

AnyBody Yoga CIC

Safeguarding Policy

Version 1.1 | Last reviewed: October 2025 | Next review: October 2026

1. Purpose and Scope

AnyBody Yoga CIC exists to make wellbeing accessible to all bodies. We deliver trauma-informed yoga and movement sessions to women with lived experience of the criminal justice system, substance misuse, and complex trauma including in community settings and custodial environments.

This policy sets out our commitment to safeguarding the welfare of all participants, staff, and volunteers. It applies to every session, partnership, and activity undertaken in the name of AnyBody Yoga CIC.

We recognise that many of the people we work with have experienced significant harm. Our safeguarding approach is rooted in trauma-informed practice it is not simply procedural, but a lived commitment to dignity, safety, and trust.

2. Our Safeguarding Principles

The following principles guide every aspect of our work:

- Safety and dignity are at the heart of every session.
 - Participants' consent and boundaries are always respected in movement, conversation, and documentation.
 - Confidentiality is always maintained, except where a person is at risk of harm to themselves or others.
 - All concerns are taken seriously, responded to with care, and acted upon promptly.
 - We do not make assumptions every individual's experience is unique and deserves to be met with curiosity, not judgement.
 - Power dynamics are acknowledged. We lead with co-production. We work alongside participants, not above them.
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3. Who This Policy Covers

This policy applies to:

- All participants in AnyBody Yoga CIC sessions, programmes, or events
- All employed or self-employed staff, including yoga teachers and facilitators
- Volunteers and placement students

- Partner organisations and their staff when working alongside us

We work primarily with adult women. Where we work in partnership with organisations serving young people, additional safeguarding protocols will be agreed in writing with the host organisation prior to delivery.

4. Safe Practice in Sessions

4.1 Consent-Based Movement

All movement within AnyBody Yoga sessions is offered, never instructed. Participants are always reminded that they may:

- Opt out of any activity at any time, without explanation
- Modify or rest in any posture
- Leave the space if they need to

Physical adjustments are never made without explicit verbal consent. Teachers do not touch participants unless invited to do so.

4.2 Creating a Safe Environment

- Sessions are delivered in spaces that are private, quiet, and appropriate for the participant group.
- Where possible, participants are given a choice of where to position themselves in the room.
- Language used in sessions is inclusive, non-triggering, and free from gendered assumptions about the body.
- Sessions do not include guided meditation involving imagined scenarios that could be re-traumatising.

4.3 Boundaries and Dual Relationships

Staff and volunteers always maintain clear professional boundaries with participants. This includes:

- Not sharing personal contact details with participants
 - Not meeting participants socially outside of AnyBody Yoga activity
 - Not engaging with participants on personal social media
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5. Recognising and Responding to Concerns

5.1 Signs to Look Out For

Staff and teachers are trained to notice and respond to:

- Signs of physical abuse, including unexplained injuries or reluctance to discuss them

- Signs of emotional distress, including sudden changes in behaviour or withdrawal
- Disclosures of abuse, harm, or exploitation current or historical
- Concerns that a participant may be at risk of harm from another person or from themselves
- Changes in presentation that suggest a deterioration in mental or physical wellbeing

5.2 How to Respond

- Stay calm. Do not express shock or disbelief.
- Listen carefully and take what is said seriously.
- Do not ask leading questions or press for detail.
- Reassure the person that you will try to help, without making promises about what will happen.
- If immediate danger exists, contact emergency services or follow the host organisation's emergency procedure without delay.

All concerns however minor they may seem must be reported to the Designated Safeguarding Lead (DSL) within 24 hours of the session in which they arose.

5.3 Recording

Concerns should be recorded in writing as soon as possible after the event, using the participant's own words where appropriate. Records should include:

- Date, time, and location of the session
- What was said or observed
- Any action taken
- Who was informed and when

Records are held securely and confidentially by the DSL in line with our Data Protection Policy and GDPR obligations.

6. Designated Safeguarding Lead

The Designated Safeguarding Lead (DSL) holds overall responsibility for safeguarding within AnyBody Yoga CIC. All concerns must be reported to the DSL in the first instance.

Name	Frankie Stone
Role	Founder, AnyBody Yoga CIC
Telephone	07791 389 139
Email	any.body.yoga1@gmail.com
Availability	Available to staff and volunteers during all programme delivery periods

In the event the DSL is unavailable and an urgent concern arises, staff should contact the host organisation's designated safeguarding lead and/or emergency services as appropriate.

7. Working with Partner Organisations

AnyBody Yoga CIC works alongside a range of statutory and voluntary sector partners, including prisons, probation services, and community organisations. When operating within a partner setting, we:

- Familiarise ourselves with and adhere to the host organisation's safeguarding policy and procedures
 - Agree in writing how safeguarding concerns will be escalated and by whom
 - Ensure that our DSL has a named contact within the host organisation's safeguarding team
 - Do not seek to override the host organisation's procedures our policy sits alongside, not above, theirs
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8. Training and Competence

AnyBody Yoga CIC requires all staff, teachers, and volunteers to complete:

- A recognised safeguarding awareness training course (minimum Level 1, updated every three years)
- AnyBody Yoga's internal trauma-informed practice induction prior to delivery
- Any additional safeguarding training required by a specific partner organisation before commencing work in that setting

The DSL completes enhanced safeguarding training (minimum Level 2 or equivalent) and keeps this up to date.

9. Whistleblowing

All staff and volunteers have a responsibility to raise concerns if they believe that a colleague or partner is behaving in a way that places a participant at risk. AnyBody Yoga CIC will not tolerate any form of retaliation against a person who raises a safeguarding concern in good faith.

Concerns about the conduct of the DSL should be reported directly to the Chair of the Board (when established) or, in the interim, to an independent safeguarding body.

10. Policy Review and Accountability

This policy is reviewed annually as a minimum, or sooner if:

- A safeguarding incident or near miss occurs
- There is a change in legislation or statutory guidance
- The nature of AnyBody Yoga CIC's work changes significantly

Policy owner	Frankie Stone, Founder
Version	1.1
Last reviewed	October 2025
Next review due	October 2026
Approved by	AnyBody Yoga CIC

Key Contacts and Resources

NSPCC Helpline	0808 800 5000
Samaritans	116 123 (free, 24/7)
Women's Aid National Helpline	0808 2000 247
Childline	0800 1111
CIC Regulator (guidance)	cicregulator@companieshouse.gov.uk
Local Authority Safeguarding	Contact host organisation for local MASH details