



Adult Safeguarding Policy

Introduction & Policy Statement

Gentle Yoga Rebellion aims to uphold the teachings of Yoga through all of its work including the safeguarding of adults especially those deemed to be at risk.

Integral to the teachings of Yoga is recognising our inter-connected nature. As such Gentle Yoga Rebellion is committed to ensuring that all clients are met 'where they are', 'with unconditional positive regard'. This is especially true for those who are discriminated against in society and are, as such, protected by the Equality Act 2010.

Whilst the benefits of Yoga & Yoga Therapy are well-researched and well-documented, Yoga cannot 'solve all ills'. As such Gentle Yoga Rebellion recognises its limits and will refer clients on when necessary and/or appropriate. In addition, offerings do not guarantee specific outcomes.

Safeguarding Lead	Patricia Onderdonck-Young FAA LEVEL 3 AWARD IN PRINCIPLES OF SAFEGUARDING AND PROTECTING CHILDREN, YOUNG PEOPLE OR VULNERABLE ADULTS (RQF) ponderdonckyoung@gmail.com 07837918566
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Purpose

The purpose of this policy is to safeguard and protect - from harm - all adults but especially those deemed to be at risk. . The definition of at risk is wide but may be regarded as anyone aged 18 or over who may currently be impaired in terms of protecting themselves against abuse and/or exploitation.

Scope

The policy applies to all individuals working on behalf of the organisation, including directors and volunteers.

Partner organisations must have their own safeguarding policies & procedures that meet minimum standards.

Implementation

Gentle Yoga Rebellion will:

- Be clear about the nature, scope and potential of practice
- Promote and prioritise a steady and comfortable practice that facilitates long term health and wellbeing
- Adapt and modify to meet the needs and/or preferences of clients
- Always seek consent for touch and only ever use a guiding hand
- Maintain professional boundaries including acknowledging the power imbalance between teacher/therapist - seek advice if a client appears to become over dependent or confused about the relationship or if there is a conflict of interest
- Ensure that all partner organisations adhere to similar principles whilst recognising that these may be expressed differently
- Take appropriate and necessary steps to respond to any conflict of interests with partners
- Take responsibility for continued professional development and take advantage of all relevant opportunities
- Ensure appropriate action is taken in the event that a protection concern arises (see procedures below)

Procedures

- **In an emergency all necessary steps will be taken to protect any individual from immediate danger, this includes an immediate risk to their lives and/or if a serious crime is in progress**
- For less urgent incidents:
- **If you are a beneficiary or member of the public:**
- Make your concerns known to a member of our CIC, who will alert the safeguarding lead
- If the concern is in relation to the safeguarding lead, please contact one of the other directors

- **For members of the CIC including directors & volunteers:**
- Discuss concerns directly with the client. Listen to them, allow them to express their thoughts and emotions. Maintain a compassionate and non-judgemental approach. Be transparent, do not guarantee confidentiality
- Implement a “Nothing about me, without me” approach
- Document the concern in detail including date/time/observations/conversations/actions etc.
- Reach out for advice & guidance including contacting the safeguarding lead who will - if necessary - contact partner organisations or may make direct contact with the Adult Safeguarding Team
- Share information only with authorised individuals and/or organisations and only on a ‘need to know basis’
- Ensure that accurate detailed and confidential records of all protection concerns are maintained and securely stored in accordance with the Data Protection Act 2018
- Seek support for ourselves - either through reflective practice, mentors or supervision. This includes ensuring a ‘fit to practice’ approach
- Ensure that those who raise concerns are feedback to when appropriate

Responsibilities:

- **Safeguarding is a shared responsibility across the organisation**
- Directors will review and approve the policy annually and ensure compliance with safeguarding guidance
- The safeguarding lead will be Level 3 qualified and will:
 - Promote welfare and safeguarding related policies and procedures
 - Be alert to newly emerging signs and indicators of abuse and share these across the organisation
 - Be a central point of contact internally and externally
 - Seek advice and support as necessary
 - Keep records safe and compliant
- All staff and volunteers must be aware of procedures and report concerns immediately

Fundraising:

- Gentle Yoga Rebellion will comply with fundraising codes and ensure ethical practices, especially regarding at risk individuals.

Online Safety:

- Measures will be taken to manage online risks, protect personal data, and ensure safe online interactions.

Version Control:

- The policy will be reviewed annually or after significant incidents or changes in legislation.

This policy was written on 10/06/2025 by Patricia Onderdonck-Young

Amended: 28/06/2025

Reviewed: 27/08/2026

Next Review Due: 27/08/2027