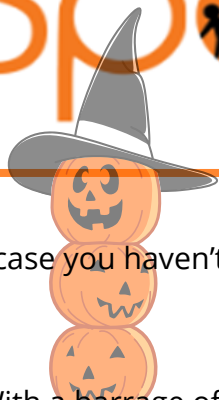


In the Spotlight



Hello and welcome to the first edition of 'In the Spotlight'.

In case you haven't met us yet, Spotlight Case Management Ltd, offers case management for acquired and traumatic brain injured adults and children.

With a barrage of information constantly thrown at us, Spotlight have decided that we would like to lighten up a little, and create a quarterly newsletter packed with interesting stuff (with just the occasional serious and informative piece thrown in.) We're aiming to have these coinciding with Easter, summer half term, Autumn and Christmas. We would welcome any articles that you come across that you think may be of interest, as well as any photos, news and updates from legal teams, clinicians, clients and families.

(Please remember to give us signed consent to use any photos and give credit where its due for any articles).

To kick off the season which is now flooded (in some parts of the UK after storm Babet landed, literally) with pumpkins and spooky things, here's a lovely poem which reflects Autumn perfectly - Colette (our deputy manager) and Oliver's favourite time of year.



Send us pictures of your pumpkins and Halloween displays if you have them. It would be interesting to see if anyone manages to beat Colette's haul of 24 pumpkins when she went to the pumpkin patch. No wonder we couldn't find any anywhere!

There are some great recipes to be found in the link below if you did go a little overboard.

<https://www.olivemagazine.com/recipes/collection/best-pumpkin-recipes/>

In the Spotlight



October 10th was World Mental Health Day and our team took some much needed time out to celebrate each other. Having breakfast together, banning any work discussions and having a well organised general knowledge quiz was just the start we needed. Some team members were far more competitive than others, but we had a good time and are going to make this a more regular team get together in future.

We realised how important it is to look after one's own mental health and recharge our batteries too. We're aiming on making this a regular celebration for our families, co-workers and business partners going forward - and (most importantly) there will be cake!

Look out for our **Tea and Talk** days next year.

We know life can really throw some things at us sometimes, but remember there is always help out there. If you or someone you know is struggling, get in touch with <https://www.mentalhealth.org.uk>

Meet the Team

In each edition we'll introduce you to a new team member so we can all get to know each other.

Focus on ... Jane Burns

Jane founded the company in 2011 after 28 years in social care, working with children and adults.

What do you like most about working at Spotlight?

Getting to know the clients and their families and seeing the differences we can make to their situations.

What do you normally do in your spare time?

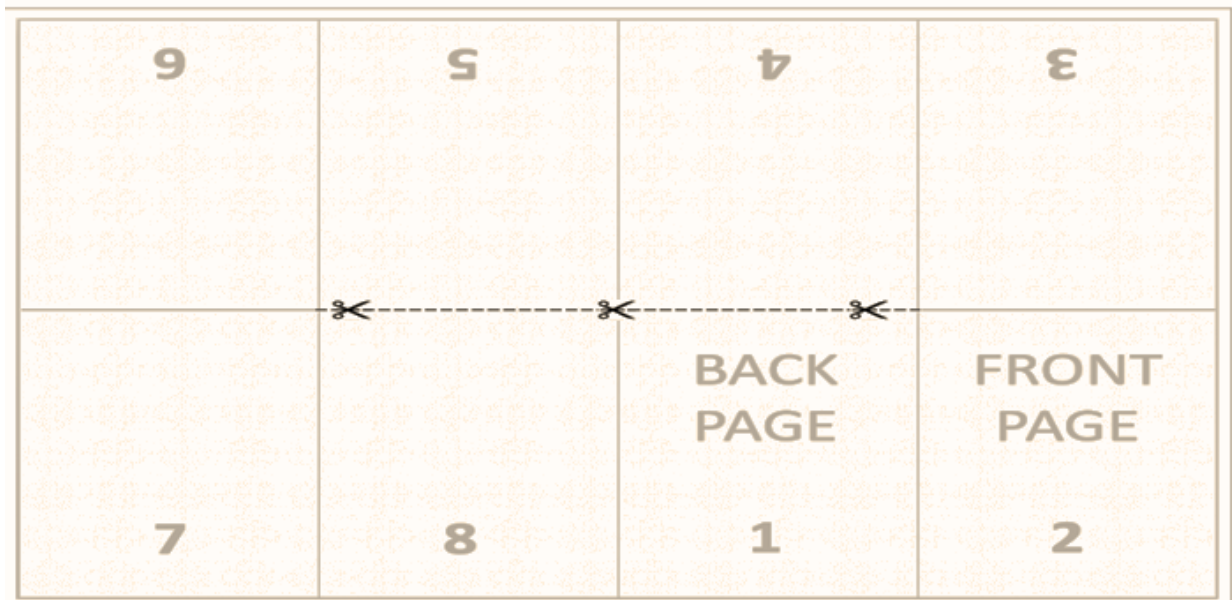
Jane's a keen poet and writer and is currently writing a fictional novel, drawing on some of her experiences over the years. She also loves being outdoors and spending time with her three grandchildren and her family.





It's Competition time....

Looking for something fun to do? We'd love to see our younger family members or even the older, more seasoned ones, write a short story about Brain Injury. From siblings and children, aged 11 and younger, we're looking for a maximum of 150 words and would love some pictures to accompany it. If you take an A4 piece of paper and fold it like the diagram below, you can make a little booklet. Parents will need to help cut along the dotted line and then fold the booklet as shown.



For older children (11 and over) and any parents or support workers who fancy writing something, we're looking for 500 words maximum. You're welcome to send in some pictures too and once they're all in, we'll see if we can get them into publication.

Here's one which was entered into the BBC's 500 words competition, and we're sure it will resonate with some of you. You can view the original on the childbraininjurytrust.org.uk website.



My brother is a shapeshifter by Ned Gallagher-Thompson (500 words)

My brother is a shape shifter but I'm the only one who has noticed. In fact, to the outside world he looks like any other 11-year-old boy. He's got scruffy blonde hair, dark brown eyes and is 1.48m tall. He's skinnier than most but maybe that's because he's always on the go and shape shifting must use up an awful lot of energy. Over the last three years, since I was six, I have been building up a detailed picture of some of his shifts and so far, have been able to identify five distinct characters, all of which seem to be linked to his mood and personality. When my brother has lost or can't find something, he slowly turns into an angry pirate, furious that he's lost his treasure.



As he starts to shift, the first thing I notice is his voice getting deeper and croakier. He grows bigger and bulkier, taking up half the room. His right hand disappears and is replaced by a dagger-sharp hook, clawing at the furniture. Unless the missing item is found quickly the gnarly seadog spits out swear words and abuse at all those nearby. But once the item is discovered, the pirate disappears like a wave clearing the sandy beach. At night, just before he falls asleep my brother turns into a magical storyteller enrapturing a crowd around a campfire with voices and animations for every character. I drift off to sleep with these tales creating my dreams, warm and cosy under the duvet. At school, Prince Charming appears. He is dashing handsome and knows just what to say. The teachers all adore him and go soppy over his beautiful manners as he saves the damsels in distress. My brother is addicted to screens. Tablets, phones computers and his favourite, TV. If these are removed from him, as quick as a flash he is gone and an out-of-control wrecking ball smashes through the room, its horn blasting and engine roaring.



When he turns back to his normal self, my brother doesn't know what has happened and wonders who has made all the mess. I like it best when he shifts into the giggle. The giggle looks like a satsuma. It's an orange face on legs with a big nose, enormous eyelashes, and sparkly white teeth. Even its feet are funny. He makes everybody laugh. Once I saw him bring an entire theatre to its knees with his crazy dancing and custard pie tricks. It was one of the best days ever. It's not always easy living with a shape shifter because you never quite know what's going to happen or who might turn up. I think with practice other people might learn to spot a shape shifter. I'm sure my brother isn't the only one. Next time your brother or sister is having a meltdown or has you laughing your head off maybe they're shape shifting too.

Rules: The competition is open to any member of a family or staff who is represented by Spotlight Case Management. Closing Date is November 30th 2023.

Entries may be posted to our offices or be emailed to katecoates@spotlightcs.com.

For adults and children over 11, there will be one prize of a **£50 Amazon voucher**. For children aged 11 and under, there will be one prize of a **£20 Amazon voucher**.

We will publish the winning entries in our next newsletter.



Online Safeguarding

Research from Ofcom reported that 57% of 3 – 17 year olds have watched live streams and the most used platforms to watch live streams were YouTube and TikTok. The research also showed that the percentage watching content on livestreaming app/sites increased by age. A third of 3-4 year olds were watching live content with this number growing to eight in ten of 16-17 year olds.

How can I help my child?

- o All online platforms have an age rating, ensure your child only accesses platforms that are appropriate to their age. For example, TikTok has an age rating of 13.
- o For any platforms that your child uses, ensure appropriate parental controls and privacy settings are applied.
- o Take an interest in what your child is doing online and on a regular basis, ask your child to show you what they are accessing.
- o Ensure your child knows how to use any reporting/blocking tools on the app that they are using and as always please ensure that your child knows to talk to a trusted adult if they see anything that concerns them online.

Further interesting information

- o <https://www.childnet.com/help-and-advice/livestreaming-parents/>
- o <https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>



A final note on Safeguarding

Safeguarding is everyone's responsibility. Adults, children, and young people have the right to live life free from harm and abuse, with dignity and respect. It is important that anyone who works with adults, children and young people, who may be at risk from abuse, are involved in the prevention of abuse.

It's something we at Spotlight take very seriously and if you see, or suspect that abuse is happening, please don't ignore it. We have created a form with links to the relevant websites to find the online form to report abuse or neglect, which your Case Manager will send you. If you need help filling in the form, or need any advice, please contact us to share your concerns.

However, if you think a child is immediate danger call the police on 999 out of office hours (evenings, weekends and bank holidays).