



Mandala Yoga Ashram

Adult Safeguarding Policy

At Mandala Yoga Ashram we believe that all Adults have a right to:

- be valued as a person, treated with dignity and respect, cared for and kept safe
- be protected from neglect, abuse, and exploitation regardless of age, gender, ethnicity, disability, sexuality or beliefs
- practice yoga, to support their physical and emotional wellbeing, in an enjoyable and safe environment.

Safeguarding is everyone's responsibility. The key messages of this policy are that we understand and have implemented policies and procedures that are fit for purpose. We accept that there is a need for clear leadership, and that we have ensured that everyone knows who to go to for help if concerned, procedures are understood, and residents are confident as to how to respond.

To achieve this, we:

- have appointed a Lead and a Deputy Safeguarding Officer on behalf of the Ashram, who are trained to level 3 Safeguarding
- display a flow chart and reporting lines in the Ashram's policies folder, which is available to all
- require that any Ashram employees, team members, yoga teachers, guests and Trustees comply with this policy and the Adult Safeguarding Procedure
- will continue to train and supervise members of the ashram team and Trustees to have a full and practical understanding of the different types of abuse, and how to safeguard adults
- listen to anyone who raises concerns about an adult who may be being abused and take the concerns seriously
- adopt a person-centred approach in dealing with any incidents of abuse and follow the Safeguarding procedure
- raise concerns ourselves, as early as possible, if we consider that an adult at risk may be being abused or shows signs of neglect
- respond to such concerns and/or allegations sensitively, appropriately, and swiftly, including reporting to the Adult Safeguarding Board, and where appropriate other agencies including the Charity Commission
- comply with legislation and good practice guidance applicable to the Ashram including requirements for upholding confidentiality
- continue to implement this Policy, which is supported by a detailed Adult Safeguarding Procedure, and is endorsed by the Board of Trustees
- review this policy and the Adult Safeguarding Procedure annually or when legislation changes, to ensure that they remain up-to-date and effective.
- ensure accountability and transparency and to strive to learn lessons from previous issues.
- ensure that if the Ashram fails in its duty of care and abuse occurs, he/she receives a formal person apology.

Swami Nishchalananda

Director and Spiritual Head of Mandala Yoga Ashram, August 2020