



It is important to take a moment...

The Oxford English Dictionary defines wellbeing as “**the state of being comfortable, healthy, or happy.**” However, it is important to be aware that wellbeing is a much wider concept than moment-to-moment happiness.

It not only refers to an individual’s happiness, but also includes other things, such as how satisfied people are with their life as a whole; their sense of purpose; and how in control they feel.

Good mental wellbeing doesn’t mean that you’re always happy. Or that you’re unaffected by your experiences. And poor mental wellbeing can make it more difficult to cope with daily life.

People’s individual life experiences and day-to-day lives will impact on their wellbeing – this is not exclusive to stressful or sad events and can include happy events too. Things like a family bereavement, changes at work, a relationship breakdown, moving house, or starting a family can all have an impact on your wellbeing.

See next page for **five steps to improve your health and wellbeing.**

The **NHS** suggest five steps you can take to help **improve your mental health and wellbeing**:

1. Connect with people – good relationships can help you...

- Build a sense of belonging and self-worth.
- Share positive experiences (and negative ones too when needed).
- Offer emotional support and enables you to give support back.

2. Being physically active...

- Raises your self-esteem.
- Causes good chemical changes in your brain which can positively boost your mood.

3. Learning new skills (you're already doing it)...

- Boosts self-confidence and raises self-esteem.
- Helps you to build a sense of purpose.
- Enables you to connect with others.

4. Give to others – acts of giving and kindness have been shown to improve wellbeing by...

- Creating positive feelings and a sense of reward.
- Enabling individuals to connect with others.
- Helping to build self-worth and a feeling of purpose.

5. Pay attention to the present moment (mindfulness)

- This includes your thoughts, feelings, the way your body is reacting and the world around you.
- Mindfulness has been shown to positively help the way you approach challenges and how you feel about life.
- More information about mindfulness can be found here:
<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

PREVENT: MYTH BUSTERS

Before reading on, think about what you know about Prevent... What do you understand the Prevent Duty to mean? What does it cover?

The Prevent Duty sits alongside safeguarding and is about helping people make better choices and stay safe. It is the UK government's counter terrorism strategy that focuses on early intervention to prevent individuals becoming radicalised and supporting extremist ideologies and getting involved in terrorist activities.



Not all people susceptible to radicalisation will be a vulnerable person (for example, a young person, or someone who needs care or support because of a disability).

If at any point you are concerned about someone, please speak to our Designated Safeguarding Lead (DSL) or an equivalent (see the contact details on the Safeguarding and Prevent page).

Ideology – is a set of beliefs.

Radicalisation – is the process of converting someone to support terrorism and/or forms of extremism which may lead to terrorism.

Terrorism – is an action that endangers or causes serious violence, damage or disruption and is intended to influence the government or to intimidate the public. It is made with the intention of advancing a particular political, religious or ideological agenda.

Extremism – is vocal or active opposition to fundamental British values, which are democracy, rule of law, respect and tolerance, individual liberty. Not all extremism is violent and/or leads to terrorist activity, for example animal rights activists can be deemed to have extreme views, but this does not mean they will be violent or destructive.

Vulnerability – describes factors and characteristics associated with being susceptible to radicalisation.

Three common myths about Prevent - see next page.

Myth: Prevent is about getting people into trouble

Prevent is not about getting people into trouble. It is designed to help. Prevent is not a criminal sanction. It is not about punishment, making people suspects, or placing them under surveillance, and it is not designed to affect anyone's future chances.

It works to support those who are susceptible to radicalisation in the same way as they would be supported by similar safeguarding processes protecting them from drug usage or exploitation. Prevent provides early intervention to support people before they go too far down a road towards violence and criminal activity.



Myth: Prevent targets specific faiths or ethnic groups

Prevent does not target a specific faith or ethnic group. It addresses the ideological causes of terrorism and deals with all kinds of terrorist threats to the UK.

Prevent is mainly delivered at the community level through the local authority and partners in education and healthcare. This ensures that radicalisation risks are properly understood within the local context.

Some examples of narratives that can lead to a Prevent concern include: antisemitism; misogyny; anti-establishment; anti-LGBTQ+ grievances; religious or ethnic "superiority".

Myth: Prevent targets specific communities

Prevent does not blame the actions of a violent minority on any particular community. It is not about targeting different faiths. It's about Prevent focused activity proportionate to the threat levels and risk present in a local area.

Safeguarding and Prevent



Since our last issue we have had some changes in our Safeguarding team – Lizzie Murrie has taken over as our new Deputy Designated Safeguarding Lead.

Some of you may have met Lizzie, as she conducts our Learner Voice activity and has held focus groups to say hello and gather your feedback.

You will find all the safeguarding team's contact details below - Lizzie's details are highlighted so you can see what has changed.

PDTT has safeguarding officers who will know how to support you.

PDTT Designated Safeguarding Lead: Semin Archidiacono

PDTT Deputy Designated Safeguarding Officer: Lizzie Murrie

PDTT Main Safeguarding number: 020 7266 8242

Email address: safeguarding@pdt.org.uk

Out of normal working hours:

07791 044579 / 07793 011852 / 07852 319919

Courses we currently offer



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- ITQ Level 3 Diploma for IT Users
- NCFE CACHE Level 4 Certificate Early Years Advanced Practitioner
- NCFE CACHE Level 4 Certificate in Education and Training
- NCFE CACHE Level 4 Certificate Advance Practitioner in Schools and Colleges



If you or someone else you know is interested in any of our courses, you can browse the course catalogue on the PDT Training page of our website www.pdt.org.uk/pdt-training

Here you can read more about the courses and complete the corresponding course registration form.

Alternatively, for more information you can email us at training@pdt.org.uk or phone 020 7266 8241.

If you are interested in one of our courses, but it is full, we will refer you to a partner organisation - Hammersmith and Fulham Adult Learning and Skills Service.

For more information on this, please go to <https://www.lbhf.gov.uk/adult-learning-and-skills>

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