

Mind in Motion
Empowering Neurodiverse Brains

Safeguarding & Ethics



SAFEGUARDING POLICY

Safeguarding Policy

Date: 31/08/25

Next Review Date: 31/08/2026

Safeguarding Lead: Beth Paterson

Purpose and Commitment

Mind in Motion is committed to safeguarding and promoting the welfare of children, young people, and vulnerable adults. We believe that everyone has the right to live free from abuse, harm, or neglect, and we take our duty of care seriously. This policy sets out how safeguarding will be managed in all Mind in Motion services, including coaching, wellbeing sessions, and movement-based activities.

Scope

This policy applies to:

- The owner/practitioner (currently a sole-trader business).
- Any future staff, volunteers, or contractors engaged by Mind in Motion.

It covers all activities with children, young people, and vulnerable adults, both in-person and online.

Definitions

Safeguarding: Protecting a person's right to live safely, free from abuse and neglect.

- Children/Young People: Anyone under 18 years of age.
- Vulnerable Adults: Adults at risk due to age,

disability, mental health, or other factors.

- Abuse: Includes but not limited to physical, emotional, sexual, financial abuse, neglect, exploitation, bullying, and online harm.

Roles and Responsibilities

Safeguarding Lead: Beth Paterson – Responsible for implementing this policy, responding to concerns, and ensuring training is up to date.

Safe Working Practices

- Sessions with under-18s will only take place with parental/carer consent.
- No 1:1 online sessions with children without a parent/carer present or aware.
- Communication with children or young people will be through agreed professional channels only (no personal messaging or social media).
- Clear professional boundaries will be maintained at all times.
- Activities will be risk assessed for safeguarding considerations.

Safer Recruitment and Vetting

- The safeguarding lead holds an up-to-date PVG (Scotland).
- Any future staff/volunteers will be appropriately vetted and checked before working with clients.

Recognising and Responding to Concerns

- Staff/practitioners must be alert to signs of abuse or neglect, which may include:
- Unexplained injuries.
- Sudden changes in behaviour or mood.
- Signs of neglect (e.g. poor hygiene, untreated medical issues).
- Disclosure of harm.
- Response process:
- Stay calm and listen carefully.
- Do not promise confidentiality; explain that safety must come first.
- Record what was said/found factually and immediately.
- Report concerns to the local safeguarding authority or police (if immediate danger).

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Recording and Confidentiality

- Concerns will be recorded factually, signed, and dated.
- Records will be stored securely and in line with GDPR.
- Information will be shared only with relevant safeguarding agencies when necessary.

Training and Review

- The safeguarding lead will undertake appropriate safeguarding training (e.g. NSPCC, SCIE).
- This policy will be reviewed annually or sooner if legislation changes.

Contact Information

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- Emergency: 999 (Police Scotland)
 - Local Authority Social Work Services: 01294 218407
 - NSPCC Helpline: 0808 800 5000
 - Childline (for young people): 0800 1111
- ### **Appendix A – Code of Conduct**
- Treat all clients with dignity and respect.
 - Do not engage in inappropriate or overly personal relationships.
 - Report concerns immediately.

CODE OF ETHICS

Introduction & Purpose

Mind in Motion is committed to delivering professional, safe, and ethical services for children, young people, and adults. This Code of Ethics outlines the values and principles that guide our practice in psychology-informed coaching and movement-based sessions.

Core Values & Principles

- Respect: Valuing every client's uniqueness and autonomy.
- Integrity: Acting honestly and transparently.
- Compassion: Recognising and responding to the challenges neurodiverse individuals face.
- Equity: Ensuring fair access and inclusion for all clients.
- Congruence: To be true to myself and deliver an authentic experience.

Professional Boundaries

- Maintain clear roles: Mind in Motion is not a diagnostic or therapeutic service.
- Avoid dual relationships where professional judgment could be compromised.
- Do not exploit clients financially, emotionally, or otherwise.

Confidentiality

- Respect client confidentiality at all times.
- Only share information with consent, unless there

is a safeguarding concern.

- All records are securely stored in line with GDPR requirements.

Informed Consent

Parents/guardians (for under-18s) and adult clients will receive clear information about the nature and scope of the programme.

Participation will only begin once informed consent is given.

Clients will be reminded they can withdraw consent at any time.

Safeguarding Commitment

Mind in Motion is committed to safeguarding children and vulnerable adults. Any concerns about safety will be managed according to the Safeguarding Policy.

Integration of Psychology & Movement

- Sessions draw on evidence-based psychological principles (e.g. resilience, emotional regulation, confidence building).
- Movement practices are rooted in safe, classical Pilates methods and adapted for inclusivity.
- The approach always prioritises wellbeing and safety.

Diversity & Inclusion

- Neurodiversity is respected, celebrated, and supported.
- Mind in Motion does not discriminate based on

race, gender, sexuality, ability, or background.

- Sessions will be adapted to meet accessibility needs wherever possible.

Professional Development

- Ongoing training and learning in psychology, safeguarding, and neurodiversity will be undertaken.
- Supervision and consultation will be sought when appropriate.

CLIENT CODE OF ETHICS

Mind in Motion – Client Code of Ethics

At Mind in Motion, we are committed to supporting neurodiverse children, young people, and adults in a safe, respectful, and professional way. This Client Code of Ethics explains what you can expect from us, and what we ask in return.

Respect & Inclusion

We value every individual's uniqueness and strengths. Everyone will be treated with kindness, respect, and without discrimination.

Confidentiality

Your privacy matters. Information you share will be kept confidential, unless we have a safeguarding concern and need to act to keep someone safe.

Safe Practice

Sessions are always delivered with your wellbeing

in mind, blending psychology-informed approaches with safe movement practices. We do not diagnose or provide medical treatment.

Consent & Choice

Participation is always your choice. For children, parents/guardians provide consent. You can stop sessions at any time.

Safeguarding

We are committed to protecting children and vulnerable adults, and follow clear safeguarding procedures if there are concerns.

Feedback & Concerns

We welcome feedback. If you have concerns, please raise them directly so we can resolve them promptly and respectfully.

Mind in Motion

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