

Catharsis Safeguarding Adults at Risk / Vulnerable Adults Policy

This policy has been developed in accordance with the following guidance and legislation:

- The Care Act 2014
- Human Rights Act 1998
- Mental Capacity Act 2005
- Equalities Act 2010
- Domestic Violence Crime and Victims Act 2004
- Derbyshire and Derby Safeguarding Adults Policy and Procedures 2025
- Care and Support – Statutory Guidance 2018

At Catharsis we are committed to providing therapeutic services that are tailored to the needs of a diverse range of clients. Catharsis interventions may take place in a variety of settings and locations; however our main delivery area is Derby and as such this policy draws from Derby Safeguarding Adults Board guidance. Policies and guidance in other Local Authorities is widely available and should be referred to when the safeguarding of an adult is required.

Derby Safeguarding Adults Board defines an 'Adult at Risk' as anyone aged 18 or over who appears to be eligible for Local Authority / Mental Health Services because they:

- have a physical or sensory disability
- have a learning disability
- have mental health needs
- are a frail older person

and/or are unable to protect themselves against harm or exploitation. Adults at risk may have additional barriers to reporting abuse (e.g., language, culture, disability, gender identity, sexual orientation).

Safeguarding means protecting an adult's right to live in safety, free from abuse and/or neglect. It is understood that all agencies have a responsibility to work together to prevent and respond to abuse wherever it occurs. Catharsis recognises its staff may have an important role to play in the Safeguarding of vulnerable adults and can be integral to working with the Local Authority to promote wellbeing (the principle of wellbeing should be embedded throughout the Local Authority Care and Support system, as required in statutory guidance).

In this policy "staff" refers to all Catharsis therapists who are working directly with adults at risk or vulnerable adults. Keren Adler, Service Development Manager is the Designated Safeguarding Lead at Catharsis, with Hannah Robertson, Managing Director and Lucy Partington, Project Manager acting as deputies.

In order to provide effective help where there are concerns, early sharing of information is key. Data Protection laws do not prohibit the sharing of information for this purpose. Catharsis therapists should work together with other agencies, but also consider the viewpoint of the adult with whom they are working. This means that wherever practicable staff should seek the consent of the adult before taking action; the wider family / social network should also be considered.

All staff working directly with adults at risk or vulnerable adults have been selected to work for Catharsis as a result of a rigorous interview process. They come with relevant qualification, registration, clinical supervision and insurance; they are governed by the HCPC (Health Care Professions Council), BACP or UKCP and are members of the governing body particular to their specialism. All staff have an enhanced DBS certificate and this is checked prior to starting work with Catharsis. There is an expectation that all Catharsis therapists have a minimum of Level 2 Safeguarding Training and that this is updated every 2 years (some Catharsis contracts require annual updates).

All staff should be vigilant to the indicators of abuse (includes physical, sexual, psychological, financial, DV, and modern slavery) and have access to the right reporting procedures and

forms. For therapists working in the Derby area, contact details for Local Safeguarding Adults Boards are at the end of this policy and further information on Safeguarding adults can be found on: <http://www.derbysab.org.uk/>. Therapists working in other areas will need to refer to their relevant Local Authority for further information and reporting procedures; support with this can be provided by the Catharsis Senior Leadership Team as needed. If a therapist disagrees with a safeguarding decision the LA escalation procedures should be considered.

All staff will explain clearly to clients and / or their carers from the onset of therapy the limits to confidentiality. Where abuse or harm is suspected or disclosed, therapists are responsible for reporting to the Local Authority, emergency services or police (where a crime has been committed), as appropriate. In line with GDPR, Catharsis staff may share personal information without consent if there is a safeguarding concern, where doing so is necessary to protect an adult at risk from serious harm or to prevent a crime.

Catharsis takes a holistic view when supporting individuals and recognise that abuse can occur within any context, including within residential or day care and other support settings. Catharsis has a Code of Conduct, and Whistleblowing policy – these may need to be referred to where there is a concern about Catharsis staff, colleagues or management procedures in relation to protecting vulnerable adults.

Whenever a Safeguarding referral is made or an Incident / Concern is reported, details of what action is taken should be recorded by the Senior Management Team on the **Catharsis Safeguarding Incident Monitoring spreadsheet** (see attached flowchart for process).

The Catharsis Safeguarding Vulnerable Adults Report Form is a formal record of a concern about an adult who is receiving an intervention through Catharsis Arts Therapies. This form (or other designated form) should be completed and passed to the lead professional at the earliest opportunity. Where an adult is not known to services and a referral to Adult Social Care may be needed, Local Authority procedures should be followed. The Catharsis Senior Management Team should be notified or copied into any such reports or referrals.

Where a therapist has identified an individual over the age of 18 appears to be eligible for Local Authority Services, a Safeguarding Adults Referral Form should be completed (see Local Authority websites for details). If there are concerns about Human Trafficking / Modern Slavery, a report should be made to The Human Trafficking Foundation (details below) and or the police.

Contact details for reporting to Local Authority Adult Social Care:

Derby / Derbyshire:

Derby City Social Care: AdultsMASH@derby.gov.uk / 01332 640777 (office hours) or 01332 786968 (outside office hours) <http://www.derbysab.org.uk>

Derbyshire Social Care: Call Derbyshire 01629 533190 or 01629 532600
<https://www.derbyshire.gov.uk/social-health/adult-care-and-wellbeing/adult-care-services.aspx>,

Nottingham / Nottinghamshire

Nottingham City: Duty Team 0115 8763330 / <https://www.nottinghamcity.gov.uk/information-for-residents/health-and-social-care/adult-social-care/adult-safeguarding/are-you-worried-about-an-adult/>

Nottinghamshire County: 0300 500 8090.

<https://www.nottinghamshire.gov.uk/care/safeguarding/reporting-abuse-professionals>,

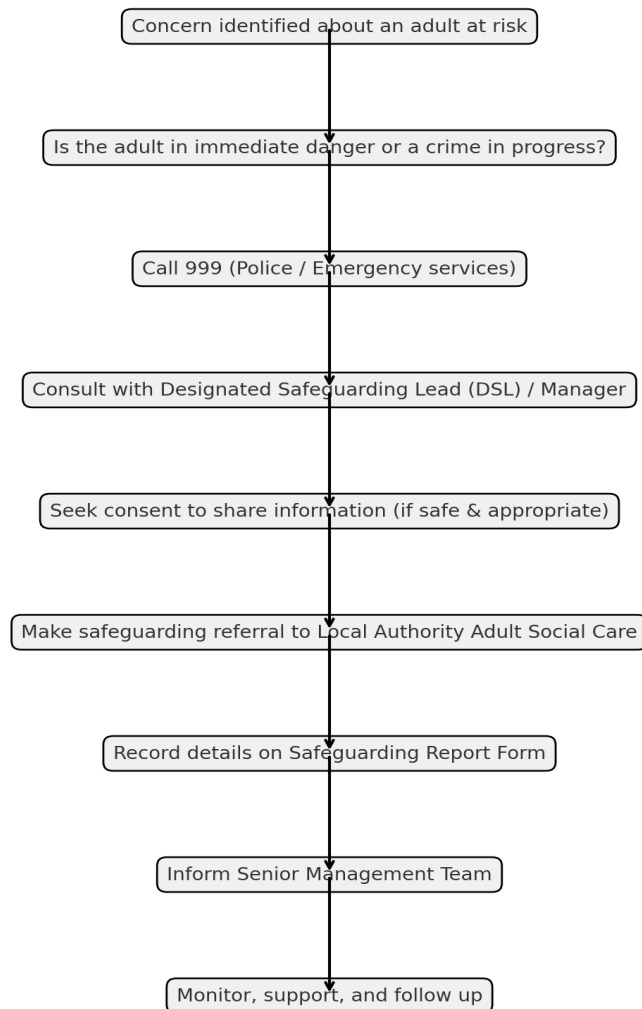
Other:

Human Trafficking Foundation: <https://www.modernslaveryhelpline.org/report>

Crimestoppers: 0800 555 111

Where a crime has been committed, or an individual is in immediate danger, the police need to be contacted on 999 or 101

Process Flowchart



Review

Implementation / Review date	Reviewers
August 2025	Hannah Robertson
Next Review date	Keren Adler
August 2026	