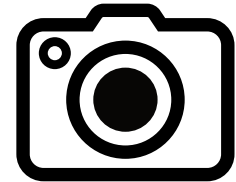


Thank you for joining us today



Ensure your microphone is turned off.



Ensure your camera is turned off.



Use the chat function to ask questions.



This seminar may cover some sensitive issues.
If you find any of the content distressing, please feel free to take a break or leave and re-join.



About the 'Voices of Participants' Project

Focused on those participating in sports and activities and those who support them to do so
(working with Active Partnerships and Charity sector)

Particular focus on *potentially* marginalised groups

- mainly, older participants and those with disabilities (both physical and learning)

Not without challenges! Direct approach worked best – meeting participants where they were



What we asked participants about....

1. Their perceptions of 'safeguarding' - what did it mean to them and whose responsibility was it?
What sorts of things might be involved in safeguarding?
Were they aware of any policies or guidance their group/club had to keep people safe and well?
2. Would they know what to do if they or other people taking part, felt unsafe or in some way 'at risk' and who might they talk to about it?



What we asked participants about....

3. Did they have examples of good practice in keeping people safe and well whilst taking part in sports and activities?

Did they know of examples of poor practice?

4. What could be done to improve safety and well-being, either generally or specifically for their particular sport or activity?

5. (Did they have anything to add that we'd not asked about?)

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**OPPORTUNITIES
FOR
PREVENTION**



Being
'known'

Tailored
Activities

Feeling safe
physically and
having trust in
the coach

What really
mattered to
participants....

Good
Communication

Belonging and
acceptance

Building
Relationship

Socialising

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Effective leadership and the importance of activity leaders and volunteers

- Effective leadership meant that many diverse needs were met
 - required knowing (participants) and planning ahead
- Participants told us of the positivity and empathy of leaders
 - “it ‘gees’ people on”
 - ‘staff’ were responsive if someone was having a ‘bad day’
- Looked to leaders for constancy – knowing what to expect – for ‘clear rules of play’
- Saw them as holding the key to their safety and well-being

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“It’s the people
[leaders and volunteers]
that make you feel safe”
(Activity participant)



Person-centred 'solutions' – promoting choice, independence and confidence

- ❖ “It always starts with what people can do and not what they can't” (Activity volunteer)
- ❖ Promoting choice around how much or how little to engage – going at one's own pace
- ❖ Building confidence gradually – Egs of accompanied and unaccompanied; independence after stroke
- ❖ Motivation to have a go – ‘no such thing as you can't’ attitude
- ❖ Knowing what to expect – use of storyboards and prep

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“Sometimes I decide I don't want to take part and no-one forces me to. I like to just watch”
(Activity participant)



Effective 'history-taking' and paperwork

- Registration forms collected basic info to help with risk-assessment
 - health and/or medication-related info
- Less formally, leaders and volunteers explored likes and dislikes related to the activity to optimise inclusion (and enjoyment!)
- Identified and discussed specific aids participants might require
- Got to know who supported them, where they travelled from – leaders knew local group homes so appreciated context

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“We are asked
information about
ourselves when we
first join”
(Activity participant)



Personalisation – having appropriate ‘aids’ and ‘aides’

- ❖ Matching ‘aids’ and ‘aides’ to participants – many diverse needs catered for extremely well

- ❖ Examples

- ❖ One lady and her dog
- ❖ Knowing and responding to individual foibles and tendencies
- ❖ Sensitivity around behaviours that challenge – creating space and time
- ❖ Working collaboratively with those with very specific needs

“We always find
a way”

(Activity Leader)



Building social capital and well-being

- Creating social space – physically and time-wise for socialising eg. picnics, lunching with others
- Group activities as well as personalised exercise
- “This class helps the brain too...and it can be a help with loneliness” (also feared it ending 😞)
- Good for carers/supporters too – some activities enabled family engagement too
- Wider benefits *like the person we support to independently pay for their session as it helps to develop money skills*

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“There’s a sense of
community”

“If I wasn’t here, I know I
would be missed”
(Activity participants)



Effective Communication and training

- ❖ Practical and accessible modes for booking etc and keeping in touch with club
- ❖ Good communication tailored for each person – various signing – some unique challenges too!
- ❖ ‘Clear rules of play’ and ‘rules of engagement’ including clear instructions in sessions
- ❖ Managing sensitive issues eg. competition, teams and personal limitations
- ❖ Additional voluntary training undertaken

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Several participants told us
they liked...

“Clear rules of
play” and “clear
rules of
engagement”



The 'right' environment

- Safe physical spaces – bounded where necessary – enabling autonomy and independence
 - right fit for varied activities
- Accessible venues and ones that support social engagement
- Size of group – varying perspectives - eg. *“Sometimes there’s too many people – it’s been a victim of its own success”*
- Constancy – familiar leaders/volunteers and venues

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“This is freedom”
(Activity Participant)



Key reflections from listening to participant voices (challenges and opportunities)

- ❖ It's the small things that matter!
- ❖ Activity leaders and volunteers need to be supported to 'get it right' (acknowledging resources are needed)
- ❖ There's a need to promote greater agency (for safety and well-being) among more vulnerable groups – how?
- ❖ Raising awareness of who people could voice concerns to
- ❖ Managing ongoing tension between competitive success and promoting inclusion and personalisation

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We've heard the voices –
what can each of us do
about it, going forward?





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Thank you for joining us today and don't forget to raise awareness on social media!

#SafeguardingAdultsWeek



If you found any of the content distressing, please contact us for further support or advice via our website.

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