Protecting People in Moray

ISSUE 2 • SUMMER 2025

Welcome to the Summer Edition of the Public Protection Newsletter

Keeping you updated on positive stories, community updates, and local service information

We are delighted to publish our second issue of Protecting People in Moray. In this issue we introduce a number of new initiatives and partnership projects, including:

- The new voluntary throughcare service for people leaving prison
- The roll-out of summary court processes for domestic abuse cases in Scotland
- The new premises for Arrows drug and alcohol service
- Our new Moray Bairns' Hoose Development Project for children and young people who have experienced abuse
 The Jaunch of Moray's Active Youth Engagement Bus
- The launch of Moray's Active Youth Engagement Bus

Also featured are some key messages to help people stay safe this summer, including the importance of talking about suicide.

Our training and events section is jammed packed with learning and practice development opportunities over the summer months, with new courses on suicide bereavement and communication skills for working with with children and young people.

If you have any questions about what you read today, please reach out to the team using the contact methods at the end of the newsletter.

Wishing you all a sunny and safe summer,

Emma

Moray Public Protection Lead Officer

The Moray Public Protection Partnership is supported by a team of dedicated officers to strengthen multiagency collaboration and working

Visit our website **Moray Protects** to learn more about our work



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By Emma Johnston, Moray Public Protection Lead Officer

Let's Talk about Suicide

Suicide is a topic that makes many of us nervous. When we are concerned about someone we can worry about saying the wrong thing. We might avoid asking about suicide for fear of appearing offensive or foolish. Many people don't realise that talking about suicide is the best way to prevent it from happening. Suicide Prevention Scotland's **new campaign** aims to normalise the idea of talking about suicide and give people the confidence to do so. It follows the stories of four people with lived and living experience of suicide, and introduces the principles of **Time Space Compassion**.

Trust your intuition to ask about suicide Take time to listen with kindness and compassion

Asking someone whether they are thinking about suicide could save their life. It won't make the situation worse, in fact, it can really help someone to make sense of their feelings. This **video** gives practical tips on how and when to have compassionate conversations with people about suicide. It's easier than you may think to help someone stay safe from suicide. Asking and listening are the first steps in developing a sense of hope. You don't need to fix all their problems, you just have to listen and then help them find further support.

You don't need to be an expert The most important thing you can do is listen

By downloading the North East Suicide Prevention App you can quickly access information on how to help someone, safety planning, local support services and national resources. For those without a smart phone, the pages can be accessed and printed from the **website**



The 'Prevent Suicide' App: Download now on Apple, Android, Windows Phone & Kindle Fire devices

SAMH provides suicide awareness and intervention training to people and organisations in Moray. Visit our **training and events section** for details of upcoming learning opportunities.

Stop the Bus!

This summer see's the launch of Moray's Active Youth Engagement (AYE) Bus, an initiative that aims to provide early intervention and support for young people, contributing towards safer public spaces within Elgin.



Action for Children will manage the AYE Bus on behalf of a partnership between Stagecoach, Elgin Neighbourhood Board, Moray Council Community Safety, Police, and Moray Pathways Local Employability Partnership. The double decker bus, donated by Stagecoach, has been kitted out to deliver mobile youth support. Action for Children workers, funded through the **Elgin Regeneration Plan**, will coordinate activities to get to know the young people, offer advice and support, and link them up with local organisations and services



As we face our third heatwave of 2025, the Scottish Fire and Rescue Service have issued an extreme wildfire risk alert across Scotland for 11-14 July. For those enjoying the great outdoors in the sunshine, here are a few tips to help keep everyone safe:

Avoid BBQs and campfires Never discard cigarettes or litter Stick to marked paths and avoid dry vegetation Call 999 if you spot signs of fire

Visit the SFRS **website** for more advice



Although the weather is heating up, the water remains cold. Before you go 'dookin' make sure to to watch this new open water swimming **safety video**

Visit Water Safety Scotland's website to learn about the risks of cold water shock, changing water depths and strong currents.



Produced by Police Scotland North East Division Crime Reduction Team, the **June 2025** edition of Crime Alert provides advice on how to spot the latest frauds and scams as well as how to keep your home and business safe.

STAYING SAFE THIS SUMMER



By Ainya Taylor, Moray Community Justice Partnership Coordinator

National service to support people leaving prison

The new national Voluntary Throughcare service, 'Upside,' launched on April 1st. Funded by the Scottish Government, the service is delivered through a partnership of eight leading charities to provide people in short-term custody, or remand with the practical and emotional support they need to transition to community life. Turning Point Scotland will deliver the service in Moray. Upside offers help with housing, health, finances, substance use, and rebuilding family connections. Central to its approach is the development of trusting relationships, addressing barriers to reintegration, and connecting people with local services.



Celebrating the launch of the Upside in Moray are **Ainya Taylor** (2nd right), with Turning Point Scotland team members (from left) **Karen Watson, Lynsey Blaney, and Di Mitchell**

To mark the Moray launch of Upside, the Community Justice Partnership held an event in Elgin on Tuesday 1 July 2025 to bring together community members and partners, and raise awareness of the support available in Moray. To learn more about the Upside service, visit **www.upside.scot**

Counselling Pilot

A pilot partnership project between Justice Services and Crossreach Counselling ran from January to March, offering 8 counseling sessions plus an assessment for 5 individuals completing Community Payback Orders (CPOs) to support adherence. Referrals were sought within justice social work, focusing on women and care-experienced young people. The project was very successful. An evaluation report will be completed to inform the design of future proposals.

Caledonian System

The justice social work team has undergone extensive training in January-March for the Caledonian System, an integrated approach to addressing domestic abuse in Scotland. This programme combines a court-ordered behaviour change initiative for men with support services for women and children affected by domestic abuse. This model works with men to change their behaviour and address their attitudes to women and violence.

What is community justice?

Community justice is where people who have broken the law are held to account and supported to reconnect and contribute to their communities.



What does it involve?

Where it is safe to do so, people who commit certain crimes receive communitybased sentences. This can include treatment for underlying issues such as drug or alcohol addiction, unpaid work, fines and compensation or restrictions of liberty such as electronic monitoring and curfews.



How does it benefit communities?

The evidence shows that community justice can help people stop breaking the law again which leads to fewer victims and safer communities. Adult Support & Protection

By Vicki Low, Moray Adult Support and Protection Lead

Out of Sight

Is everything alright? Are we doing enough?

In the first of a new series of learning events announced by the Grampian ASP Learning & Development Group, 'Out of Sight' will explore some recent ASP learning reviews where there were identified challenges in safeguarding an individual because services found it difficult to engage.

Through presentations from a variety of speakers, 'Out of Sight' will explore practice challenges in the context of capacity and executive dysfunction, relationship based working, discharge planning and unmet need. The roles and responsibilities of different professions will also be discussed, in ensuring support services work together to have 'eyes on' vulnerable individuals.

The learning event will take place virtually on Microsoft Teams on 17th September from 09:30 – 11:30, and is available to anyone working in the field of Adult Support & Protection or likely to be in contact with vulnerable adults. You can book your space **HERE**. Closing date for registration will be 10 September.

Multi-agency Chronologies

A core component of protection practice, chronologies are a way of recording and understanding the sequence of a person's life, their support and the decisions they have taken (and the decisions others have taken about them).



ASPire hub

Commercial sexual exploitation, human trafficking and links to Adult Support and Protection

The latest ASPire webinar is themed on commercial sexual exploitation (CSE) and human trafficking. Click **HERE** to watch the recording, which includes sessions from:

- Police Scotland on their trauma informed approach to tackling prostitution, Operation Begonia.
- The Women's Support Project, on making the links between CSE and other forms of violence against women and girls.
- The TARA project, on human trafficking and exploitation in Scotland.
- The National Adult Support and Protection Coordinator, linking these topics and Adult Support and Protection.

Over the years and across the landscape of partnership working in Scotland, the subject of chronologies and their implementation within multi-professional working has been challenging. Despite various pieces of guidance and tools, embedding best practice in chronologies across Scotland has proven particularly difficult. This has been evidenced in Care Inspectorate and joint inspection scrutiny; feedback from local partnership learning and development groups; self-evaluation activity; and in learning arising from Learning Reviews. Building on local and national work to improve chronologies for Adult Support and Protection, a National Chronologies group has been formed to support improvement for services and organisations working with both children and adults.

This **video** gives a brief history of the work of the National Chronologies Group. It outlines the group's roots and sets out its vision, priorities, and work so far. Some of the issues with chronologies are discussed, alongside what supports improvement, and how the group aims to meaningfully improve chronologies across partnerships.



ADULT SUPPORT AND PROTECTION



By Dr Emma Plant, Moray Equally Safe Development Coordinator

New Court Procedure for Scottish Domestic Abuse Cases

The majority of Domestic Abuse cases in Scotland are heard in summary court. Each case involves at least one survivor, and sometimes several witnesses, all of whom wait anxiously for the progression of the criminal proceedings. All too often, that process is drawn-out, repeatedly-delayed and uncertain.

The roll-out of Summary Case Management (SCM) across Scotland by the Crown Office & Procurator Fiscal Service (COPFS) and Police Scotland offers real hope of reducing the wait that survivors have to endure prior to the resolution of their case and, potentially, reduces the likelihood that they will have to proceed to trial at all.

SCM involves early disclosure of key evidence by COPFS to the defence. By ensuring the majority of evidence is shared with the defence team early, COPFS & Police Scotland increase the chances that the case will be resolved via plea deal rather than having to go to trial. This can relieve survivors of the stress of waiting for, then testifying at, a trial. So too can it free-up significant police time, as fewer officers will be called away from active duty to attend court.

To find out more, you can BOOK NOW to join our 1-hour online briefing session on July 30^{th}

Commercial Sexual Exploitation (CSE)



CSE Aware is a platform for staff to increase knowledge and skills around the needs of women who sell or exchange sex.

Visit **CSE Aware** to access a range of training and resources, including:

Building Bridges - to feel more confident in responding to women's disclosures of selling sex.

CLICK Bitesize - to develop your knowledge and understanding about the needs of women involved in different aspects of the "sex industry" in Scotland.

The Manosphere: A Guide for Parents & Carers

Following the success of our recent practitioner events and in partnership with the Child Protection Committee we have developed an online session specifically for parents and carers. The "manosphere" is a growing network of online communities promoting harmful gender ideologies that can significantly impact young people's views, relationships, and well-being. It is critical that parents and carers are equipped with the knowledge and tools to address this. Our dedicated parent and carers session will empower attendees to:

- Understand what the manosphere is, its key themes, and its various sub-groups
- **Recognise** the subtle and overt signs that their child might be engaging with these harmful ideologies
- Learn effective ways to engage in proactive, empathetic conversations with their children
- Discover vital resources and support available for both parents and young people to navigate these complex challenges.

We are offering two dates: **Thursday 31st July 2025**, **12 -1pm** & **Tuesday 5th August 2025**, **6 -7 pm** Please share this opportunity with parents and carers in your networks, Your support is invaluable in reaching those who will benefit most from this crucial information.

SAVE THE DATE September 26th 2025 MS Teams 09.00 -16.30

Equally Safe: Closing the Gap Conference

Join the Moray Violence against Women and Girls Partnership to close the gap between theory and practice in VAWG prevention.





By Justin Jansen, Moray Alcohol & Drug Partnership Coordinator

Recovery Together Event!



In May we hosted our first multiagency recovery event. Bringing together lived experience voices, service providers, and community organisations we explored how recovery services can better meet people's needs. With a focus on rights-based recovery, connection, and compassionate support, the event featured lived experience stories which were powerful, genuine, and impactful. Attendees described it as relaxed, non-judgmental, and inclusive with strong engagement and valuable opportunities to connect and share ideas.

Drug & Alcohol Workforce

The Scottish Government has now published the **Drugs and Alcohol Workforce Knowledge and Skills Framework**. The Framework serves as a guide for practitioners, commissioners, managers and service providers to understand the knowledge and skills required by the drugs and alcohol workforce, in addition to any professional or clinical standards. This is complemented by the **Drugs and Alcohol Learning Directory**. The Learning Directory gives staff access to a wide range of resources to help develop knowledge and skills. It's designed to support personal and professional growth by providing the most up-to-date and relevant learning opportunities. To find out what training is available through Moray ADP you can view our **training prospectus for 2025/26**.

#STOP THE DEATHS

SYNTHETIC OPIOIDS INCLUDING NITAZENES ARE NOW MIXED IN SOME OF THE DRUGS SUPPLIED IN SCOTLAND — THIS IS CAUSING PEOPLE TO HAVE EXTREMELY BAD EXPERIENCES INCLUDING SUDDEN AND NEAR FATAL OVERDOSES AND HAS CAUSED DEATHS.

We continue to receive reports of people experiencing sudden collapse after taking drugs. **Nitazenes** have been found in heroin and benzodiazepines supplied in Scotland and may be present in other drugs including cocaine. Nitazenes are potent drugs and can cause overdose and death on their own or in combination with other drugs.

knowing how to recognise and respond to an overdose can save lives. View and/or download the overdose alert resource **HERE**



📅 Arrows New Building

In May the **Arrows Drug and Alcohol Service** moved from 23 High Street to 40-42 Moss Street Elgin. This new space is designed to be more accessible, comfortable, and welcoming for people. It offers greater ground floor space including clinical spaces for Moray Integrated Drug and Alcohol Service staff, providing the opportunity to deliver groups in a colocated, trauma informed environment. Engagement with lived experience has been central to the renovation, including trauma walkthrough, mood boards and design. With the big move now complete, Arrows next focus will be to work alongside lived experience and transform The Bow Café into a true community asset and recovery resource for Moray.





Child Protection

Protecting People in Mora

By Angela Ryan, Moray Child Protection Improvement Officer

Moray Bairns' Hoose Project



The overall vision of Bairns' Hoose in Scotland is that all children in Scotland who have been victims of or witnesses to abuse or violence, as well children under the age of criminal responsibility who may have caused Bairns' Hoose harm or abuse, will have access to trauma informed recovery, support and justice.

This year we were awarded Scottish Government Development Grant Funding to conduct a partnership self-evaluation against the National Standards. Our focus will be to engage with children, young people, parents/carers and staff to understand and explore the development of our systems and services. By the end of the project year, we aim to have a clear vision and long-term plan agreed for Moray Bairns' Hoose that is shaped by the voices and experiences of children and young people.

New: videos for children experiencing medical examination



The SARCS Network has published two videos aimed at children and young people who have disclosed child sexual abuse and have been referred for a child forensic medical examination. Aiming to help children feel more prepared and supported, the videos explain why an examination may be needed, what will happen, who they will meet and what to expect when they arrive. The videos also explain that children and young people have choice and control in that they can ask questions, choose to stop the examination, or decide not to go ahead. Click to view the Younger Child Video and Older Child Video

Online Safety Community Outreach

We were excited to connect with Speyside High on June 3rd for their Health, Wellbeing, and Community event which was attended by 430 Pupils from across P5-7 and all of Speyside high secondary years. Focusing on online safety tips specifically tailored for children transitioning from primary to high school, it was a great opportunity to chat with young people, parents, and carers and to share some valuable advice! Next we joined the RAF 'Lossiefest' Friends and Family Day on June 7th with 132 attendees to offer the latest advice and guidance on staying safe online, including important new information about the manosphere.

Do you have an upcoming event where online safety input would be beneficial? Get in touch - we'd be happy to discuss how we can help!

Children's Rights Based Practice

The Scottish Government has launched a new **Children's Rights Skills and** Knowledge Framework.

Co-produced with workers, children, young people and their families, this is a valuable new resource for professionals working with children and young people across Scotland.



The Framework is designed for individual workers wanting to build or reflect on their children's rights knowledge and implement a children's human rights approach in their practice. It will also support training planners, trainers and workforce leads responsible for developing professional skills.



Training and Events July and August 2025

All listed professional learning and practice development opportunities are multiagency, endorsed by the Public Protection Partnership and free for Moray based practitioners to access. We are currently developing our training and events section in **moray protects** to keep you up to date on all future opportunities.

MARAC Referrals Made Easy

Wednesday 16 July 2025 12:00 NOON to 2:00 PM Online, MS Teams Multi-Agency Risk Assessment Conferences (MARAC) provide a coordinated response to risk for domestic abuse victims. Delivered on behalf of Moray Violence against Women and Girls Partnership, this session will cover how to confidently make referrals for people at highrisk of domestic abuse or coercive control. Book your space HERE

Child Sexual Exploitation

Thursday 17 July 2025 2:30PM to 5:00PM Online, MS Teams Delivered on behalf of Moray Child Protection committee, this workshop comprises a review of legislation, guidance and practice for those working with children, young people and their families who have been or are at risk of being sexually exploited. If you wish to attend, you can find this course listed on the moray partnership **booking calendar**

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Introduction to Suicide Prevention

Thursday 17 July 2025 2:00 PM to 3:30PM Online, MS Teams Delivered by SAMH on behalf of Moray Suicide Prevention Group, this short course gives an overview of suicide and why it's important to talk about it. You'll learn how to spot signs, ask about suicide, and listen in a supportive way. It will also cover the impact of stigma, where to find help, and how to look after yourself when supporting others. Book your space **HERE**

NEW Communication Skills

Tuesday 22 July 2025 10:00AM to 12:30PM Moray Council Annexe, Elgin Effective communication is crucial when working children and young people, vulnerable individuals, parents, and the wider public. Delivered on behalf of Moray Child Protection committee, this workshop will help participants develop confidence in their interactions, especially in challenging or high-stakes situations. If you wish to attend, you can find this course listed on the moray partnership **booking calendar**

Introduction to Youth Suicide Prevention

Tuesday 22 July 2025 2:00 PM to 3:30PM Online, MS Teams Delivered by SAMH on behalf of Moray Suicide Prevention Group. this introductory course gives a basic overview of youth suicide and why it's important to talk about it. You'll learn how to spot warning signs, start a conversation, and know what support is available. It will also cover the impact of stigma and how to look after yourself when supporting others. Book your space **HERE**

TRAINING AND EVENTS

Training and Events July and August 2025

MARAC Referrals Made Easy

Wednesday 23 July 2025 12:00 NOON to 2:00 PM Online, MS Teams

Multi-Agency Risk Assessment Conferences (MARAC) provide a coordinated response to risk for domestic abuse victims. Delivered on behalf of Moray Violence against Women and Girls Partnership, this session will cover how to confidently make referrals for people at high-risk of domestic abuse or coercive control. Book your space **HERE**

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Gangs and County Lines

Thursday 24 July 2025 2:30 PM to 5:00 PM Online MS Teams

Delivered on behalf of Moray Child Protection committee, this workshop examines the dynamics of vulnerability and exploitation at work in gangs and county lines. It provides an overview of current legislation, guidance and policy relating to trafficking, exploitation, slavery and forced labour. If you wish to attend, you can find this course listed on the moray partnership **booking calendar**

Basic Awareness of Adult Support and Protection - Module 1

Thursday 24 July 2025 2:00 PM to 4:00 PM Online, MS Teams Delivered on behalf of Moray Adult Support and Protection Committee, this session is for workers in organisations such as Care at home providers, Day Services, Voluntary Groups and the third sector. It covers different types of harm, how to report a concern and provides oversight of Moray's Adult Support and Protection operational processes. For more information and to book click **HERE**

Introduction to Suicide Prevention

Monday 28 July 2025 10:00 AM to 11:30AM Online, MS Teams Delivered by SAMH on behalf of Moray Suicide Prevention Group, this short course gives an overview of suicide and why it's important to talk about it. You'll learn how to spot signs, ask about suicide, and listen in a supportive way. It will also cover the impact of stigma, where to find help, and how to look after yourself when supporting others. Book your space **HERE**

NEW Wave after Wave Suicide Bereavement Training

Tuesday 29 July 2025 1:30 PM to 5:00 PM Online, MS Teams Delivered by SAMH on behalf of Moray Suicide Prevention Group, this training is for staff supporting, or coming into contact with, those bereaved by suicide. It provides an understanding of the complex nature and impact of a suicide bereavement, how to provide a compassionate and empathetic response, and to be aware of the impact on worker well-being. To book your space, **email** the North East suicide prevention team at SAMH.

Summary Case Management & Domestic Abuse Cases

Wednesday 30 July 2025 12:00 NOON to 1:00 PM Online, MS Teams Summary Case Management, which is being rolled out across Scotland, can significantly increase the speed at which domestic abuse cases are resolved. In this 1hr online briefing, Lora Apostolova from the Crown Office & Procurator Fiscal Service will explain the changes being introduced. Book your space **HERE**

TRAINING AND EVENTS

Training and Events July and August 2025

Risk, Vulnerability and Harm

Monday 4 August 2025 2:30 PM to 5:00PM Online, MS Teams

Delivered on behalf of Moray Child Protection committee, this workshop and is intended to support multiagency colleagues working in the general workforce. It comprises presentation exploring some of the key concepts and distinctions in the field of risk, harm and vulnerability. If you wish to attend, you can find this course listed on the moray partnership booking calendar

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Introduction to Suicide Prevention

6:00 PM to 7:30PM Online, MS Teams

Delivered by SAMH on behalf of Moray Suicide Prevention Group, this Wednesday 6 August 2025 short course gives an overview of suicide and why it's important to talk about it. You'll learn how to spot signs, ask about suicide, and listen in a supportive way. It will also cover the impact of stigma, where to find help, and how to look after yourself when supporting others. Book your space **HERE**

Child Sexual Exploitation

Monday 11 August 2025 2:30PM to 5:00PM Online, MS Teams

Delivered on behalf of Moray Child Protection committee, this workshop comprises a review of legislation, guidance and practice for those working with children, young people and their families who have been or are at risk of being sexually exploited. If you wish to attend, you can find this course listed on the moray partnership booking calendar

Multi Agency Risk Assessment Training

Tuesday 14 August 2025 09:00 AM to 12:30 PM Online, MS Teams

Delivered on behalf of Moray Adult Support and Protection Committee, this interactive workshop is aims to give professionals who often attend Adult Support and Protection Risk Assessments and Case Conferences an increased understanding and confidence to participate. Places can be booked via TURAS here. Don't have a TURAS Learn account? Here's a guide on how to register.

Gangs and County Lines

Monday 18 August 2025 2:30 PM to 5:00 PM Online MS Teams

Delivered on behalf of Moray Child Protection committee, this workshop examines the dynamics of vulnerability and exploitation at work in gangs and county lines. It provides an overview of current legislation, guidance and policy relating to trafficking, exploitation, slavery and forced labour. If you wish to attend, you can find this course listed on the moray partnership booking calendar

Introduction to Youth Suicide Prevention

Tuesday 19 August 2025 2:00 PM to 3:30PM Online, MS Teams

Delivered by SAMH on behalf of Moray Suicide Prevention Group. this introductory course gives a basic overview of youth suicide and why it's important to talk about it. You'll learn how to spot warning signs, start a conversation, and know what support is available. It will also cover the impact of stigma and how to look after yourself when supporting others. Book your space **HERE**

all shares and shares a Training and Events July and August 2025 Adult Support and Protection Module 2 (Specific Contact Workforce)

1:00 PM to 4:00 PM Online, MS Teams

Delivered on behalf of Moray Adult Support and Protection Committee, Thursday 21 August 2025 this half day course is for practitioners who carry out direct work with Adults at risk. It provides a deeper understanding and insight into recognising harm, submitting a referral and further information regarding the Adult Support and Protection process, giving oversight of the 2007 Act. For more information and to book click HERE

NEW Wave after Wave Suicide Bereavement Training

Thursday 21 August 2025 1:30 PM to 5:00 PM Dunbarney House, Dr Grays, Elgin

Delivered by SAMH on behalf of Moray Suicide Prevention Group, this training is for staff supporting, or coming into contact with, those bereaved by suicide. It provides an understanding of the complex nature and impact of a suicide bereavement, how to provide a compassionate and empathetic response, and to be aware of the impact on worker well-being. To book your space, **email** the North East suicide prevention team at SAMH.

Basic Awareness of Adult Support and Protection - Module 1

Tuesday 26 August 2025 2:00 PM to 4:00 PM Online, MS Teams

Delivered on behalf of Moray Adult Support and Protection Committee, this session is for workers in organisations such as Care at home providers, Day Services, Voluntary Groups and the third sector. It covers different types of harm, how to report a concern and provides oversight of Moray's Adult Support and Protection operational processes. For more information and to book click HERE

Adult Support and Protection Module 3 (Multiagency Specialist Workforce)

Thursday 28 August 2025 09:00 AM to 1:00 PM Online, MS Teams

Delivered on behalf of Moray Adult Support and Protection Committee, this training is suitable for any member of staff who engages with assessing, planning, intervening and evaluating the needs of adults where there are adult protection concerns. It consolidates knowledge of ASP procedures and legislation, and further develops understanding of outcomes and preparing for Adult Protection Case Conferences. Places can be booked via TURAS here. Don't have a TURAS Learn account? Here's a guide on how to register.

Introduction to Suicide Prevention

Delivered by SAMH on behalf of Moray Suicide Prevention Group, this short course gives an overview of suicide and why it's important to talk Thursday 28 August 2025 about it. You'll learn how to spot signs, ask about suicide, and listen in 2:00 PM to 3:30PM a supportive way. It will also cover the impact of stigma, where to find Online, MS Teams help, and how to look after yourself when supporting others. Book your space **HERE**

Do you have a news story that you think would be great for our next newsletter? Do you have queries relating to any of the content you have read today? Contact us: protectingpeople@moray.gov.uk