



Whole Life Fitness Ltd

Safeguarding Adults Policy

Policy Owner: Helen Rothwell

Date Policy approved: February 2024

Next review Date: February 2025

Designated Safeguarding Lead: Helen Rothwell

Purpose

The purpose of this policy is to demonstrate the commitment of Whole Life Fitness Ltd to safeguarding adults and to ensure that everyone involved in Whole Life Fitness Ltd is aware of:

- The legislation, policy and procedures for safeguarding adults.
- Their role and responsibility for safeguarding adults.
- What to do or who to speak to if they have a concern relating to the welfare or wellbeing of an adult within the organisation.

Policy statement

Whole Life Fitness Ltd:

- 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.
- is committed to the six principles of safeguarding adults which includes: empowerment, protection, prevention, proportionality, partnership and accountability. (England)
- is committed to Safeguarding Adults in line with national legislation and relevant local guidelines by ensuring that our activities are delivered in a way which keeps all adults safe by creating and maintaining a safe and positive environment and an open, listening culture where people feel able to share concerns without fear of retribution.
- recognises that health, well-being, ability, disability and need for care and support can affect a person's resilience. Whole Life Fitness Ltd recognises that some people experience barriers, for example, communicating concerns or seeking help.
- accepts that we are required to fulfil our duty of care, which means that we must do everything that can be reasonably expected of us to help safeguard and protect people from harm, and to act when we suspect that someone is being harmed, or is at risk of harm.
- is committed to creating a culture of zero-tolerance of harm to adults which necessitates the recognition of adults who may be at risk and the circumstances which may increase risk and being willing to report safeguarding concerns. .

Scope

This safeguarding adult policy and associated procedures apply to all individuals involved in Whole Life Fitness Ltd and to all concerns about the safety of adults whilst taking part in our organisation, its activities and in the wider community. Whole Life Fitness Ltd will encourage and support our participants and instructors to ensure their

commitment to the principles and practice of equality as set out in this safeguarding adults policy and procedures.

Implementation

- Helen Rothwell is DBS checked (001654296849)
- The policy is available to participants via website
- The designated safeguarding lead is Helen Rothwell
- Helen Rothwell communicates the policy
- There is a code of conduct when delivering a service

Legislation

In its wider context, safeguarding adults applies to everyone over the age of 18 and is about:

- protecting an adult's right to live in safety, free from abuse and neglect.
- people and organisations working together to prevent and stop both the risks and experience of abuse and neglect, while at the same time making sure that the adult's wellbeing is promoted taking fully into account their views, wishes, feelings and beliefs in deciding on any action.

The practices and procedures within this policy are based on the relevant legislation and government guidance which can be found following this link [The key legislation and government initiatives](#).

Procedures

Key Contact

Helen Rothwell is the Designated Safeguarding Lead (DSL) who is responsible for ensuring that this policy is adhered to. They will be responsible for the monitoring and recording of any safeguarding concerns and for ensuring that all concerns are shared with the appropriate authorities. It is not the role of the DSL to investigate, only to gather and share information as appropriate. The DSL can be contacted on 07785 747669 or helenrothwell@wholelifefitness.co.uk

Raising and Managing a Concern

- Any safeguarding concerns can be reported via Helen Rothwell
 - 07785 747669
 - helenrothwell@wholelifefitness.co.uk
- Any concern that an adult is not safe is taken seriously, responded to promptly, and followed up.

- The DSL will speak to the adult about the issue wherever possible, noting any views that the adult may have regarding how they wish the matter to be dealt with and keeping them informed throughout the process.
- The DSL may seek advice from external sources such as the local Safeguarding Adults Team, the Local Active Partnership, NGB, police or Ann Craft Trust.
- The DSL will only share information with the people who need to know – such as the Safeguarding Adults Team, police or local Active Partnership.
- Any referrals or passing on of information will be done with the consent of the adult wherever possible. If consent is withheld, but information is still passed on, the DSO will clearly document this and the reasons why. They will also inform the adult of this action wherever possible.
- The DSL will make a written record of the concern and store it safely in line with Data Protection requirements.

Note:

If someone is injured or at immediate risk, immediate action should be taken.

- Seek help by dialling 999 for police or ambulance.

If someone does not give consent, advice as to what you should do can be sought from either the police, Adults Safeguarding Team, NGB, Active Partnership or Ann Craft Trust etc, whilst keeping the name anonymous.

Whistleblowing

If the safeguarding lead is implicated or you think has a conflict of interest then contact your Local Authority Adult Safeguarding Team

- <https://www.westsussex.gov.uk/social-care-and-health/social-care-support/adults/raise-a-concern-about-an-adult/#how-to-raise-a-concern>
- Phone: 01243 642121
- Urgent concern that requires a same day response, please call the Adult Social Care out of hours manager on 033 022 27007.

Recording and Information Sharing

Sharing Information – We work to the seven golden rules

1. GDPR is not a barrier to sharing information
2. Be open and honest
3. Seek advice, if in doubt
4. Share with consent where appropriate
5. Consider Safety and wellbeing
6. Necessary, proportionate, relevant, accurate, timely and secure
7. Keep a record of your decision and reasons for sharing

Sources of Information and Support

West Sussex Safeguarding Adults Team 01243 642121

West Sussex Adults Services 01243 642121 or [West Sussex Adult Social Care 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

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

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 www.nationaldahelpline.org.uk/Contact-us	Tel: 0808 802 1414 www.dsahelpline.org Twitter: www.twitter.com/dsahelpline Facebook: www.facebook.com/dsahelpline
Scotland	Wales

Tel: 0800 027 1234 Email: helpline@sdafmh.org.uk Web chat: sdafmh.org.uk	Llinell Gymorth Byw HebOfn/ Live free from fear helpline Tel: 0808 8010 800 Type Talk: 18001 0808 801 0800 Text: 078600 77 333
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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

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

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/

E mail: 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

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

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