.</p>	<p>The group includes People with Lived experience of mental ill health, adult social care providers and LondonADASS. The group to date has:</p> <ul style="list-style-type: none"> <li>Produced and launched a series of short videos explaining why the Voice of the Person with Lived Experience is key to everything we do</li> <li>Ran a series of informative talks during Mental Health Awareness week 2021 <a href="https://www.youtube.com/channel/UCRb10QqQkqPyzgiXfbwQkkw">https://www.youtube.com/channel/UCRb10QqQkqPyzgiXfbwQkkw</a></li> <li>Oversaw the Reviewed Safeguarding Adult Reviews through a Mental Health lens <a href="https://www.youtube.com/channel/UCRb10QqQkqPyzgiXfbwQkkw">https://www.youtube.com/channel/UCRb10QqQkqPyzgiXfbwQkkw</a></li> </ul>
Mindfulness (wellbeing session)	<ul style="list-style-type: none"> <li>Emily Mitchell, The Mindfulness Project</li> </ul>	<p>Unwind and reconnect in this introductory session, as you learn some of the key principles and practices of mindfulness.</p> <p>You will be guided through meditation practices that will offer a soothing break and leave you with a renewed sense of balance to bring back into your day.</p> <p>This includes simple tips that will help you better manage stress and access wellbeing even in the midst of difficult situations.</p>	<p>Emily Mitchell is a qualified mindfulness teacher and programmes manager at The Mindfulness Project. She trained to teach mindfulness at the University of Exeter and has a Postgraduate Diploma in Mindfulness-Based Approaches and Psychological Therapies.</p> <p>Emily has since gone on to do additional training at the Oxford Mindfulness Centre and follows the Mindfulness Good Practice Guidelines for teaching. She has also co-written and narrated a chapter in the audiobook, <i>The Here and Now</i> (Penguin, 2020).</p> <p>Emily is passionate about sharing mindfulness practices to help people find a sense of inner calm and joy, become more compassionate towards themselves and gain skills to thrive and live well, even in the midst of stressful and challenging situations.”</p>

<sup>2</sup> Sukut O, Ayhan Balik CH. The impact of COVID-19 pandemic on people with severe mental illness. *Perspect Psychiatr Care*. 2021;57(2):953-956. doi:10.1111/ppc.12618 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7646271/>

## LSAB Conference 2021 – full details of the afternoon breakout sessions

Breakout session topic – afternoon	Facilitator	Overview	Bio
<ul style="list-style-type: none"> <li>Transitional Safeguarding</li> </ul>	<ul style="list-style-type: none"> <li>Adi Cooper</li> <li>Dr Christine</li> </ul>	<p>This session on Transitional Safeguarding for Safeguarding Adult Boards provides an update on recent developments in Transitional Safeguarding. It will focus on the Safeguarding Adults Board role in Transitional Safeguarding and what Safeguarding Adults Boards can do to promote this approach, using key messages from Chief Social Worker's briefing.</p>	<p>Dr Adi Cooper OBE is the Care and Health Improvement Advisor for London, and safeguarding adults lead for the Local Government Association, Independent Chair of the City and Hackney Safeguarding Adults Board and Haringey Safeguarding Adults Board. She is a Visiting Professor at the University of Bedfordshire. Adi also works as an independent consultant in adult social care and adult safeguarding. She is a Non-Executive Director on the Board of Social Work England.</p> <p>Dr Christine Cocker is a Professor in Social Work and Head of School at the University of East Anglia, Norwich, UK, and a qualified social worker. Prior to academia Christine practiced in child and family social work. She continues to have strong links with practice as an independent member of a Local Authority Fostering Permanence Panel and as the Independent Chair for a Local Authority's Children's Academy. Her research and publications are in the area of social work with looked after children, LGBT+ issues in social work, and Transitional Safeguarding.</p>
<ul style="list-style-type: none"> <li>Engaging women with complex needs</li> </ul>	<ul style="list-style-type: none"> <li>Katie Lewis</li> <li>Nikita Iddles,</li> <li>Marina. Nikita</li> </ul>	<p>In this session, we will explore how to work with one of the most marginalised groups of women in our society, street sex workers. Sex workers are affected by three different types of marginalisation: they're women, they are selling sex and they are substance misusers. You will explore how trauma principles can provide a framework for services to engage and sustain women's engagement with services. The session will be delivered by the lead of an award winning project, supported by a woman with lived experience.</p>	<p>We're The Nelson Trust. We're a charity that brings belief, hope and long-term recovery to people whose lives have been torn apart by addiction and the multiple and complex needs that come with it. We provide residential addiction treatment to men and women. We also support women in the community who are in contact with the criminal justice system.</p>
<ul style="list-style-type: none"> <li>How to embed and demonstrate</li> </ul>	<p>Panel host</p> <ul style="list-style-type: none"> <li>Trish McMahon</li> </ul>	<p>This session will explore the role of SARs in policy development and systems change work, especially the impact of highlighting the individual human story. The session will also</p>	<p>Brian is the independent chair of LB Havering Safeguarding Adult Board. He previously served as a police officer for 30 years in Surrey Police reaching the rank of Detective Superintendent responsible for public protection in Surrey. Since his retirement, he has chaired several adult and children safeguarding</p>

Breakout session topic – afternoon	Facilitator	Overview	Bio
<p>change arising from findings from SARs – panel discussion</p>	<p>Panel members:</p> <ul style="list-style-type: none"> <li>• Brian Boxall</li> <li>• Aileen Buckton</li> <li>• Annie Callanan</li> </ul>	<p>look at the potential of SARs to bring renewed accountability in relation to cross agency working and potential for better integration across sector boundaries and disciplines.</p>	<p>boards. He has also been commissioned to author both adult and children serious case reviews and domestic homicide reviews across the country.</p> <p>Annie Callanan MBA CQSW DIP Social Science. An experienced senior manager with a wide base of expertise in delivering and commissioning adult and children’s Social Care and Health, Housing and related services, and of establishing robust and sustainable high level cross sector operational and governance partnerships. Recent experience as an effective chair of six Adults’ and Children’s Safeguarding Boards, ensuring Children’s and Care Act Compliance. Those are informed by management of Commissioning and Inspection and Performance Management of LA Services. She consistently delivered high quality outcomes in Department of Health, Local Authorities, NHS organisations and Chief Executive Departments throughout a successful career. Identifies crucial issues, with focus on improvement and governance and brings partners together working to ensure services remain relevant to need and are safe. Improves outcomes and especially enjoys working within complex cross sector systems. Annie’s style is described as thorough and fair, and experienced as supportive and clear by colleagues, managers and staff. Member of National and London Independent Safeguarding Adult Chairs Networks, Co Vice Chair London Chairs, Chair of South East Chairs Group, Member of National Executive, working with ADASS, the DHSC and the LGA. Previous Member Independent Chair Safeguarding Children’s Board National and London Group.</p>
<ul style="list-style-type: none"> <li>• Informed consent / best interest decisions in consent to care and treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Sarah Williams</li> </ul>	<p>Drawing on the learning from the SARs Sarah did for Barnet and Richmond plus the national analysis in this area, the session will focus on:</p> <ul style="list-style-type: none"> <li>• clinician’s duty of care re consultation (esp. re DNACPR)</li> <li>• fluctuating capacity and temporary impairment, particularly in respect of preventative planning.</li> <li>• family/ LPA rights to refuse care or treatment and when his might become a safeguarding issue, i.e., what to do to avoid</li> </ul>	<p>Dually qualified in New Zealand and the UK, Sarah worked for 20 years as a safeguarding lawyer across children and adult’s services, including 8 years as Head of Law at a large London authority. She now works as an independent safeguarding consultant, authorising a number of SARs and delivering training nationally.</p>

Breakout session topic – afternoon	Facilitator	Overview	Bio
		it becoming a safeguarding issue or respond quickly to avoid it becoming a SAR!	
<ul style="list-style-type: none"> <li>• Mental Wellbeing - managing burnout / what are partners doing to support carers and practitioners in the Covid-19 recovery period</li> </ul>	<ul style="list-style-type: none"> <li>• Juliet Green</li> <li>• Nadia Pantouw</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing sector issues raised through our market intelligence</li> <li>• What we hear works well e.g., peer support, access to supervision, reflective safe spaces</li> <li>• Raise awareness of the <a href="#">NHS wellbeing hubs</a></li> <li>• Sharing evidence from our <a href="#">productivity and quality model</a> developed with the LGA with the links between valuing, engaging and supporting the workforce, health and wellbeing and quality of care/outcomes for people supported.</li> </ul>	<p>Juliet Green, Project Manager with the Workforce Capacity and Transformation team, lead for the wellbeing work and member of the national strategic wellbeing steering group co-hosted by Skills for Care and LGA in collaboration with national partners.</p>
<ul style="list-style-type: none"> <li>• Support for carers</li> </ul>	<ul style="list-style-type: none"> <li>• Southwark carers</li> </ul>	<p>The session will cover the following areas:</p> <ul style="list-style-type: none"> <li>• Unpaid live in carer supporting someone with mental health issues</li> <li>• Impact of Covid-19 on those caring for someone with dementia</li> <li>• Access to legal help when caring for housebound elderly in need of palliative care</li> <li>• Carers who face financial difficulties, ranging from unemployment, changes in benefits, food and fuel concerns</li> </ul>	
<ul style="list-style-type: none"> <li>• Relax in Sound with GONG (wellbeing session)</li> </ul>	<ul style="list-style-type: none"> <li>• Selma Studer. Founder &amp; Director, GONG</li> </ul>	<p>Reset and revitalize your mind and body with a relaxing 'sound bath'. The soothing sounds of ancient instruments like gongs help to calm the nervous system and downshift your brainwaves to a restorative state. All you have to do is lie back close your eyes and listen. By the end, you'll feel calmer, grounded and at peace. The session will begin with a brief guided meditation, followed by a relaxing sound journey led by</p>	<p>Selma Studer is a sound meditation facilitator and Founder of GONG, a top-rated sound healing provider with a growing clientele in London as well as online. After 10+ years in the corporate world, Selma decided to follow her passion for wellness and help people do something about the stress and anxiety that ravages so many lives. She experienced her first 'gong bath' on a yoga retreat in Thailand and quickly realized the practice was just as needed in an urban setting. That led her to open a dedicated studio in Central London and to work with organizations to introduce meditative sound experiences to the workplace so that more people can benefit from this powerful technique. Selma has since guided more than 5,000 individuals</p>

Breakout session topic – afternoon	Facilitator	Overview	Bio
		<p>Selma Studer, Founder of GONG (aboutgong.com), a London-based sound meditation studio based offering sound meditation in person and online. Here are some tips for how to set up at home:</p> <ul style="list-style-type: none"> <li>• Listen with headphones from the Zoom desktop app</li> <li>• Find a comfortable spot to lie down, or you can also relax in a reclined chair</li> <li>• If lying down, grab a blanket to keep yourself warm, a pillow to support your head, and an eye mask to cover your eyes</li> <li>• Light a scented candle or use essential oils to create a relaxing atmosphere</li> </ul>	<p>through 700+ gong baths in person and online.</p>
<ul style="list-style-type: none"> <li>• Meditation (wellbeing session)</li> </ul>	<ul style="list-style-type: none"> <li>• Emily Mitchell, The Mindfulness Project</li> </ul>	<p>This is an experiential session offering participants the opportunity to sample a variety of mindfulness practices first-hand. The session is designed to be highly interactive and exploratory, with time for participants to share their experiences and ask the teacher questions that may arise after each practice.</p>	<p>Emily Mitchell is a qualified mindfulness teacher and programmes manager at The Mindfulness Project. She trained to teach mindfulness at the University of Exeter and has a Postgraduate Diploma in Mindfulness-Based Approaches and Psychological Therapies.</p> <p>Emily has since gone on to do additional training at the Oxford Mindfulness Centre and follows the Mindfulness Good Practice Guidelines for teaching. She has also co-written and narrated a chapter in the audiobook, <i>The Here and Now</i> (Penguin, 2020).</p> <p>Emily is passionate about sharing mindfulness practices to help people find a sense of inner calm and joy, become more compassionate towards themselves and gain skills to thrive and live well, even in the midst of stressful and challenging situations.”</p>

## Joining the LSAB conference on the 16 November 2021

**The Conference via Zoom link will open to delegates at 09:30 on 16 November 2021.** To join the Zoom facilitated conference, click the following link <https://zoom.us/j/91504953986?pwd=NW9ieVQ0N3NkR2xsaEdxcUlaVFByUT09> Meeting ID: 915 0495 3986 Passcode: 863427.

## Navigating Zoom on the day of the conference

### Accessing the conference

1. When you join the conference via the link above, you will initially enter the waiting room. Please be patient whilst waiting to be given entry to the conference.
2. When given entry to the conference you will first come to the welcome and registration desk. At this point you will be asked to confirm your choice of breakout sessions
3. You will then be given the choice of whether you would like to enter:
  - a. The plenary area – where you can talk to other delegates whilst waiting for the conference to commence at 10:00
  - b. Go directly to your chosen morning breakout room to meet with the steward for that room and do a trial run to ensure you can access that breakout room when the morning breakout sessions begin
4. At 10:00 all delegates will be virtually brought to the plenary area where the opening of the conference and panel discussion will take place

### Going to your morning breakout session

The event organisers will invite you to join your chosen breakout session at the end of the morning panel discussion.

- Click Join
- Click Join Breakout Room

You have been assigned to Breakout Room:

Breakout Room 2

Join Breakout Room

## Asking for help

If you click Ask for Help, it will notify the meeting host that you need assistance, and they will be asked to join your breakout room.

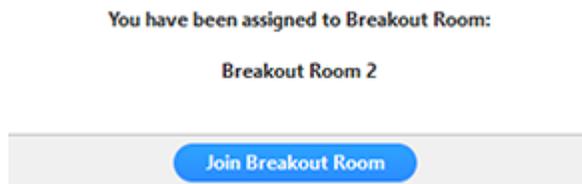
- Click Ask for Help in the meeting controls.
- Confirm that you would like assistance by clicking Invite Host.

## At the end of the morning breakout session

At 12:00, the morning breakout session will end. You will be notified and given the option to return to the main room immediately, or in 60 seconds. Please do so as this will enable us to then assign you to your afternoon breakout session.

The event organisers will invite you to join your chosen afternoon breakout session

- Click Join
- Click Join Breakout Room



During the lunch break please keep the conference Zoom call open as this will enable a smooth transition to your afternoon breakout session.

## If your internet connection fails during the conference

If your internet connection fails during the conference, please click the following link

<https://zoom.us/j/91504953986?pwd=NW9ieVQ0N3NkR2xsaEdxcUlaVFByUT09> Meeting ID: 915 0495 3986 Passcode: 863427 where a member of the organising team will liaise with you to enable you to get back to the relevant item of the conference programme