



Big Breakfast Plus – Safeguarding policy

Introduction

Big Breakfast Plus is committed to providing a safe and welcoming environment that prioritises our legal and moral obligations to safeguard adults with care and support needs. This policy is for all those who are working for or on behalf of Big Breakfast Plus, including trustees, staff members and volunteers.

What is safeguarding?

Safeguarding is defined as protecting an adult's right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adult's wellbeing is promoted including, where appropriate, having regard to their views, wishes, feelings and beliefs in deciding on any action. This must recognise that adults sometimes have complex interpersonal relationships and may be ambivalent, unclear, or unrealistic about their personal circumstances.

According to the Care Act 2014, adult safeguarding is for people over 18 who: 1. have needs for care and support (whether those needs are being met), and 2. are experiencing, or is at risk of, abuse or neglect, and 3. as a result of those needs are unable to protect themselves against the abuse or neglect, or the risk of it. Care and support needs are defined as the mixture of practical, financial, and emotional support for adults who need extra help to manage their lives and be independent including older people, people with a disability or long-term illness, people with mental health problems, and carers. In short, safeguarding is for people who, because of issues such as dementia, learning disabilities, mental ill-health, or substance abuse, have care and support needs that may make them more vulnerable to abuse and neglect. This will apply to some guests at Big Breakfast Plus, but not all.

What is abuse and neglect? Abuse and neglect can take many forms, and the circumstances of the individual case should always be considered. Abuse and neglect may be by omission or commission e.g., inflicting harm or failing to prevent harm. We recognise that people can be abused in a family, institution or community setting by those known to them or by a stranger.

There are ten types of abuse and neglect:

1. **Sexual abuse** for example. rape, attempted rape, sexual assault, inappropriate touching, sexual harassment, indecent exposure, sexual teasing, sexual photography. Signs of sexual abuse may include bruising, difficulty in walking or sitting, changes in sexual behaviour or attitude, self-harming, fear of relationships, a reluctance to be alone with a particular person.
2. **Physical abuse** e.g., being hit, slapped, burned, or restrained, being denied food or water, misuse of medications (such as over-sedation). Signs of physical abuse may include physical evidence such as bruising, cuts or broken bones, frequent unexplained injuries, signs of malnutrition, failure to seek appropriate medical treatment.



3. **Psychological or emotional abuse** e.g., threats to hurt or abandon, verbal abuse, humiliating, blaming, controlling intimidating or harassing behaviour, enforced social isolation, preventing someone from meeting their religious or cultural needs, cyberbullying. Signs of psychological abuse may include withdrawal or a change in a person's psychological state, low self-esteem, uncooperative or aggressive behaviour, a change of appetite or weight, signs of distress such as tearfulness or anger.
4. **Financial or material abuse** e.g., theft of money or possessions, fraud, preventing a person from accessing their own money, benefits or assets, undue pressure put on a person in relation to loans, wills, property, inheritance, or financial transactions. Signs of financial abuse may include missing personal possessions, unexplained lack of money, rent arrears and eviction notices.
5. **Domestic violence or abuse** Domestic abuse is an incident or pattern of controlling, coercive or threatening behaviour, violence, or abuse by someone who is, or has been, an intimate partner or family member. Domestic abuse can take the form of any of the types of abuse relating to sexual, physical, psychological, and financial abuse. Signs of domestic abuse may include low self-esteem, physical evidence of violence such as bruising, cuts or broken bones, verbal abuse, and humiliation in front of others, isolation.
6. **Discriminatory abuse** Discriminatory abuse is unequal treatment based on one of the nine protected characteristics in the Equality Act 2010. These are age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex, or sexual orientation. It can take the form of verbal abuse, harassment, or deliberate exclusion based on a protected characteristic or substandard service provision relating to a protected characteristic. Signs of discriminatory abuse may include withdrawal, isolation, expressions of anger, frustration, fear, or anxiety.
7. **Neglect or acts of omission** e.g., failure to provide food, shelter, clothing or heating, failure to administer medication as prescribed, ignoring or isolating the person, preventing a person from making their own decisions. Signs of neglect may include poor physical condition or personal hygiene, malnutrition, untreated injuries or medical issues, uncharacteristic failure to engage socially.
8. **Modern slavery** e.g., human trafficking, forced labour, domestic servitude, sexual exploitation, debt bondage. Signs of modern slavery may include signs of physical or emotional abuse, isolation from the community, always wearing the same clothes, avoidance of eye contact or fear of strangers.
9. **Organisational or institutional abuse** e.g., authoritarian management or rigid regimes, insufficient staff leading to inadequate quality care, run-down or overcrowded establishment, failure to manage other residents with abusive behaviour, not offering choice or promoting independence, failure to respond to complaints. Signs of organisational abuse may include inadequate staffing levels, poor standards of care.
10. **Self-neglect** e.g., lack of self-care to the extent that it threatens personal health and safety, neglecting to care for one's personal hygiene, health or surroundings, inability to avoid self-harm, failure to seek help to meet health and social care needs. Signs of self-



neglect may include poor personal hygiene, lack of essential food, clothing or shelter, malnutrition.

Reporting a safeguarding concern

It is every volunteer's and employees' responsibility to report any safeguarding concerns, whether these are suspected or have been disclosed by the individual.

The responsibility of anyone who suspects there are safeguarding concerns is to report ONLY, never to investigate.

Investigating safeguarding concerns is the responsibility of the Swindon Adult Safeguarding Team at Swindon Borough Council.

All safeguarding concerns should be reported to Wayne Twitchell mobile (07359330437) who is the Designated Safeguarding Officer (DSO). He will raise the concern with the Swindon Adult Safeguarding Team. If you are unable to report to the DSO for any reason, you can raise your concerns with the Chair of Trustees. The DSO will keep a log of all reported safeguarding concerns and will report back to the board of Trustees on a regular basis.

Confidentiality

All safeguarding disclosures must be dealt with confidentially. This means that you should not discuss them with anyone except those within the organisation who need to know i.e., the Service Coordinator and Designated Safeguarding Officer. However, keeping a disclosure confidential does NOT mean that you cannot share the disclosure within the organisation. Individual employees or volunteers must report concerns to the DSO. You may also share information to the emergency services if there is an emergency or life-threatening situation.

In summary, Safeguarding is the responsibility of EVERYONE, whether you are a volunteer, trustee, or paid member of staff. Big Breakfast Plus may be the first or only organisation that our guests contact after a case of abuse or neglect. Always report any concerns that are suspected or disclosed as soon as possible to the Designated Safeguarding Officer. Remember: your responsibility is to report ONLY, not to investigate and not to give advice. All relevant concerns will be referred to the Swindon Safeguarding Team and/or the police.

I have read the Safeguarding Policy, and I agree I will follow the procedure as described.

Name: _____ Signature

Date:

Countersigned by the Designated Safeguarding Officer (DSO)

Signature:

Wayne Twitchell Wayne@bigbreakfastplus.org.uk mobile 07359330437