



accidents don't have to happen

Homeword

Newsletter 208

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HOMEWORD 208

Welcome to Homeword 208. For nearly 20 years, staff at RoSPA have been bringing you up to date information about what is happening in the community safety world. Thank you for signing up to our newsletter and supporting us.

COVID - 19

Liz and Carlene continue to be available for advice and information on home and water safety during the current pandemic. They can be reached by phoning the usual numbers or by email. Work continues on end of year reporting and the annual activity and data reports will ready soon. Liz is taking part in weekly online meeting with other partners in Community Safety including the Scottish Government, SCSN, NWS, Crimestoppers and Inspiring Scotland. Please check out the social media platforms for RoSPA and of all of these organisations and share their messages. There is general concern about the two most vulnerable groups involved in home accidents, in particular children under the age of five and older people. See later in this newsletter for sources of information on the importance of exercise for older people. You can also check out the RoSPA website where you will also find useful information on the prevention of accidents involving children and older people during this time www.rospa.com/AccidentFree

Measuring what matters framework

RoSPA recently helped test the Measuring what matters framework which was created by SCSN and Evaluation Support Scotland for Building Safer Communities. RoSPA used the framework to evaluate a recent workshop on water safety policy in Scotland, which we held in collaboration with RNLI and Water Safety Scotland. Evaluation Support Scotland have published our case study on it here: <http://evaluationsupportscotland.org.uk/resources/522/>

Public Health Scotland

Scotland's new national public health body launched at the start of April. The organisation brings together Health Protection Scotland, Information Services Division and NHS Health Scotland.

To recap on how RoSPA sees our work on unintentional injuries fitting into the public health priorities, check out our blog: <https://www.rospa.com/lets-talk-about/2020/January-2020/Moving-forward-together>

Follow Public Health Scotland on twitter here: @P_H_S_Official

Check out their website here: <https://www.publichealthscotland.scot/>

Easy access to a **free unintentional injury course** which RoSPA Scotland staff helped design: www.healthscotland.scot/learning-resources/preventing-unintentional-injuries-in-early-years

Safety for older people



The Chartered Society of Physiotherapy has designed a number of resources especially for older people to help them stay active at home during isolation. The exercises have been designed by expert physiotherapists and can be done from home. They can be accessed online:

- www.csp.org.uk/easyexercises with printable A4 sheet
- Downloadable versions are available here <https://vimeo.com/showcase/6900217>
- YouTube: <https://youtu.be/n8s-8KtfgFM>

This article highlights the risk of older adults 'deconditioning' and losing physical abilities during long periods of self-isolation or shielding. It includes 10 important exercises to practise and includes links to other useful information for older people during the coronavirus crisis.

<https://www.ageing-better.org.uk/news/how-we-can-all-keep-active-home-during-coronavirus-crisis>

Eye injuries increasing

Oxford Eye Hospital has said it has seen increases in eye injuries during the COVID-19 outbreak. The hospital believe that this is the result of people doing more DIY in the home. You can read about it here:

<https://www.bbc.co.uk/news/uk-england-oxfordshire-52260970>

A&E visits decreasing in England

A new article from the British Medical Journal has shown has A&E visits in England decreased by 25 per cent in the first week of lockdown. This has led to concern that some people are not visiting hospitals despite being harmed. You can read the full article online:

https://www.bmj.com/content/369/bmj.m1401?utm_source=etoc&utm_medium=email&utm_campaign=tbmj&utm_content=weekly&utm_term=20200410

Water Safety Week

We're supporting the National Fire Chiefs Council's Water Safety Week to help drowning prevention at home and abroad- look for social posts using the [#BeWaterAware](https://twitter.com/BeWaterAware) hashtag and please share these important messages with your audiences and communities.

For more advice on water safety go to rospa.com/AccidentFree. Prevent accidents, protect your family and help the NHS.

Community Safety Partnerships and COVID-19

SCSN has conducted a short survey to find out how Community Safety Partnerships (CSPs) have been coping with COVID-19. 20 local authorities and 5 key partners participated in the survey. The main results are that although some staff have been redeployed, community safety delivery is continuing through home working. Key emerging themes for CSPs during the outbreak include: antisocial behaviour, social distancing issues, violence against women and girls, fly-tipping and other issues such as scams and home safety.

For more information, please visit: <https://www.safercommunitiesscotland.org/2020/04/16/preliminary-report-of-covid-19-community-safety-partnerships-survey/>



Some useful links:

- Three tips to avoid WFH burnout: <https://hbr.org/2020/04/3-tips-to-avoid-wfh-burnout>

Finally, follow us on social media for all our latest news

Twitter @RoSPASCOTLAND

Facebook <https://www.facebook.com/rospa/>

<https://www.facebook.com/groups/communitysafetyscotland/>

LinkedIn <https://www.linkedin.com/company/1289308>

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