



**PUBLIC PROTECTION**  
EAST LOTHIAN & MIDLOTHIAN

SUPPORTING SAFER COMMUNITIES



**Staff Newsletter**  
**February 2024**

Welcome to East Lothian and Midlothian Public Protection Committee's (EMPPC's) latest staff newsletter. Let us know what you think by emailing us at [emppo@eastlothian.gov.uk](mailto:emppo@eastlothian.gov.uk)

Our articles contain hyperlinks to connect you with current online resources and further reading.

<b>EMPPC</b>		<b>Violence Against Women and Girls</b>	
Meet the Committee	2	Equally Safe Strategy	18
Our Adult Support and Protection and Child Protection Procedures	3	Revenge Porn Helpline	19
EMPPC Development	4	International Women's Day	20
Training	5		
Learning Resources – Trauma	7		
<b>Adult Support and Protection</b>		<b>Spotlight</b>	
Remember My Name	8	SMART Planning	21
ASP app	9		
National ASP Day	10		
Trauma informed practice –		<b>Contact us</b>	23
New tools about Dementia	11		
Power of Attorneys	12	<b>Our Vision for Public Protection</b>	24
<b>Child Protection</b>			
Online harm – AI	13		
Why language matters	14		
Blog for teachers	14		
The voice of the child	15		
Online training – Child Protection			
Planning Meetings	16		
Key messages for young people on consent	16		
UNCRC	17		



## Meet the Committee.....

**In this edition, we meet Jen McGill, Consultant Paediatrician. Jen joined our Committee in June 2023.**

“I have been a Consultant Community Paediatrician in East Lothian since 2019. I contribute to health assessments of young people with neurodevelopmental diagnoses. I also work in the acute admissions team at the Royal Hospital for Children and Young People (RHCYP) as a General Paediatrician.

Child Protection within health is delivered in a Pan-Lothian model. This is run from our Child Protection hub based at The Royal Hospital for Children and Young People. The hub is run by a team of health professionals comprising a Consultant Paediatrician, Child protection advisors, and Specialty Doctors. We input health information to inter-agency referral discussions across the whole of Lothian. In my role, I also regularly undertake joint forensic paediatric examinations and specialist medicals for cases of physical abuse, neglect and sexual abuse. Out of hours we offer a 24/7 on call rota covering child protection across the whole of South-East Scotland region.

I took over as Lead Paediatrician for Child Protection in East and Midlothian in April 2023 and joined EMPPC at that time.

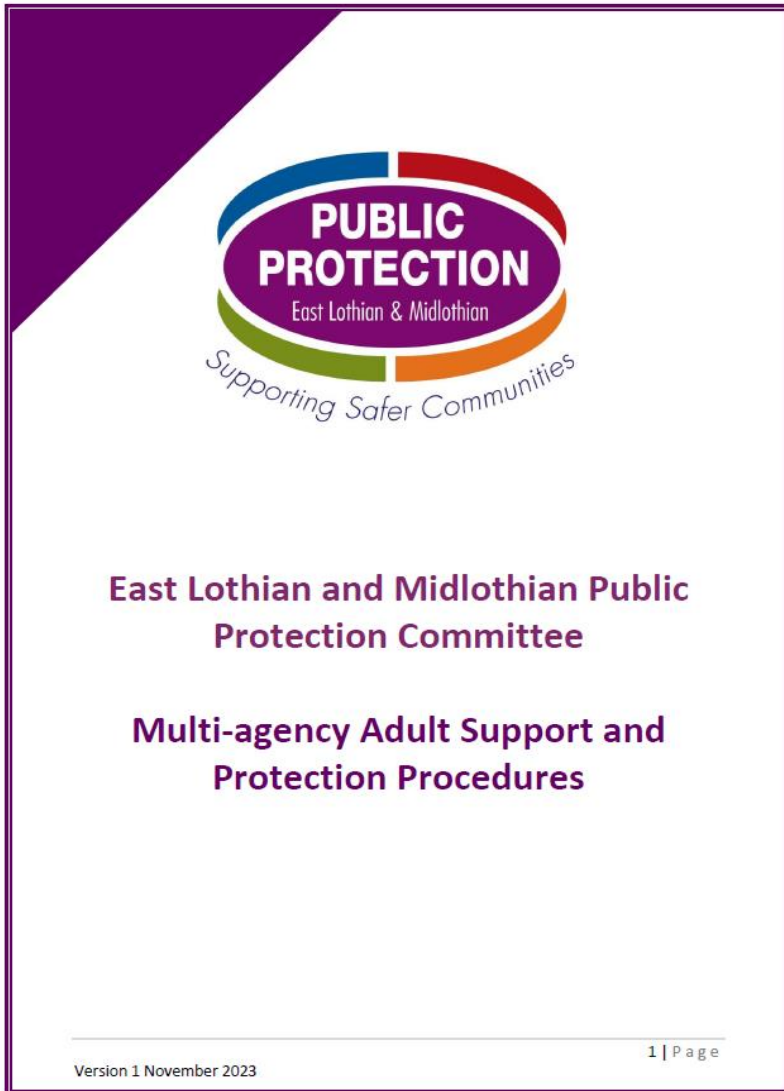


NHS Lothian has a Lead Paediatrician for the whole of Lothian, Dr Jessica Street. There are Lead Paediatricians for each council area and we work closely alongside Dr Street in our respective roles. As part of my remit, I regularly attend IRD oversight group and participate in the multi-agency IRD workshops. I work with health colleagues if there are complex health related safeguarding concerns for children in East and Midlothian.

I attend EMPPC as Lead Paediatrician in East and Mid-Lothian. My role is to bring relevant clinical service issues to the attention of the committee and share multi-agency information back to health colleagues. I also work alongside the leads for Public Protection in NHS Lothian contributing to service development and quality improvement”

Read more about the Hub here [Child Protection - Royal Hospital for Children and Young People](#)

## Our Multi-agency Adult Support and Protection and Child Protection Procedures



We launched our revised Multi-agency Adult Support and Protection Procedures in November of last year and our Edinburgh and the Lothians Multi-agency Child Protection Procedures in December of last year. Please make sure you delete any previous versions of the Procedures from your personal and team electronic drives.

You can access the Procedures by clicking on the links below.

[EMPPC Multi-Agency Adult Support and Protection Procedures | East Lothian Council](#)

[Child protection | Child protection | East Lothian Council](#)

[Child protection | Report a child at risk | Midlothian Council](#)

Our revised Procedures are being hosted temporarily on the East Lothian and Midlothian Council websites, until we develop our new website for EMPPC.





## EMPPC Development Session November 2023

East Lothian and Midlothian Public Protection Committee is the strategic multi-agency partnership with oversight of policy and practice in Adult Support and Protection, Child Protection, Violence Against Women and Girls and MAPPA in East Lothian and Midlothian.

In November we held our first EMPPC in-person meeting since pre-Covid. It was a really welcome opportunity for members to get to know each other in person, particularly as some of us had only ever met over a screen! There have also been some changes to membership during the past year so it was good to meet our newer members. We spent time looking at how well we work together and how we want to develop as a Committee.

Some of the things we are going to develop over the coming year are:

- A new Adult Support and Protection Sub-group and a new Child Protection Sub-group, each meeting twice a year. We recognised that with the huge scope and scale of the areas of our business as a Public Protection Committee, we do not always get enough time to have some in-depth discussion about some specific topics around ASP and CP (for example, transitions, contextual safeguarding and the child's voice and adult's voice).
- Our Violence Against Women and Girls Delivery Group and East Lothian and Midlothian MAPPA Group will each move to meeting every six months, from quarterly.
- We will trial these new arrangements for 18 months and then review how well this is working for us.
- To help us with looking at emerging trends and what is coming up on the horizon for services and agencies, each partner service representative will provide a service/agency report on developments, operational issues and risks from the perspective of their agency. This will help us look forward as a Committee and keep oversight of what is happening locally.
- We want to make sure that the work of the Committee is more visible to staff in services and agencies – your agency/service representative has a responsibility to share relevant information with you. We will look at how we do this beyond our quarterly newsletter.



## Our latest training statistics at a glance

Our Learning and Practice Development Sub-group meets every quarter. At every meeting we review our key performance indicators for learning and development – here are some highlights from our February meeting. Between October and December of last year:

- 199 people attended 10 of our multi-agency training courses.
- We delivered 10 on-line briefings to 671 people.
- We used 69% of available spaces available across all our courses.
- 40 people who had booked on training did not turn up on the day.
- 47% of people who attended training provided feedback after the course.
- Of those who provided feedback, 95% said that their knowledge about the subject matter had increased as a result of attending the course.

## What are our key messages to you?

- All our training is free to attend to staff and volunteers working in East Lothian or Midlothian.
- We do have spaces on courses so please do apply when you see our training flyers – we are a Public Protection Committee, so think beyond your own role – think family, think child, think adult. Public Protection is everyone's responsibility.
- Please make sure your manager has agreed to you attending the training and that you have the time blocked off in your calendar.
- We know it is sometimes hard getting the time to attend training, but it is really important for your ongoing professional development and practice, and many staff need to evidence their learning and training for registration purposes.
- Everytime someone does not turn up for training, this wastes a space that could have been taken by someone who really wanted it but was not able to attend. It also costs money every time someone does not attend.
- If you come on our training, please complete the online survey to give us your feedback – we use this to see what improvements we need to make and provide assurance that our training is of a high quality and meeting staff needs.



# Training update

## Do you hear about our training? Do you know of any service or agency that needs added to our training distribution list?

Our training is free to staff and volunteers working in East Lothian and Midlothian – in the statutory, third sector and private nurseries, schools and agencies. We have a distribution list that we use to advertise our training course and briefings, and we are always keen to make sure it is up to date and accurate. Our distribution list has over 100 e-mail addresses and individual named leads for distributing training across agencies or services.

Do you know of any agency, service or team that does not regularly hear about our training? If you know of any that need to be added to our distribution list, or you are reading this and know your team does not always get our training flyers, let us know at [emppo@eastlothian.gov.uk](mailto:emppo@eastlothian.gov.uk).

Every quarter we run our 'core' training on Adult Protection, Child Protection and Violence Against Women and Girls – enabling staff to learn more about the issues, roles and responsibilities in these different areas of Public Protection. Some of our courses are pre-requisites for attending other courses so please make sure you check out what you need to attend – speak to our manager or contact us at [emppo@eastlothian.gov.uk](mailto:emppo@eastlothian.gov.uk).

### On-line one-hour Briefings



**Thursday 7<sup>th</sup> March**

**13:30 – 15:30**

Overview of Neglect with  
Carla Thomas from Child and  
Family Training

**Tuesday 23<sup>rd</sup> April**

**10:00 – 11:00**

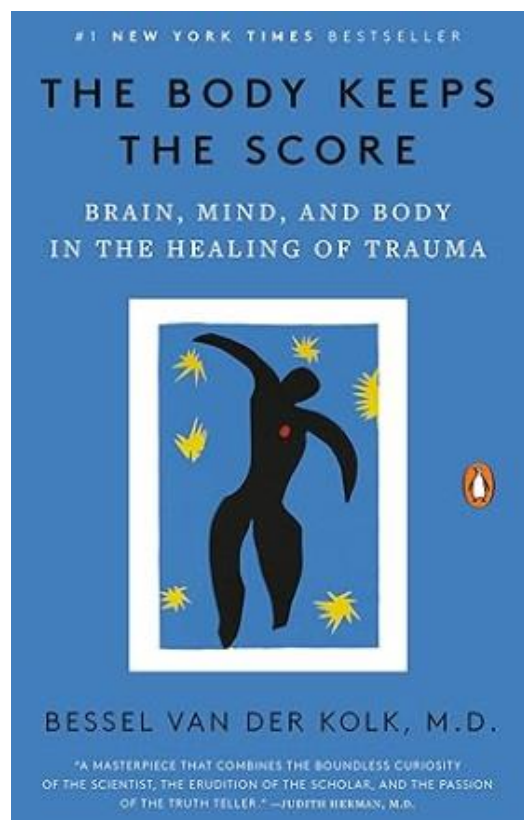
Marac Awareness Briefing  
(Multi-agency Risk  
Assessment Conferences for  
Victims at high risk of  
serious harm due to  
domestic abuse)

If you need the link for the meeting contact us at [emppo@eastlothian.gov.uk](mailto:emppo@eastlothian.gov.uk).<sup>6</sup>



## Learning Resources about Trauma

Did you attend our learning event on 20<sup>th</sup> February to recognise the national Adult Support and Protection Day? Our speaker Shumela Ahmed from the Resilience Learning Partnership recommended that we all watch this 12-minute video called [The Window of Tolerance](#) – this uses beautiful imagery to describe what we mean by our Window of Tolerance, when we are at our personal best – where we can play, think, love and be loved. When we experience trauma and adversity, our Window of Tolerance narrows, and we become sensitive to stress. This animation explores what this looks like in children and adults, and how you can support those of us who carry trauma in our nervous system.

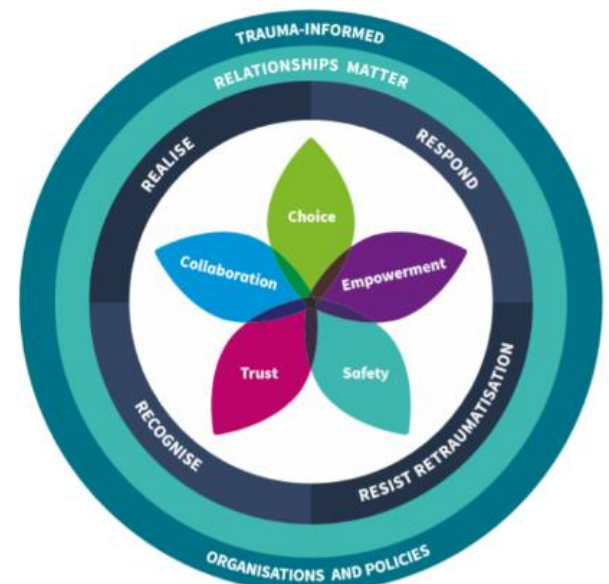


Shumela also recommended a book called 'The Body Keeps the Score'. The author, Bessel van der Kolk, uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain's natural neuroplasticity.



### National Trauma Transformation Programme

The workforce are organised into four practice types, Trauma-Informed, Trauma-Skilled, Trauma-Enhanced and Trauma Specialist. These levels are cumulative, in that staff at one level should have completed trainings for all previous levels. For example, staff at Enhanced level will also previously have completed training at Informed and Skilled levels. Everyone in the workforce needs to know and be able to do different things to improve outcomes, depending on the level of contact they have with people.



# Adult Support and Protection

REMEMBER  
MY  
NAME



A SIGNIFICANT CASE REVIEW INTO THE LIFE OF

MARGARET FLEMING

Margaret Fleming was a young woman who was treated as having additional needs throughout her life. She lived in Inverkip in the Inverclyde area. Margaret was living with and being 'cared' for by friends of her parents (Eddie Cairney and Avril Jones) after her father died. She was last seen in 1999, aged 19.

It was nearly 17 years before the authorities realised she was missing. This discovery resulted in those who should have been caring for being convicted of her murder and benefit fraud.

Avril and Eddie systematically isolated Margaret from her mother and father's fiancé. Avril became her benefits appointee, exploiting Margaret for financial gain. They also abused Margaret and were found guilty of her murder. The Department of Work and Pensions provided Margaret's benefits for 16 years without seeing her.

The analysis of Margaret's life shows several points where information could have been shared productively. Communication between professionals was sometimes unclear and more focused on processes rather than desired outcomes. Sometimes it simply did not take place or was critically not followed through after initial contact. Margaret's exposure to adverse childhood experiences likely impacted on her health and wellbeing, but information was not collated in a way that may have signalled concern.

The report talks about a growing appreciation of professional curiosity which means going beyond procedure and process to questioning and going with feelings when things do not seem right. Inverclyde Council has published the results of the independent inquiry into the circumstances leading to the death of Margaret Fleming. Read the [Executive Summary](#) and [Margaret's Enduring Voice](#) which gives voice to Margaret through the experiences, thought, feelings and hopes of individuals with learning difficulties, some of whom are the same age as Margaret had she lived.

You can watch two episodes on [BBC iPlayer](#) about Margaret's disappearance and the subsequent murder trial.



# Adult Support and Protection

The Scottish Social Services Council has developed an app to be used as a resource for all workers whose role includes supporting or caring for adults. It complements our [EMPPC Multi-Agency Adult Support and Protection Procedures](#). There are five sections as shown below, with lots of useful information to help give you confidence in how you articulate and report your Adult Support and Protection concerns. Each section has a short video to explain that section and how the app can be used. It can be downloaded free as an app to your phone or accessed on your laptop/PC.

For information on how to download the app, click [here](#).



## My concerns (types of harm)

This resource contains information about common types of harm.

[LEARN MORE →](#)



## My responsibilities (what must I do?)

It is vital that you remember your duty of care whenever you are

[LEARN MORE →](#)



## Legislation

This section gives you information about the most common legislation

[LEARN MORE →](#)



## FAQs

Frequently Asked Questions aka myth-busting

[LEARN MORE →](#)



## Support

This section helps you with support and contact.

[LEARN MORE →](#)

# Adult Support and Protection

## National Adult Support and Protection Day – 20<sup>th</sup> February



This day acts as a reminder that we all have a role in keeping those in our communities safe, and for us all to look out for adults who may be at risk of harm.

In East Lothian and Midlothian there are some adults who are more at risk of harm, due to illness, physical or mental health conditions or trauma. For some the complexity, the severity and persistence of the impact of trauma can lead to them placing themselves at harm, often inadvertently. Taking a trauma informed approach to Adult Support and Protection practice helps us to better understand how people act and react, to cope with the impact of trauma.

We were delighted to be joined by Shumela Ahmed from the [Resilience Learning Partnership](#) for our online learning event. The Resilience Learning Partnership has been in existence since 2018, when 40 community justice stakeholders got together in Alloa town hall to look at how people with experience of trauma could influence improvement in services and systems. Shumela is one of the driving forces behind that work, and she has been directly involved in the development of the [National Trauma Transformation Programme](#).

Over two hours, Shumela captivated us with her energy as she spoke from the lens of lived experience about why it is so important to root trauma informed practice in our day-to-day work to protect and support adults at risk of harm. Thanks to the 173 people who attended – a great turnout!

Shumela said “I know trauma informed practice is difficult in a protection context because of the complex role. Never measure people’s trauma – the impact on our body and brain is like an individual fingerprint. That is what makes the work tougher and longer, but it is absolutely right, when you see the impact of taking a trauma approach – start small, see where we are and where we can go. The heart of trauma informed practice is relationships. It is what makes trauma informed practice work”.



# Adult Support and Protection

## A piece of the puzzle – Trauma informed working in dementia care



Over time as we age and see more of life, it is more likely that we will experience some form of trauma. NES has developed [new tools](#) for trauma informed practice in dementia care, including an [animation](#) to support all staff who work with people living with dementia. It aims to increase awareness of the different ways that people living with trauma can be affected by dementia and demonstrates the importance of trauma informed ways of working. The video tells us about Bruce's life and experiences, and how we can work to support people like Bruce and remove the triggers and help them feel safe with other people, by using the five key principles of trauma informed practice.

**SAFETY**  
**TRUST**  
**CHOICE**  
**COLLABORATION**  
**EMPOWERMENT**



# Adult Support and Protection

## Concerns About a Power of Attorney's Behaviour?

Most adults have the legal capacity to make decisions about their financial and/or welfare affairs. This could include decisions around what to spend their money on, where they should reside and what care they should receive.

However, when illness strikes (such as dementia), an adult may lose the capacity to make some decisions. When they are healthy and able to make decisions, they can decide who should have the power to make decisions for them if they are no longer able to. This person is the adult's Power of Attorney.

Unfortunately, sometimes the Power of Attorney (POA) can be the source of risk of harm to the adult, either by not understanding their role or by abusing their decision-making powers (for example, using the adult's savings). In Adult Support and Protection, harm is harm, whether on purpose or not.

If you have any concerns that an adult may be at risk of harm from a POA you should report your concerns to the Council Adult Social Work team. The Office of the Public Guardian (OPG) is the statutory body where POA documents are registered. You can also contact [The Office of the Public Guardian](#) here to report your concerns.

This could result in a number of outcomes, including the POA being given advice on how to act in the adult's best interests by the OPG or Social Work, or being instructed to do so by the Courts. The OPG may decide it is no longer appropriate for the POA to be financial POA. If it is a welfare matter, the local authority may apply to court for a Welfare Guardianship to take over decision making powers.

The Mental Welfare Commission have produced a [Good Practice Guide on Common concerns with power of attorney](#).

**WATCH SESSION NOW**



Iriss (institute for Research and Innovation in Social Services) held an Adult Support and Protection innovation and reflection event in November. Watch the session [here](#) to hear from:

Ann Hayne, Gender Based Violence Manager, NHS Lanarkshire talk **ASP and Domestic Abuse – Overlaps and Gaps** and the ASP Lead Officer from Renfrewshire talk about **Trauma Informed approach and ASP** (fast forward to 1 hour 27 minutes).

# Child Protection (CP)

Concerns have been rising around the increasing accuracy of **Artificial Intelligence** (AI) to generate realistic and believed content online, increasing risk to children and young people who may be groomed and targeted into sharing information and images about themselves. A deepfake is an image where the face or voice is changed to replace the likeness of one person with another. Deepfake imagery is created using AI technology to import an image of a face, or the sound of a voice, onto someone else's body, essentially swapping their faces or voices. In this context, deepfakes can be made to give the illusion that the person photographed is either nude, semi-nude, or taking part in a sexual act. Although it is not their sexual body parts displayed, the consequences of having a deepfake shared can be just as distressing. People who do not know this person intimately such as their friends, family or colleagues, have no reason to believe the image is not real. In Scotland, deepfake images are included under the [Abusive Behaviour and Sexual Harm Act 2016](#). You can read more about how AI is being abused to create child sexual abuse imagery [here](#).

The UK Safer Internet Centre has lots of guides and resources with advice for staff about understanding the impact of digital technologies on child protection. Click on the links below:

[Parents and Carers](#)

[Social Workers](#)

[Healthcare Professionals](#)

[Foster carers and adoptive parents](#)

[Residential care settings](#)

[Schools](#)



- Have a knowledge of the latest online threats, risks and trends in online communications and social networking
- ▲ Understand the impact of technology on the lives of children and young people
- Consider the use of technology by parents and carers which may impact on family function
- ◆ Include relevant questions in family assessments to gain an understanding of the role of technology
- ✱ Structure interventions which support appropriate use of technology within families

As hard and embarrassing as it might be, we would always encourage a young person to tell a trusted adult about any worries they have about any harm that is being caused by digital means. More advice on how to get images taken down can be found here:

[Eliminating Child Sexual Abuse Online – Internet Watch Foundation](#)

[CEOP Safety Centre](#)

[Get Support | Childline](#)

[Take It Down \(ncmec.org\)](#)



## Why we should avoid the term victim when talking about children who have experienced abuse

The NSPCC's latest [blog](#) in the **Why language matters** series challenges us to look beyond some of the commonly held assumptions that can be emphasised when using the word victim. Key points to take away:

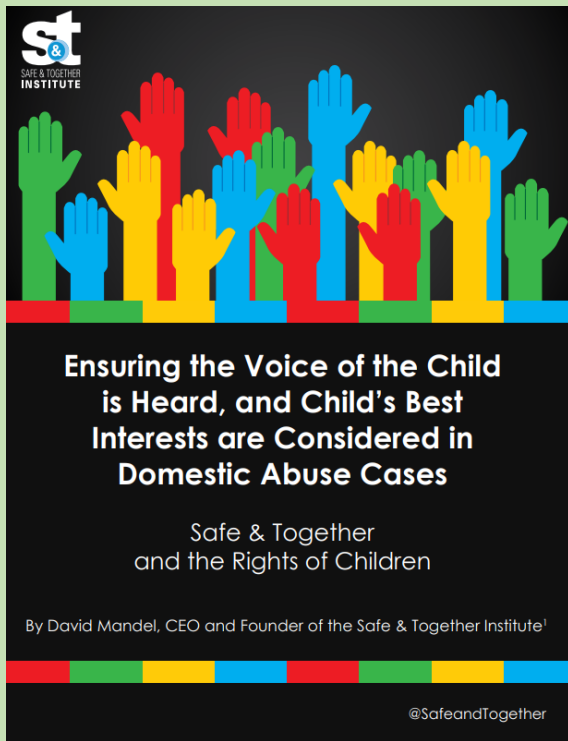
- **Be led by the preferences of the individual.** People experience and relate to their abuse in different ways, and it is important to be led by the language individuals use themselves.
- **The term 'victim' is a label.** Labelling children as 'victims' can impact the way safeguarding professionals see children and the way children see themselves.
- **Popular notions of victimhood can lead to abuse being missed.** Children and young people who are experiencing abuse may not match expectations of how 'victims' should look or behave. This can lead to a lack of action to safeguard and protect children.
- **Instead of 'victims,' say 'children who have experienced/are experiencing abuse.'** The language we use should reinforce the fact that abuse is something children have experienced and not who they are.



The NSPCC has published a new blog on **Helping teachers meet their safeguarding responsibilities**. It says that teachers and school staff are the 'eyes and ears' on the ground as such as well placed to recognise when something might be wrong. The positive relationships that staff build with pupils means they are in a good position to hear what children are saying, and to spot changes when something is wrong, even if on its own it seems quite small. Read more [here](#).



# Child Protection (CP)



Safe & Together has published a new [report](#). There are lots of messages to take away of relevance not just for the child who is experiencing domestic abuse in their life. Children will benefit when we seek to understand the full range of their experiences, hopes and fears. From its inception, the Safe & Together Model has employed a robust child-centred framework to keep the focus on children's experiences, needs, and wishes in the context of domestic violence cases.

The Safe & Together Model teaches professionals how to interview children impacted by domestic violence perpetrators' behaviours sensitively. Perhaps its biggest contribution to the work with families is that it offers a powerful, more nuanced, and comprehensive way to engage children about their experience of domestic violence.

*When cases are wrongly rejected or prematurely closed due to the literal interpretation of "the voice of the child," it often means perpetrators remain invisible, and the protective parents' efforts are ignored or misunderstood.*

Through its 'whole of family' approach and multiple pathways to harm perspective, it offers a broader context for understanding the child's experience beyond the interview. Being an ally to a child is not as simple as listening to whatever they say and doing it – it is the ability to deeply pay attention to the child's experience, through multiple means, not just what they share but what the professional can learn about their experience.

The more we know about the conditions created for the child by the domestic violence perpetrator, the more we can turn attention to the full range of the child's experience. This can inform and guide our ability to ask thoughtful, targeted questions and listen deeply to what the child says.

The Model's 'whole of family' approach offers a way to understand the child's voice and experience in the context of their relationship with each parent. You can listen to a podcast of the key themes from the report from the Safe & Together Institute [here](#).

## Safe & Together™ Principles

- 1** Keeping child safe and together with non-offending parent  
Safety · Healing from trauma · Stability and nurturance
- 2** Partnering with non-offending parent as default position  
Efficient · Effective · Child-centered
- 3** Intervening with perpetrator to reduce risk and harm to child  
Engagement · Accountability · Courts

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## Online training for Supporting Professionals with Child Protection Planning Meetings

Iriss (institute for Research and Innovation in Social Services) has developed a new course supporting professionals with Child Protection Planning Meetings. It includes short videos of experienced professionals, and will help professionals:

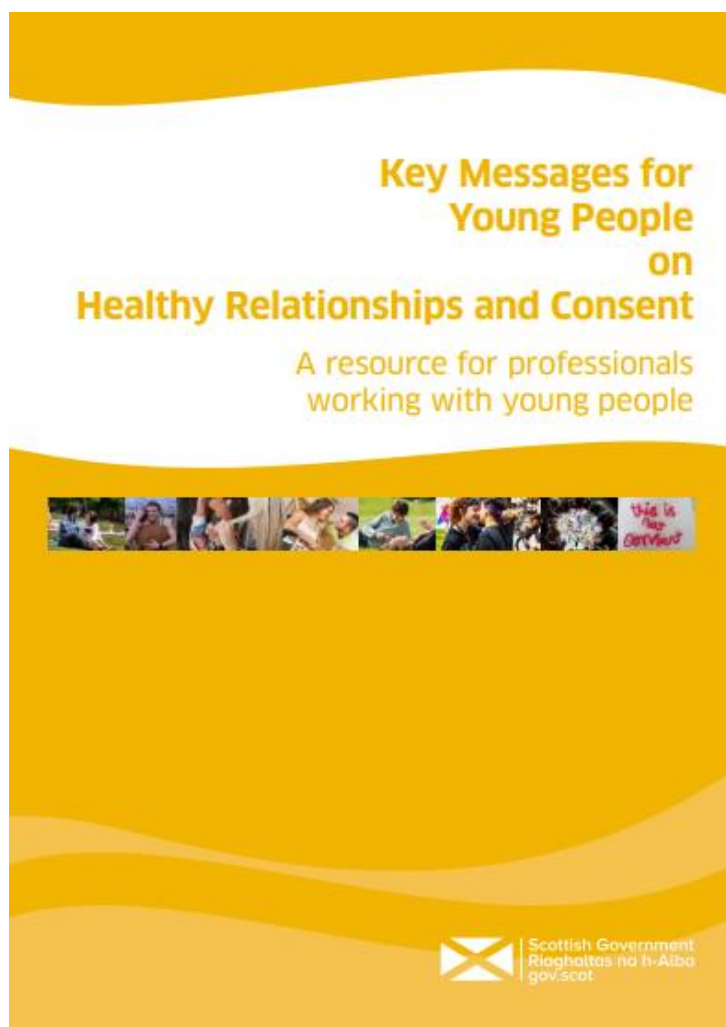
- Describe what a CPPM is and define key terms
- Clearly articulate the roles and responsibilities of people who attend CPPMs
- Describe the process of a CPPM
- Promote participation of children, young people, families and carers in a CPPM and
- Explain how decisions are reached in a CPPM

You can find more about the course and how to access it [here](#).

You should always refer to our local [Multi-agency Child Protection Procedures](#) for more information about how CPPMs are part of the Child Protection system in East Lothian and Midlothian.

### [Key Messages for Young People on Healthy Relationships and Consent](#)

This resource has been developed as part of the Scottish Government's work on supporting positive relationships and sexual wellbeing in young people. The messages set out that relationships should be mutually respectful, consensual, positive, healthy and enjoyable. They are applicable to all romantic relationships – from those that are about holding hands to those where young people are sexually active, regardless of whether they are in same sex or mixed sex relationships. The messages are intended for professionals who work with young people (described here as being secondary age to young adult) using their own professional judgement to determine when the messages are age and stage appropriate for the young person or people with whom they are working.



# Child Protection (CP)

## UNCRC Update

The UNCRC Bill was passed on 16<sup>th</sup> January and is now the [United Nations Convention on the Rights of the Child \(Incorporation\) \(Scotland\) Act 2024](#).

Watch this short [animation](#) to support children to understand their rights, which shows the types of interactions young people might have with public authorities about their rights. Most of the provisions will come into force on 16<sup>th</sup> July 2024. Incorporation of the UNCRC is a vital step to ensuring that children and young people have their rights recognised and protected. Importantly, it will be unlawful for a public authority to act, or fail to act, in connection with a relevant function in a way which is incompatible with UNCRC.

Read more here [Royal assent for UNCRC Bill! | Together Scotland](#)

The Scottish Government has developed and co-ordinated materials on how to involve children and young people in decision making. Click [here](#) to read more.



**Article 1**  
**Everyone under 18 has rights**

Under the UNCRC, a child means every human being below the age of 18. A child has all the rights in the UNCRC until they are 18 years old.

### What happens next?

The Scottish Government has produced [resources](#) about supporting public authorities to ensure they can implement a children's human rights approach to practice every day so that children's rights are respected, protected and fulfilled. This includes non-statutory guidance called [Taking a children's human rights approach](#) and [A guide for public services in Scotland on Understanding Children's Human Rights](#).



**Article 3**  
**Adults must do what's best for me**

When adults make decisions, they should think how they affect children and do what is best for them.

[More about Article 3](#)



# Violence Against Women and Girls (VAWG)

A strong and flourishing Scotland where all individuals are equally safe and respected, and where women and girls live free from all forms of violence, abuse and exploitation and the attitudes that help perpetuate these.



## Equally Safe:

Scotland's Strategy for Preventing and Eradicating Violence Against Women and Girls

December 2023



The Scottish Government and COSLA published the revised Equally Safe Strategy on 7<sup>th</sup> December last year. The aim of the Strategy is to work collaboratively with key partners in the public, private and third sectors to prevent and eradicate all forms of violence against women and girls.

The Strategy sets out a shared understanding of what Violence Against Women and Girls is, and why gender inequality is a root cause of VAWG.

It also tells us about the wide-ranging and long-lasting impact of VAWF on the lives of those affected – women, children and men. Dealing with the consequences of VAWG places a significant pressure on public services, and the Strategy recognises the significant human and financial costs of failing to tackle VAWG.

"We must prioritise addressing the root causes of gender inequality, challenging outdated stereotypes and societal attitudes that allow violence against women and girls to persist."

# Violence Against Women and Girls (VAWG)

## What is the Equally Safe Strategy seeking to achieve?

A logic model has been developed alongside the Strategy. In its simplest form, a logic model is a graphic representation to show the relationships between the resources, activities, outputs and the outcomes of a programme – you might sometimes also hear this described as a road map or blueprint. The logic model asks:

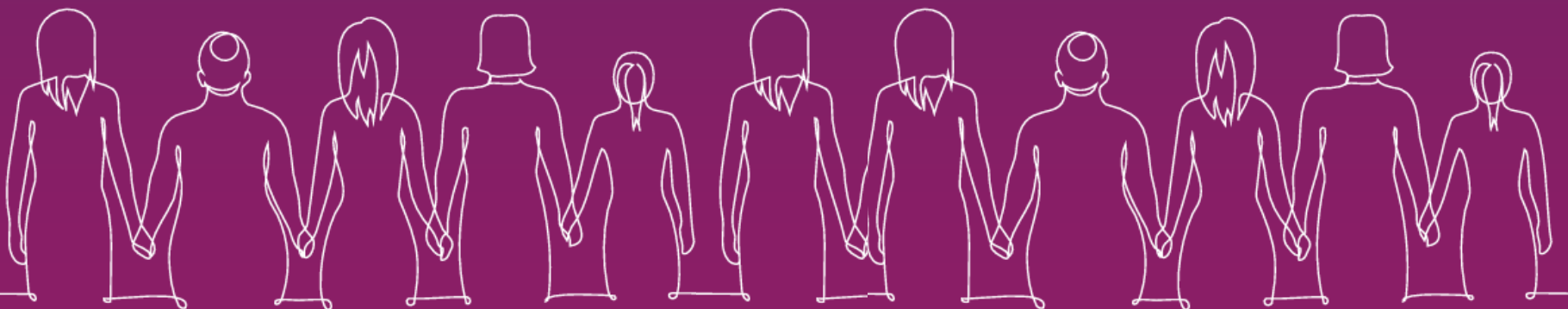
- What is the problem we are trying to solve?
- What will we do to tackle this problem?
- What are the short-term, medium-term and long-term outcomes; and
- What is the overall vision?

On one page, you can view the logic model [here](#).

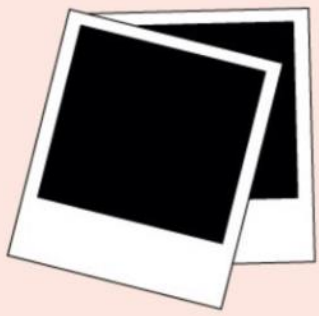
Actions to implement the Strategy will seek to:

- prevent VAWG before it occurs;
- support early intervention;
- build a broad and shared understanding across our society and communities of what VAWG is, how it affects those who experience it, its impact on society more generally, the scale of the problem, and what causes it – so that we can reduce the harm together;
- build political, institutional, sectoral, organisational, community, and personal commitment and contribution to preventing and tackling VAWG;
- hold perpetrators of VAWG to account, supporting change where possible;
- deliver sustainable, informed and safe specialist and universal service responses for victim/survivors that are holistic and meet victim/ survivors' individual needs; and
- promote an intersectional approach to preventing, recognising, and responding to the compounding inequalities and risks that some women, children, and young people may experience as a result of their ethnicity, race, disability, age, sexual orientation, gender identity, and/or immigration status.

Through our Violence Against Women Delivery Group we will look at what the national Equally Safe Strategy means for us locally.



# Violence Against Women and Girls (VAWG)



Revenge Porn  
**Helpline**

revengepornhelpline.org.uk

## [New Easy Reads Released by the Revenge Porn Helpline](#)

The Revenge Porn Helpline is funded by the Scottish Government to support all victims of intimate image abuse living in Scotland, as well as the rest of the UK. The Revenge Porn Helpline has produced a series of easy read documents to explain what intimate image abuse is and provide important information about how their service can help:

- What is Intimate Image Abuse?
- Accessing the Helpline.
- How can the Revenge Porn Helpline help?
- How to get in touch with the Helpline.

The documents also provide information and advice about different forms of intimate image abuse, including:

- Sextortion and webcam blackmail;
- Intimate images shared without consent;
- Threats to share intimate images; and
- Voyeurism and upskirting.

The Revenge Porn Helpline is available 24/7 – details of how to contact them can be found [here](#). The Helpline supports people over the age of 18.

If you want more information as shown below, click [here](#).



Laws and legislation



Emotional support



Legal and informative advice  
services



# Violence Against Women and Girls (VAWG)

## INTERNATIONAL WOMEN'S DAY MARCH 8, 2024

Let's #InspireInclusion to help forge a better, more inclusive world for women



International Women's Day, marked annually on March 8, is one of the biggest days of the year. Worldwide, groups and individuals unify to celebrate and support women's advancement. With well over a century of history and change, the first International Women's Day was held in March 1911. More than one million women and men attended rallies across Europe, campaigning for women's rights to work, vote, be trained, to hold public office and end discrimination.

The United Nations officially recognised Women's Day in 1977 and some countries recognise International Women's Day as a public holiday, including China, Russia and Uganda. International Women's Day is not country, group or organisation specific. It is a day of collective global activism and celebration that belongs to all those committed to forging women's equality. World-renowned feminist, journalist and activist, Gloria Steinem, reportedly once explained: "The story of women's struggle for equality belongs to no single feminist nor to any one organisation but to the collective efforts of all who care about human rights."

Click on this great link from BBC Newsround [here](#) for sharing with children and young people so that they can learn more about the origins of International Women's Day.

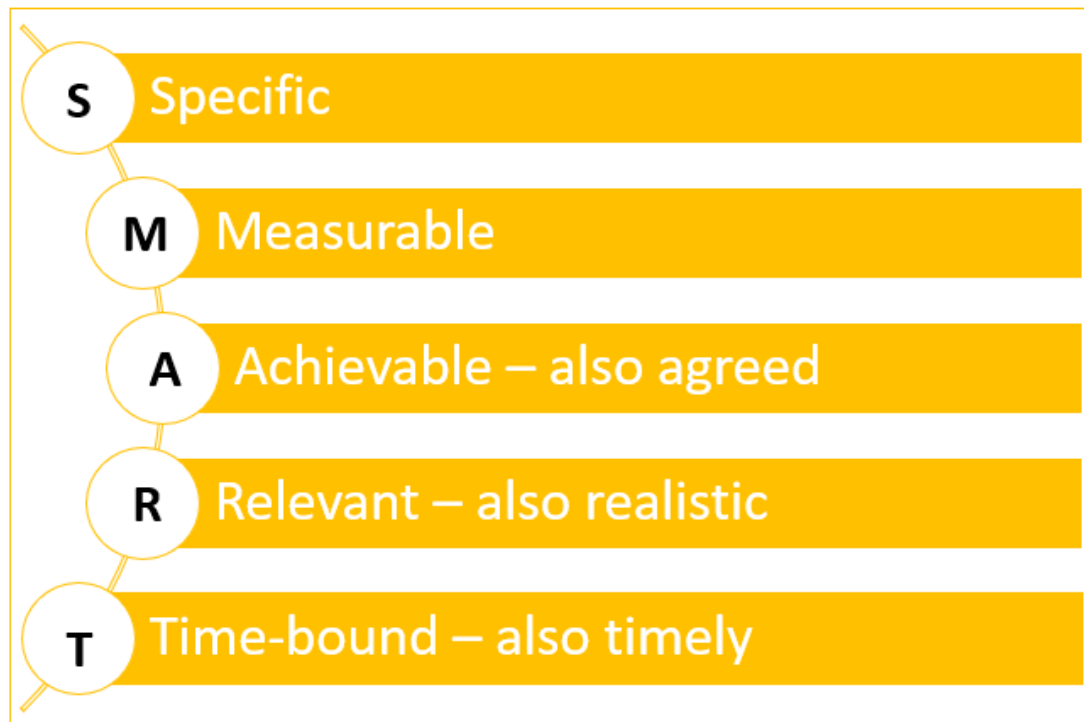


The theme for 2024 is **Inspire Inclusion**.  
Click in the link below to read more

[What does it mean to truly inspire inclusion?](#)

## Spotlight on SMART Planning

### What does SMART stand for?



### Why SMART planning?

Evidence from Significant Case and Learning Reviews suggests that where serious issues have been known to services, actions in plans have often been vague, non-measurable and have lacked direction. In turn this makes them difficult to apply or measure and can leave professionals unsure of the expectations of them – and importantly also very difficult for children, families and adults to know what is expected of them. Using a SMART approach to planning, the focus must remain on what needs to change for the child, young person or adult, as well as how quickly that change needs to happen.

### Why is SMART planning important?

Objectives that are SMART are more likely to be achieved, because the expectations are clear, and everyone involved in the plan knows who is meant to do what and when. This includes the person who the plan is about, their family and carers. Involving the child, adult and family in the plan, and sharing it with them is important. It helps them understand their rights and options and sharing understanding of the situation from their perspective. The voice of the child or adult should always be heard in the development, implementation and review of the plan.

## Spotlight on SMART Planning

### What are the elements of SMART?

**S**

**Specific** – the action needs to be clear, well defined and unambiguous. State what is to be done, by whom, where and when. Actions should address each identified risk.

**M**

**Measurable** – there must be clear criteria for measuring progress and determine if you are on track to reach your goal. Ask – how many? How much? How do I know if I have reached my goal? What will it look like for the child or adult if the plan is working?

**A**

**Achievable** – A also sometimes stands for **Agreed**. Outcomes should not be out of reach and set up a child, adult or family to fail. Actions must be in the control or influence of the people who are named in the action. Is it reachable, given the time and resources?

**R**

**Relevant** – R also stands for **Realistic**. Plans need to be dynamic and address the current risks and concerns. The plan should be adapted accordingly as it progresses, by a core group or at a review meeting.

**T**

**Time-bound** – T also stands for **Timely**. All actions need to have a clear timescale. On-going should not feature in the plan – state the date by which the action will be completed and reviewed.

### SMARTER?

Sometimes we will hear people talking about SMARTER planning. In this context, E stands for **Evaluated** and the R stands for **Re-evaluated**. There is no point in having a plan unless we regularly review how well things are working and adjust it as new information comes to light. We should always ask if the plan is working – is it reducing the risk of harm? Do we need to make any changes?

### Want to know more?

Check out what our [Multi-agency Adult Support and Procedures](#) and [Multi-agency Child Protection Procedures](#) say about planning.



## Contact us

Our Lead Officers support the work of EMPPC and you can contact them for more information about anything in this newsletter, or about their role:

**Alan Laughland** Adult Support and Protection Lead Officer  
alaughland@elothianmail.net

**Eileen Marnoch** Child Protection Lead Officer  
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**Jenny Mair** Co-Ordinator – Protecting Women and Girls from Violence  
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**Do you have any suggestions for a future article in our newsletter? If so, please get in touch with us at [emppo@eastlothian.gov.uk](mailto:emppo@eastlothian.gov.uk)**

## Our Vision for Public Protection

**Everyone has a right to be safe and protected from harm and abuse. We will protect our children, young people and adults in East Lothian and Midlothian by working together and upholding our values.**

**Our core values of respect, integrity and commitment underpin our work in supporting and protecting all people who may be at risk of harm in our communities.**