

Safeguarding at Sight Loss Council Conference 2023 – Mental health & wellbeing

Themes that will be covered:

- Self-care
- Welfare
- Safeguarding

Whether you have been to a conference before or it's your first time, we understand that in-person events, especially after the few years, may become difficult for some attendees.

Below is some information that can help in self-care and enjoying the event. We have also included the details of the organisation(s) that you may wish to contact for further support.

Self-care

Many people reading this will be familiar with their own coping strategies, however, below are some ideas that may be of use.

- Find a quiet place to rest and recharge when necessary.
- Join in as much as you want, use the breaks to refresh, get some fresh air, or spend time in a relaxing activity of your choice.
- Conference events can be exciting, engaging, and stimulating, but they can also be tiring, so make sure you keep your own energy levels checked.
- Take a pause if you find some aspects of the conference overwhelming, you may take time out and re-join when you feel ready.
- We can't always predict the different topics under discussion, so at any time, if you find any topic upsetting, then take a break, join a different discussion, or reach out to a member of TPT staff, or one of the organisations(s) mentioned below.
- Keep in touch with each other regularly and if you are concerned about anyone, speak to a member of TPT staff.

TPT staff and sighted guides safeguarding

TPT staff and sighted guides will always be on site at the conference.

To ensure the smooth running of the conference, all TPT staff and sighted guides have completed safeguarding training, their role is not to

resolve or manage safeguarding issues themselves, but to escalate any safeguarding concerns directly to TPT senior management.

Useful organizations for welfare support

- 24 hours Samaritans listening service/helpline number: 116123
- RNIB helpline: 03001239999
Email: helpline@rnib.org.uk
- MIND helpline: 03001233393
MIND online tool: <https://www.mind.org.uk/need-urgent-help/>

Please refer to the emergency contacts document on the online conference pack for urgent help.