

Safeguarding Policy for Midlands Tai Chi Rehab

1. Introduction

This Safeguarding Policy outlines the commitment of Midlands Tai Chi Rehab (MTCR) to protect the welfare and safety of all individuals, particularly vulnerable adults and young people, who participate in our training programmes. As a sole trader, I recognise my responsibility to create a safe and supportive environment for all learners. MTCR is the trading name of the business, which is run by its owner, Mark Peters, as a sole trader.

2. Policy Statement

I am committed to safeguarding the rights, well-being, and safety of all individuals who undertake training courses with my business.

3. Definitions

- **Safeguarding:** The action taken to promote the welfare of individuals and protect them from harm, abuse, and exploitation.
- **Vulnerable Adult:** Any person aged 18 or over who may be unable to take care of themselves or protect themselves from harm or exploitation due to age, illness, disability, or other circumstances.
- **Young People:** Individuals under the age of 18.

4. Scope

This policy applies to all activities, interactions, and engagements between MTCR and its learners, and any other individuals involved in or affected by the business's operations.

5. Key Principles

- **Zero Tolerance:** I maintain a zero-tolerance approach to any form of abuse, exploitation, or harm.
- **Empowerment:** Individuals will be supported and encouraged to make their own decisions, with their autonomy respected.
- **Prevention:** Measures will be taken to prevent the occurrence of abuse and harm through risk assessments, training, and awareness as required.
- **Protection:** Appropriate actions will be taken to protect individuals from harm if a safeguarding concern arises.
- **Partnership:** I will work with other professionals and agencies when necessary to ensure the safety and well-being of vulnerable individuals.

6. Responsibilities

As a sole trader, I am responsible for:

- Ensuring the safety and well-being of all clients and learners.
- Identifying and responding to safeguarding concerns in a timely and appropriate manner.
- Reporting any concerns or incidents to the appropriate authorities.
- Keeping up to date with safeguarding legislation and best practices.
- Providing a clear point of contact for learners to raise safeguarding concerns.

7. Identifying Safeguarding Concerns

Safeguarding concerns may include, but are not limited to:

- **Physical Abuse:** Any form of physical harm, including hitting, shaking, or inappropriate physical contact.
- **Emotional Abuse:** Verbal abuse, threats, humiliation, or any behaviour that undermines an individual's self-esteem.
- **Sexual Abuse:** Any form of unwanted sexual contact or behaviour.
- **Neglect:** Failure to meet an individual's basic needs, such as food, clothing, or medical care.
- **Exploitation:** Taking advantage of an individual for personal gain, including financial exploitation.

8. Reporting Safeguarding Concerns

If I identify a safeguarding concern, I will take the following steps:

1. **Immediate Action:** Ensure the individual is safe and protected from immediate harm.
2. **Document the Concern:** Record all relevant details, including the nature of the concern, the date and time, and any actions taken.
3. **Report:** If necessary, report the concern to the appropriate external authorities, such as social services, the police, or a safeguarding board.
4. **Follow-Up:** Cooperate with any subsequent investigations or inquiries, providing any necessary information or support.

9. Confidentiality and Data Protection

I will ensure that all safeguarding concerns are handled with the utmost confidentiality. Information will only be shared on a need-to-know basis and in accordance with data protection laws. Records of safeguarding concerns will be securely stored.

10. Training and Awareness

As the sole operator of this business, I commit to regularly updating my knowledge of safeguarding issues, including attending relevant training courses and staying informed about current legislation and best practices.

11. Review and Monitoring

This Safeguarding Policy will be reviewed annually, or more frequently if required, to ensure it remains effective and in line with current legislation and best practices

12. Contact Information

For any safeguarding concerns or inquiries, please contact:

- **Sole Traders Name:** Mark Peters
- **Phone:** 0121 251 6172
- **Email:** mark.peters@balancedapproach.co.uk

In cases where immediate help is required, contact emergency services by dialling 999.

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This policy demonstrates my commitment to safeguarding and provides a clear framework for protecting the well-being of all individuals involved in my business.