



# **Safeguarding Adults Policy**

## *Safeguarding Policy*

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# Introduction

Mental Health Swims is an award-winning, mental health peer support community. We host free, safe and inclusive swim meet ups nationwide and believe in empowering everyone – people of all skin colours, body shapes, ages, sexualities, genders, backgrounds and abilities to enjoy the healing power of cold water and community.

## Policy statement

Mental Health Swims believes everyone has the right to live free from abuse or neglect regardless of age, ability or disability, sex, race, religion, ethnic origin, sexual orientation, marital or gender status. Safeguarding is everyone's responsibility and at Mental Health Swims we foster a safeguarding culture by empowering everyone involved with the organisation to be able to recognise, respond, report and record any safeguarding concerns.

## Scope

This policy applies to all employees, volunteers, trustees, partners and funders of Mental Health Swims.

## Purpose

This safeguarding policy aims to cover:

- The legislation, our commitment and procedures for safeguarding adults.
- Our role and responsibility for safeguarding adults.
- What to do or who to speak to if someone has a concern relating to the welfare or wellbeing of an adult within Mental Health Swims, whether it is a participant, volunteer, employee, trustee, partner or funder.

## Implementation

Mental Health Swims intends to apply this safeguarding policy in practice by implementing the following processes:

- use safe recruitment practices
- have a designated safeguarding lead with suitable training
- communicate the policy and have it easily accessible
- ensure that everyone involved with Mental Health Swims know how to recognise, respond, report and record any safeguarding concerns
- have a commitment to ensuring that adult safety is included in risk assessments
- ensure that safeguarding is part of partnership and funder contracts.

# Legislation – what is adult safeguarding?

## Six Principles of Adult Safeguarding

The Care Act sets out the following principles that should underpin the safeguarding of adults.

### Empowerment

People are supported and encouraged to make their own decisions and informed consent.

*"I am asked what I want as the outcomes from the safeguarding process and this directly inform what happens."*

### Prevention

It is better to take action before harm occurs.

*"I receive clear and simple information about what abuse is. I know how to recognise the signs, and I know what I can do to seek help."*

### Proportionality

The least intrusive response appropriate to the risk presented.

*"I am sure that the professionals will work in my interest and they will only get involved as much as is necessary."*

### Protection

Support and representation for those in greatest need.

*"I get help and support to report abuse and neglect. I get help so that I am able to take part in the safeguarding process to the extent to which I want."*

## Partnership

Services offer local solutions through working closely with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse.

*"I know that staff treat any personal and sensitive information in confidence, only sharing what is helpful and necessary. I am confident that professionals will work together and with me to get the best result for me."*

## Accountability

Accountability and transparency in delivering safeguarding.

*"I understand the role of everyone involved in my life and so do they."*

Further information can be found on the Ann Craft Trust website [Safeguarding Adults at Risk Key Legislation and Government Initiatives \(anncrafttrust.org\)](https://anncrafttrust.org)

## Resources

If you are a volunteer or member of staff, you can access more information and resources around Safeguarding on the Mighty Network resources. Alternatively, please contact the Designated Safeguarding Lead, Sarah Groves and she will be happy to answer any questions or send you resources.

## Procedures

### Key Contacts

Sarah Groves – Community Engagement Manager & Designated Safeguarding Lead

[Sarah@mentalhealthswims.co.uk](mailto:Sarah@mentalhealthswims.co.uk)

Rachel Ashe – Managing Director

[Rachel@mentalhealthswims.co.uk](mailto:Rachel@mentalhealthswims.co.uk)

# Raising and Managing a Concern

If you are concerned that a participant, volunteer, employee, trustee, partner or funder may be at risk of abuse. Please follow the steps below to raise your concern:

- Seek consent from the person concerned. If you feel that they do not have capacity to consent, you can act without consent (this is covered in the Data Protection Act 2018 & Effective Sharing of Information) but you must log your decision.
- Collect all available relevant facts and appropriate information.
- Make a written record of the concern. Please do not include your personal feelings or opinion – keep it factual.
- Tell the person involved what you are going to do about the concern and note any views that they may have regarding how they wish the matter to be dealt with.
- Tell only the people who need to know – please see above the contact details of the Designated Safeguarding Leads at Mental Health Swims.
- Consider the balance between listening to someone's wishes and needing to refer information where others may be at risk.
- Inform the person involved about the outcome of any process.
- If someone is injured or at immediate risk, take immediate action. Seek help by dialling 999 for police or ambulance.

Once you have raised your concern with the Designated Safeguarding Leads at Mental Health Swims, they will:

- Begin an investigation regarding the concern. This may remain internal but if the Designated Safeguarding Leads believe the risk needs further investigation, then the local safeguarding board in your area will be contacted.
- The investigation will be formally documented and only the people involved will have access to this information.

## Whistleblowing

If you are raising a concern regarding safeguarding in relation to a member of staff at Mental Health Swims, you will be protected by the Mental Health Swims Whistleblowing policy.

# Recording and Information Sharing

You can find out how Mental Health Swims stores and retains information and shares information in line with GDPR and Data protection here:

<https://www.mentalhealthswims.co.uk/privacy-policy/>

# Sources of Information and Support

## Local Authority Safeguarding boards

As Mental Health Swims in a national organisation, the safeguarding teams in your local area will differ. For more information on your local area, please speak to your Local Authority and ask for details of their safeguarding board. You may find that they have some helpful resources.

If you have any safeguarding concerns, you will need to follow the process detailed in this policy. The safeguarding team for Mental Health Swims will contact the appropriate Local Authority directly if the safeguarding concern raised needs escalating for further investigation and involvement.

## Additional support

### Action on Elder Abuse

A national organisation based in London. It aims to prevent the abuse of older people by raising awareness, encouraging education, promoting research and collecting and disseminating information.

Tel: 020 8765 7000

Email: [enquiries@elderabuse.org.uk](mailto:enquiries@elderabuse.org.uk)

[www.elderabuse.org.uk](http://www.elderabuse.org.uk)

### Ann Craft Trust

A national organisation providing information and advice about adult safeguarding. The Ann Craft Trust has a specialist Safeguarding Adults in Sport and Activity team to support the sector

Tel: 0115 951 5400

Email: [Ann-Craft-Trust@nottingham.ac.uk](mailto:Ann-Craft-Trust@nottingham.ac.uk)

[www.anncrafttrust.org](http://www.anncrafttrust.org)

### Men's Advice Line

For male domestic abuse survivors

Tel: 0808 801 0327

### National LGBT+ Domestic Abuse Helpline

Tel: 0800 999 5428



## National 24Hour Freephone Domestic Abuse Helplines

England	Northern Ireland
Tel: 0808 2000 247 <a href="http://www.nationaldahelpline.org.uk/Contact-us">www.nationaldahelpline.org.uk/Contact-us</a>	Tel: 0808 802 1414 <a href="http://www.dsahelpline.org">www.dsahelpline.org</a> Twitter: <a href="https://www.twitter.com/dsahelpline">www.twitter.com/dsahelpline</a> Facebook: <a href="https://www.facebook.com/dsahelpline">www.facebook.com/dsahelpline</a>
Scotland	Wales
Tel: 0800 027 1234 Email: <a href="mailto:helpline@sdaafmh.org.uk">helpline@sdaafmh.org.uk</a> Web chat: <a href="http://sdaafmh.org.uk">sdaafmh.org.uk</a>	Llinell Gymorth Byw HebOfn/ Live free from fear helpline Tel: 0808 8010 800 Type Talk: 18001 0808 801 0800 Text: 078600 77 333

## Rape Crisis Federation of England and Wales

Rape Crisis was launched in 1996 and exists to provide a range of facilities and resources to enable the continuance and development of Rape Crisis Groups throughout Wales and England.

Email: [info@rapecrisis.co.uk](mailto:info@rapecrisis.co.uk)

[www.rapecrisis.co.uk](http://www.rapecrisis.co.uk)

## Respond

Respond provides a range of services to victims and perpetrators of sexual abuse who have learning disabilities, and training and support to those working with them.

Tel: 020 7383 0700 or

0808 808 0700 (Helpline)

Email: [services@respond.org.uk](mailto:services@respond.org.uk)

[www.respond.org.uk](http://www.respond.org.uk)

## Stop Hate Crime

Works to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.

24 hours service:

Telephone: 0800 138 1625

Web Chat: [www.stophateuk.org/talk-to-us/](http://www.stophateuk.org/talk-to-us/)

E mail: [talk@stophateuk.org](mailto:talk@stophateuk.org)

Text: 07717 989 025

Text relay: 18001 0800 138 1625

By post: PO Box 851, Leeds LS1 9QS

### **Susy Lamplugh Trust**

The Trust is a leading authority on personal safety. Its role is to minimise the damage caused to individuals and to society by aggression in all its forms – physical, verbal and psychological.

Tel: 020 83921839

Fax: 020 8392 1830 Email: [info@suzylamplugh.org](mailto:info@suzylamplugh.org)

[www.suzylamplugh.org](http://www.suzylamplugh.org)

### **Victim Support**

Provides practical advice and help, emotional support and reassurance to those who have suffered the effects of a crime.

Tel: 0808 168 9111

[www.victimsupport.com](http://www.victimsupport.com)

### **Women's Aid Federation of England and Wales**

Women's Aid is a national domestic violence charity. It also runs a domestic violence online help service.

[www.womensaid.org.uk/information-support](http://www.womensaid.org.uk/information-support)