



Barfection

Safeguarding Notice

March 2024

Managing Anxiety

Anxiety can be a formidable challenge, yet it's possible to navigate through it with understanding and actionable strategies. Carolyn Spring shares a personal and insightful journey into managing anxiety, offering six pivotal steps that can be adapted by anyone, especially our students at Barfection.

1. **Understanding Anxiety's Purpose:** Recognize that anxiety is not an enemy but a signal indicating a perceived lack of safety. It's an evolutionary tool designed to keep us alive by alerting us to danger.
2. **Planning Your Response:** Anxiety manifests physically, so it's crucial to plan how to calm the body and mind through breathing and mindfulness, aiming to restore a sense of control and safety.
3. **Collaborating with Your Body:** Pay attention to sleep, diet, environment, movement, and substance use, as these can influence anxiety levels. Cultivating healthy habits in these areas can help manage anxiety more effectively.
4. **Reframing Your Thoughts:** Learn to view anxiety not as a flaw but as a normal and natural response. This cognitive reframe can reduce the added stress of being anxious about anxiety itself.
5. **Finding What Works for You:** Explore various techniques and find those that resonate with you. This personalized approach is key to effectively managing anxiety.
6. **Focusing on the Positive:** Shift focus from the threats ("bears") to the rewards and joys of life ("berries"). This reorientation towards positive goals can significantly reduce anxiety's grip.

For a more in-depth exploration of these steps, I encourage you to read Carolyn Spring's full article. It offers a comprehensive and compassionate approach to understanding and managing anxiety, providing valuable insights for anyone looking to find balance and peace in the face of anxiety.

[Click here to read the full article](#)

Understanding Prevent

Prevent is a crucial part of the UK's counter-terrorism strategy, aimed at stopping people from becoming involved in terrorism or supporting terrorism in any form. It's a programme designed to safeguard individuals and communities from the threats of extremism and radicalisation, ensuring a safer future for all. As students at Barfection, an FE (Further Education) provider, it's important to understand what Prevent is and how it affects you, as well as the institution's responsibilities towards promoting safety and understanding within its community.

What is Prevent?

At its core, Prevent seeks to:

- Challenge extremist ideas that can lead to terrorism,
- Support individuals vulnerable to radicalisation,
- Work with sectors and institutions where there are risks of radicalisation.

Prevent operates on the principle of early intervention, aiming to engage with individuals before they become involved in criminal activities related to terrorism. It's about understanding and challenging ideologies that support terrorism, providing support and redirection to those who may be at risk of radicalisation.

Why is Prevent Important for Students?

As a student, you're at a stage in your life where you're exposed to a wide range of ideas and ideologies. The educational environment is a place for learning, growth, and the exchange of ideas. However, it can also be a space where extremist ideologies attempt to take root. Prevent helps to create a safe space for learning, free from the influences of extremism and terrorism. It ensures that you can learn, debate, and grow in an environment that is safe and supportive.

Barfection's Responsibilities Under Prevent

Barfection, like all FE institutions in the UK, has specific responsibilities under the Prevent duty. These responsibilities are designed to ensure that the institution is a safe space for students, staff, and the wider community. Here's what Barfection is committed to doing under Prevent:

Risk Assessment

Barfection is required to assess the risk of students being drawn into terrorism. This involves understanding the potential threats and challenges within the local community and the student body and putting measures in place to mitigate these risks.

Staff Training

Staff at Barfection are trained to understand the risks associated with radicalisation and are equipped with the knowledge to identify and support students who may be at risk. This training ensures that staff can respond appropriately to concerns about radicalisation and extremism.

IT Policies

To ensure the safety and security of the online environment, Barfection has IT policies in place that prevent access to extremist material. These policies are part of a broader strategy to safeguard students from being exposed to harmful and radical content online.

Welfare and Support

Barfection provides welfare and support systems for students, offering help and guidance for those who may be at risk of radicalisation. This includes providing a safe space for students to discuss their concerns and access support when needed.

Engagement with Students

Barfection actively engages with students to promote understanding of Prevent and the risks associated with terrorism. This includes workshops, seminars, and open discussions that allow students to explore these issues in a safe and supportive environment.

Working with External Partners

The institution works closely with law enforcement and other external partners to ensure that any concerns about radicalisation and extremism are appropriately managed. This partnership approach ensures a coordinated response to any threats, enhancing the safety and security of the student community.

Have you been affected by anything within our safeguarding notice today and would like to talk?

Contact our Safeguarding team today:

Website: <https://www.barfection.co.uk/safeguarding.html>

Phone: 0151 203 9159 option 5

Safeguarding Lead: Thomas Nolan – 07984 295 927

Referral Form: <https://forms.gle/EXk39MRSUdKnS15N6>

Parting Thoughts

As students navigating through the complexities of both academic and personal development, it's crucial to remember that experiencing anxiety is a natural aspect of being human, not a defect to feel embarrassed about. By adopting the strategies outlined by Carolyn Spring, you can develop a more understanding and proactive approach to managing anxiety, tailored to your unique situation and needs.

Equally, comprehending the Prevent duty is essential in fostering a secure and supportive educational environment. It's about more than merely adhering to regulations; it's about creating a community where every member feels safe, valued, and empowered to learn and express themselves freely, without the fear of extremism or radicalisation.

As we progress, I encourage you to actively engage with these topics. Whether it's by exploring strategies to manage anxiety, participating in Prevent awareness activities, or simply having open conversations with peers and staff, your involvement is key to building a stronger, more supportive Barfection.

Remember, our Safeguarding team is always here to support you. Whether you're dealing with anxiety, concerned about radicalisation, or just need someone to talk to, don't hesitate to reach out. Together, we can navigate these challenges, ensuring Barfection remains a place of safety, learning, and growth for everyone.

Best wishes,

The Safeguarding Team