

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

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

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We spend our days caring for others but sometimes we are not good at asking for help ourselves. Check out the National Wellbeing Hub for lots of resources for supporting teams and colleagues.

National Wellbeing Hub

Meet the Committee......

In this edition, we meet Carolyn Wyllie, Director of Public Protection, NHS Lothian

"I joined NHS Lothian in June this year as Director for Public Protection. Having qualified as a Social Worker over 30 years ago, I have worked in a variety of roles for both Children and Adult Services primarily based in East Lothian working for the Local authority or Health and Social Care partnership.

This new role provides me with an exciting opportunity to work collaboratively with Public Protection committees across Lothian in order to support the totality of multi-agency staff who are working tirelessly to support and protect individuals in local communities.

Public Protection is an issue of fundamental importance to NHS Lothian and remains a top priority as well as one of our most challenging areas of work. The organisation has an important role in supporting and protecting the dignity, quality of life and safety of the communities that it serves.

As the provider of universal health services, any member of staff may be the first to become aware of risk of harm. All children, young people and adults at risk have a fundamental right to be protected and safe and it is the responsibility of all our staff to be alert to circumstances which might indicate that there is a risk of abuse or neglect.



As a Directorate we also provide specialist advice on child protection, adult protection, MAPPA, and Prevent, as well as develop, review, and implement procedures and guidelines which support staff to protect the public and ensure the organisation meets its statutory responsibilities. Within the directorate we have the following teams and work closely with our colleagues and clinicians in Paediatrics, CAMHS, Health visiting and Maternity services, Learning Disability, Mental Health, Services for older adults etc.

- Child Protection Advisors
- Adult support and protection Advisors
- MAPPA health liaison leads
- Care Experienced nursing Team
- Through Care and After care Nurses

As a Director within NHS Lothian and one of the core members of EMPPC, I have a strong commitment to demonstrate and participate in multi-agency working with key partners to improve public protection arrangements and the delivery of safe effective care to protect children, young people and adults accessing services who are living in communities or in hospital".

EMPPC



We have launched our revised EMPPC Adult Support and Protection Multiagency Procedures!

Keith Mackay says, "As Chair of the Public Protection Committee for East Lothian and Midlothian I am delighted to announce the launch of the revised Adult Support and Protection Procedures which are the result of excellent work by the hard working staff in our ASP Partnership.

The revision of our procedures was necessary due to an update in the Code of Practice which accompanies the legislation for Adult Support and Protection.

There is a greater emphasis on trauma informed practice, the move away from a linear approach to Adult Support and Protection of going through stages of initial assessment and investigation to an overall inquiry, with greater emphasis on earlier intervention and support following a referral under the legislation.

These procedures set out how we will deliver our vision for Adult Support and Protection in East Lothian and Midlothian. Everyone has a right to be safe and protected from harm and abuse and the launch of the revised procedures strengthens the already high level of professionalism shown by our skilled and passionate staff and partners"

Click on the link below and scroll to the bottom of the page to download a copy of our new Procedures:

Adult support and protection

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



EMPPC



We launched our new Multi-agency Procedures for Child Protection in East Lothian and Midlothian on 4th December 2023. Edinburgh and West Lothian will be launching them shortly.

These Procedures were updated to reflect the <u>National Guidance for</u> Child Protection 2021.

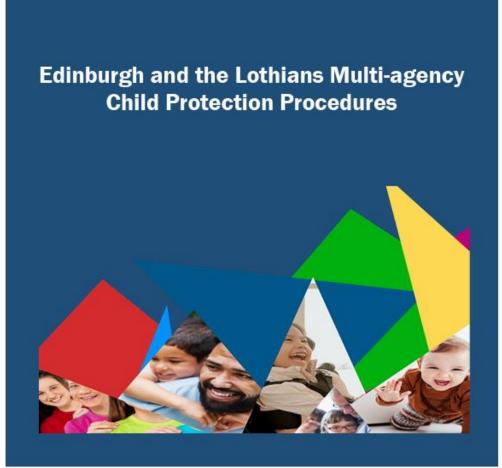
Click on the link below and scroll to the bottom of the page to download a copy of our new Procedures:

<u>Child protection | Child protection |</u>
East Lothian Council

<u>Child protection | Report a child at</u> 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.





The Chair of EMPPC, Keith Mackay says "These revised procedures outline in a clear concise manner the role we all have to play ensuring children are safe and that their welfare and safety is always our most important consideration. This will allow us to move forward showing utmost professionalism across our Public Protection Partnership and giving our professionals the best tools and information to reduce risk of harm to children in East and Midlothian".

EMPPC





Update on our website

You may have noticed that our EMPPC website is not currently available. We have been aware for some time now that it has been out of date and needing a makeover and we are making plans to have a new website in early 2024. We are delighted with our plans for this and will let you know more about this when we are ready to launch!

In the meantime, we know staff still need to access various Procedures and documents. Contact emppo@eastlothian.gov.uk for any of the following documents:

- Getting it Right for Children and families affected by parental problem alcohol and drug use – practitioner toolkit
- EMPPC Neglect toolkit
- EMPPC Inter-agency guidance on child sexual exploitation
- EMPPC Minimum requirements for an agency child protection policy
- Marac Operating Protocol
- ASP Multi agency protocol on self-neglect and hoarding
- EMPPC Practitioners' Guidance on Financial Harm

For service directory of local and national supports click on website link here <u>Get help for</u> domestic violence | <u>Domestic abuse</u> | <u>Midlothian Council</u>



Welcome to David Hood who has joined our Committee. David has recently started in East Lothian Health and Social Care Partnership as Director of Operations. Sarah Gossner has recently joined East Lothian as the Chief Nurse and we will also welcome her to our Committee from December.

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. 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 emppc@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.

On-line one-hour Briefings



Wednesday 13th December at 11am - Trading Standards (East Lothian)

Wednesday 13th December at 2pm – Trading Standards (Midlothian)

Wednesday 17th **January at 3.30pm** – Neglect Toolkit

Monday 29th January at 10am – Marac Tuesday 13th February at 2pm – Scottish Fire and Rescue Service (including Home Fire Safety Briefing)

Contact emppc@eastlothian.gov.uk for the link if you have not already seen any of the flyers for these events.

Adult Support and Protection

What is Supported Decision Making?

Where necessary, we need to support the decision making of adults at risk of harm. This is known as 'Supported Decision Making'. The <u>Code of Practice for Adult Support and Protection</u> states that "When considering an intervention under the Act, use of supported decision-making processes and principles may help determine the necessity and type of action to be taken, assisting the individual to participate in such decisions."

The Mental Welfare Commission defines Supported Decision Making as any process in which an individual is provided with as much support as they need in order for them to be able to:

- make a decision for themselves; and/or
- Express their will and preferences within the context of substitute decision making (for example, guardianship or compulsory treatment for mental disorder.

Council Officers must have regard for the adult's ascertainable wishes and feelings and provide support to the adult to express these. This will involve consulting those close to the adult to help them assess how to support the adult to make decisions.

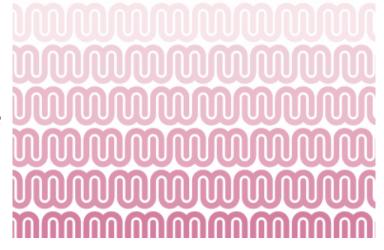
Read the Good Practice Guide <u>here</u>.



Supported decision making

Good practice guide

2021



Also use this <u>Insigh</u>t from IRISS to guide you in your work with adults. It says that Supported Decision Making:

- Aims to protect a person's 'legal capacity', or their right to have their will and preferences upheld in relation to all aspects of their life, regardless of disability or mental health status;
- Refers to a wide range of models and practices, including informal supports from friends and family, assistance from advocates and legally mandated supporters, advance directives, and communication tools, among others, which will vary depending on the particular needs and circumstances of the person; and
- Is central to the reform of mental health and capacity legislation nationally and internationally.

Adult Support and Protection



TURAS | Learn

NHS Education for Scotland (NES) have created a new animation to highlight the specific issues for people with learning disabilities in relation to psychological trauma – watch this seven-minute animation here.

A new online learning resource on the use of the law when supporting adults who lack capacity to make some or all of their own decisions was launched in June by the Mental Welfare Commission for Scotland and NHS Education for Scotland (NES). The learning site is for professionals working in Health, Social Work and Social Care across Scotland. It follows a major report in 2021 by the Mental Welfare Commission on the use of the law when discharging individuals from hospital to care home. This is a great resource for everyone to learn more about the Adults with Incapacity legislation.

The learning site is only available for people with Turas account.



Adult Support and Protection

Substance Dependency, Homelessness and Hoarding

The <u>Code of Practice</u> sits alongside the Adult Support and Legislation to guide us on the Act in practice – the Act being the 'what' and the Code of Practice being the 'how'. The Code of Practice guides everyone involved with adults to look at substance dependency, homelessness and hoarding in a different way.

The Code states that there needs to be a move from to viewing dependency on substances as a symptom of 'deeper challenges' within the adult. These could be the consequences of trauma and/or mental health issues where the adult is using substances (including alcohol) or hoarding to deal with difficult thoughts and feelings. Hoarding in this sense is a result of trauma creating obsessional behaviours. Adults with issues of substance dependency may struggle to maintain a tenancy and end up homeless.

Those actions and behaviours are not necessarily free choice. The person may be unable to look after themselves as they are overwhelmed by these deeper challenges. If you are working with or concerned about an adult who has substance dependency, hoarding issues or who is homeless, and are concerned that they are at risk of harm, think about the need for an Adult Support and Protection referral to Social Work.



National Adult Support and Protection Day 2024 – Learning Event

We are delighted to announce that we will welcome Shumela Ahmed from the Resilience Led Partnership (RLP) as the keynote speaker at our Learning Event to recognise Adult Support and Protection Day. RLP deliver training to increase awareness, knowledge and understanding of the impact of trauma from the perspective of lived experience. Shumela co-authored the National Trauma Training Plan and this will be one of our 'must go to' events in 2024! More details to follow but save the morning in your calendar.



ICO 10 step guide to sharing information to safeguard children

The ICO has published a 10-step guide on data protection considerations when sharing personal information for child safeguarding purposes. It aims to help you feel confident about sharing information when you need to safeguard a child or young person at risk of harm. It includes clear examples of how to do this in practice.



A 10-step guide to sharing information to safeguard children | ICO





Alright? Is a new child rights-focused animation from Clan Childlaw, Scotland's law centre for children and young people. They have been working with young people on ways of sharing their views and experiences, and the animation is an exploration of an individual's struggle to find his place within a complex web of rights, laws and support systems. It shares young people's experiences of legal representation and what they say they want from their lawyers.

At just over three minutes long, the animation highlights the significance of small yet impactful details that could improve the process of navigating the legal system.





Why language matters: how the label 'older boyfriend' can mask child sexual exploitation

The teenage years can be a time of change, confusion, experimentation and growing independence – particularly around romantic and sexual relationships. Whilst this is a natural part of growing up, there are situations where an age difference or power imbalance within a relationship should be a warning sign to professionals. If professionals use the term 'older boyfriend' without assessing the risk, they may be legitimising an exploitative relationship and minimising the risk of harm for the young person. We know that child sexual exploitation often involves grooming young people into believing that they are in a healthy and consensual relationship and the young person may not recognise they are being exploited, or they may not feel comfortable or safe enough to speak about it.

The blog highlights the need for professionals to:

- Look beyond the language used by young people to describe their relationship, and recognise that children and young people may see an exploitative relationship as a loving one;
- Establish the dynamics and identify any child protection concerns;
- Avoid using the term 'older boyfriend' when sharing information to other agencies as
 it implies the relationship is a healthy one and make everyone working with the child
 less alert to the potential signs of child sexual exploitation (manipulation, grooming,
 control or coercion into sexual activity);
- Hear the voice of the child take time to support them to understand what a healthy relationship looks like; and
- Be curious and continue asking questions about any relationship involving a child where there are concerns.

Read the full blog <u>here</u>.



Parental mental health problems are not in themselves a child safeguarding concern. However, case reviews show that without the right support a parent with poor mental health can sometimes struggle to provide safe and loving care for their child. This document published by the NSPCC pulls together and highlights the learning from case reviews published between 2016 and 2022, where the mental health problems of parents were a key factor. At nine pages long it is a clear summary that we should all read.

Key issues highlighted in the report:

- Lack of understanding about mental health and diagnosis;
- Responding to disclosures of thoughts or threats to harm;
- Not considering mental health in context with other issues; and
- Lack of understanding of the impact of parental behaviour on the child.

The report highlights the key elements to improve practice:

- Recognise how mental health affects parenting capacity;
- Engage with the family's support structure
- Understand the lived experience of the child;
- Explore parental history and background;
- Professional question and challenge also known as professional curiosity;
- Undertake joint assessment and planning between children and adult services; and
- Information sharing and collaboration between professionals can help provide a full picture of what support the family needs.

Read more here:

Parents with a mental health problem:

learning from case reviews | NSPCC Learning



Training and resources in safeguarding and child protection



Sibling sexual abuse is a type of intrafamilial abuse that often involves forms of harmful sexual behaviour (HSB). The Centre of Expertise on Child Sexual Abuse has created a <u>guide</u> to support professionals with responding to inappropriate, problematic and abusive behaviour involving siblings. The guide looks at identifying, understanding and responding to sibling sexual behaviour including adopting a whole family response and support for parents.

The guide includes really helpful information for professionals about:

- The continuum of sibling sexual behaviour to support the assessment of the level of concern;
- Reflection points to support supervision; and
- Key responses and considerations for decision making.



How early intervention services can support families through adversity

Podcast: Supporting new parents through adversity | NSPCC Learning

The first 1001 days of a child's life are crucial for their development and wellbeing. Having access to caring relationships and support networks can help a child's brain develop in a healthy way.

Listen to this two-part podcast or read the transcript on how early intervention services can support families through adversity. You will hear more about why the first 1001 days of life are so important for babies and young children, how trauma affects brain development and the importance of building trusting relationships to help give children the best start in life.

The Gendered Coverage of Scottish Sport

We all know how much sport is rooted in Scottish culture and our national identity. Women's sport remains secondary to men's sport in multiple ways, including societal status, media exposure, prizes and wages, and sponsorship. This affects gender equality – and wider diversity – within participation in sport at multiple levels, as well as more broadly within society.

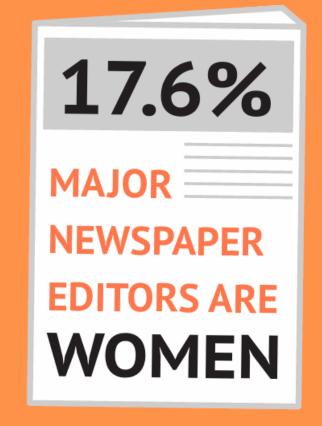
The organisation Engender looked at articles in Scottish newspapers over a year to compare the number of articles about women and men in relation to football, rugby and golf. The report explores how far Scottish print news coverage has a gender bias and examines how addressing this holds potential for women's participation in Scottish sport, and gender equality more broadly.

Transforming attitudes and norms in Scottish society is key to dismantling the gender imbalance in sport and ensuring diverse women and girls feel encouraged to get active. Media coverage powerfully shapes public perceptions about gender and sport. Equitable, inclusive reporting can help normalise women's sports and showcase inspiring role models to increase participation – not just in sport, but elsewhere in public life. Unfortunately, coverage remains disproportionately focused on men's sport, despite calls for more exposure in the Scottish media.

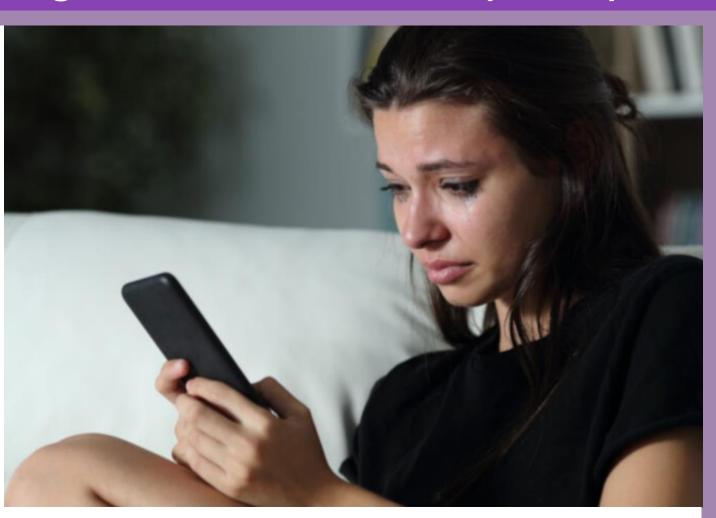
Read the report from engender.org.uk here.

New report reveals
HUGE IMBALANCE IN
THE COVERAGE OF MEN
AND WOMEN'S SPORT
IN SCOTLAND PERSISTS





Researchers
from The Open
University have
carried out the
UK's largest ever
study into societal
attitudes and
experiences of
online
violence
against
women and
girls (OVAWG)
across the UK.



The findings reveal that over one in 10 women in England have experienced online violence, with this figure increasing amongst those aged 16-24 (25%) and LGTBQ+ women (35%). Of those women who have experienced online violence, over one in ten (13%) said it later progressed to offline violence. Read the article here

On 18th October the BBC reported on the landmark ruling by senior judges which could transform how rape cases are prosecuted in Scotland. Read the full article here

The panel of seven Appeal Court judges said that there will no longer need to be evidence from two separate sources that penetration has taken place. Instead, evidence that the victim was distressed afterwards could be used to corroborate the rape allegation.

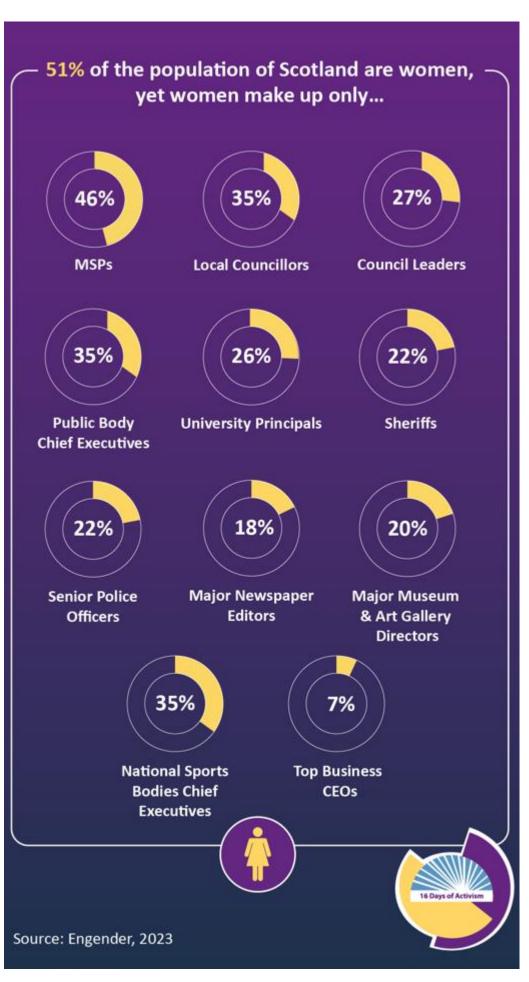
Rape trials in Scotland have previously required two sources of evidence for each part of the crime. Prosecutors needed to prove that the rape happened, that there was no consent, and that the accused was responsible. The Lord Advocate raised the case after a trial in Aberdeen last year in which a judge directed the jury that evidence from three witnesses that the alleged victim had been distressed and screaming that she was raped could not corroborate that rape had occurred.

The Lord Advocate said that the ruling "has the potential to transform the way we prosecute all offences, in particular sexual offences, and will improve access to justice for more victims." The ruling would now be carefully considered by the Crown Office, with prosecutors taking time to consider what it means for their work.



100 years on from the appointment of the first female Scottish MP, Engender, the organisation which which campaigns to advance gender equality, has published a new report called Sex and Power in Scotland 2023. it is a snapshot of men's over-representation in positions of power and influence in Scotland.

The report says that "there have also been notable increases in women's leadership in local government and Scotland's health bodies. However, progress towards gender balance across senior levels of justice and law enforcement, transport, trade unions, media and culture, and business is either non-existent or unacceptably slow".



The report concludes that "tackling women's under-representation in positions of power, especially for minoritised groups, fundamentally means tackling the barriers that exclude women from participation in all levels of politics and public life. Targeted resources, strategic action and systems change are needed across all sectors to achieve the intersectional gender parity that we need to see".

Scottish universities agree common approach to data collection of student criminal convictions and charges

Scotland's universities have announced a new common baseline approach to the collection and processing of personal student data relating to relevant unspent criminal convictions and relevant criminal charges. The data will be used to improve student safety from other students and is part of universities' ongoing commitment to tackling gender-based violence.

The next stage in the development of this will be to provide guidance for institutions to support implementation and communication materials for prospective students to support the understanding of the changes.

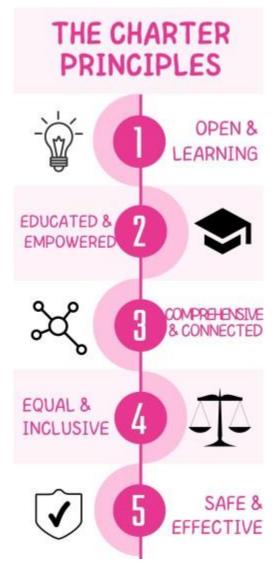
The Director of Universities Scotland said "We want to give credit to Ellie Wilson and Fiona Drouet of the Emily Test for their significant campaigning on this issue and for the bravery they both continue to show by channelling their lived experience into policy change that will benefit others."

Read about Ellie Wilson's campaign here.

Emily Test was set up in memory of Emily Drouet, an undergraduate student who was subject to a campaign of gender-based violence by a fellow student. Emily's mother lobbied the Scottish Government to ensure adequate provisions be put in place in universities and colleges in relation to gender-based violence prevention, intervention and support.

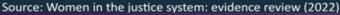
The GBV Charter is an award that allows institutions to take the 'Emily Tests' which involves meeting minimum standards where Emily's life could have been saved. Check out here who is engaged in the Charter and which institutions have yet to start.





Women are eight times more likely than men to worry about being sexually assaulted, and worry more about crime, which makes them less inclined than men to access places and participate in their communities.







Lack of trauma-informed language, translation and interpretation services is a significant barrier for minority ethnic women and girls accessing advice and support for VAWG.

Women from minority ethnic communities can feel judged, shamed and discriminated against due to staff in mainstream services lacking an understanding of their experiences and cultural practices.



Source: Public Health Scotland/Improvement Service, 2023

Disabled women are twice as likely to experience men's violence as non-disabled women.

Almost 1 in 2 disabled women will be abused in their lifetime at the hands of their partner, family or carer.



Spotlight on Chronologies

What is a chronology?

A chronology is a written record of significant events both positive and negative in the order they occur, in the life of the person. It is not an assessment and is not an end in itself. It is not a list of all events or a duplication of case notes. It is a working tool to promote engagement with the person.

The chronology needs to be regularly analysed for patterns of behaviour and for the impact which these behaviours have had on the individual's life. This helps us to better understand the person's needs and risks, including their need for protection from harm.

Why is a chronology important?

The National Practice Model which is central to GIRFEC says that each agency involved with a child and a family should collate key information into a single agency chronology of contact. Reviews and inquiries of cases where a child or adult has died, suffered harm or been at risk of harm have highlighted how key information was missed when decisions were made, as there were gaps in chronologies – patterns and themes may have been picked up earlier which could have led to earlier intervention and support to prevent harm. The Care Inspectorate have highlighted that chronologies are a critical element of Adult Support and Protection work but require significant improvement.

What does a chronology look like?

Agency recording systems may have specific chronology templates, but the Pan-Lothian Chronology Partnership has developed a template to support consistent recording. It includes the following elements:

Date or date range (dd/mm/yyyy)	Significant event(s)	Outcome (What happened to the person as a result of the event?)	Source of information (name and agency). May be anonymised in the interests of safety

Spotlight on Chronologies

What should be in the chronology?

- Key dates such as dates of birth, life events, moves.
- Facts, such as a child's name placed on the child protection register, multi-agency public protection arrangements (MAPPA) meeting, adult who is subject to adult protection procedures.
- Transitions, life changes.
- Key professional interventions such as reviews, hearings, tribunals, court disposals.
- A very brief note of an event for example, a fall downstairs, coming to school with a bruise, a registered sex offender whose car keeps 'breaking down' outside a primary school.
- At the same time, the writer needs to provide enough information for the entry to make sense. Statements like: "...[the individual] behaved inappropriately..." do not necessarily have sufficient detail.
- The actions that were taken. Many chronologies list events and dates but do not have a column which enables the action taken to be recorded or, if no action was taken, to explain why.
- Not opinions these may be for the case record, but the strength of chronologies lies in their reporting of facts, times, dates and so on.

What do we do with the chronology?

- Review it and analyse it look for the patterns, themes
- Share it with other professionals involved with the person and in some circumstances a multi-agency chronology is invaluable
- It can be helpful to review it with the individual and family (where appropriate) to help them identify risks and understand the impact of significant events on them and their family. It can highlight when things improved and help the person to understand what led to that and create a sense of achievement
- A chronology is a key tool to support reflective practice and critical thinking in supervision
- Keep it updated and ensure significant events are recorded accurately it is only as useful if this is done well and used well to inform analysis and assessment.

Spotlight on Chronologies

Where can I get more information and guidance?

The <u>Care Inspectorate Practice Guide to Chronologies</u> talks about the 'nine things to consider'.

Sign up to the Pan-Lothian Knowledge Hub on Chronologies – you need to register first from your work e-mail account here <u>Sign up - Knowledge Hub (khub.net)</u> then search for Pan-Lothian Partnership – Joint Chronologies.

The purpose of the Pan Lothian Partnership Joint Chronologies is "to formally establish governance where the user base, and subject matter experts, can meet on a regular basis to review the progress on developing the approach for improving the aggregation, integration and improve systems dependencies around Children and Young People and Adult Services Joint Chronologies".

Why writing a chronology should be the first thing you do in an assessment (communitycare.co.uk)

Completing social work chronologies: Practice Tool (2022) | Research in Practice

Refer to the EMPPC Adult Support and Protection Procedures (section 19, page 21)

Refer to the <u>Edinburgh and the Lothians Multi-agency Child Protection Procedures</u> (page 25)

Lord Laming stated in his report into the death of Victoria Climbié."I regard the inclusion in any case file of a clear, comprehensive and up-to-date chronology as absolutely essential". Still so relevant almost 20 years on.

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 emarnoch@elothianmail.net

In our next newsletter we will include details of our new VAWG Co-Ordinator who will be joining us in January.

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

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.