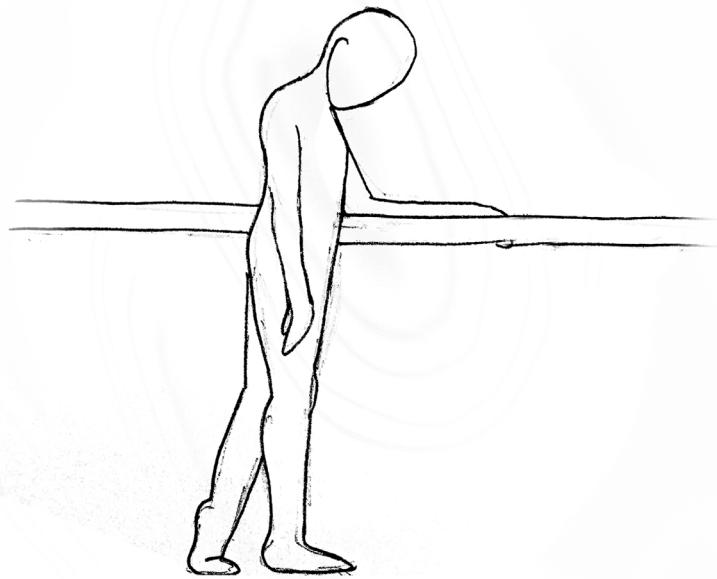


Supporting and understanding safeguarding: useful resources.



No matter where you are in your dance career, One Dance UK is here to support you.

We are aware that people may at times be affected by or worried about safeguarding in dance training and education. Whenever and however they arise, these are serious concerns that affect everyone in dance, and as the national support organisation for dance, One Dance UK exists to advocate for and assist the sector.

We want to make sure that if you or someone you know has been affected there is support available. In this document you will find a list of organisations who can offer information and support. We have also outlined the various ways you can raise concerns you may have about a child or young person, or if you have concerns about someone's professional conduct.



Urgent help and advice

Police

If a crime is in progress or you feel that you or anyone else is in immediate danger then you should call emergency services immediately on **999**. If you believe a crime has been committed this can be reported to the police by calling **101** or online:

<https://www.police.uk/pu/contact-the-police/report-a-crime-incident/>

You can also contact CrimeStoppers to report a crime anonymously. They will pass the information about the crime to the police.

www.crimestoppers-uk.org/ | Telephone 0800 555 111

Childline

Childline is a free, private and confidential service to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, they have trained counsellors to support you.

www.childline.org.uk | Telephone 0800 11 11

NSPCC

If you are worried about a child, even if you are unsure, you can contact NSPCC's professional counsellors for help, advice and support.

www.nspcc.org.uk | Telephone 0808 800 5000

Ann Craft Trust

The Ann Craft Trust is a leading UK authority on safeguarding adults.

www.anncrafttrust.org

Raising a concern about an organisation you work in or volunteer for

Staff and volunteers in any organisation should feel confident about challenging the behaviour of others and know the organisational policy for voicing concerns. They should also know who to contact if they feel unable to report an incident within their organisation for any reason. They can make a report to the police or local child protection services as detailed above.

The NSPCC also hosts a dedicated Whistleblowing Hotline which offers free advice and support to professionals with concerns about how child protection issues are being handled in their own or another organisation.

0800 028 0285 | help@nspcc.org.uk

How to report a concern about individuals or organisations working with children and young people

All organisations working with children, young people, vulnerable adults and families must have safeguarding policies and procedures in place which everyone working in the organisation should be aware of and following.

There should be a clear procedure for dealing with concerns and complaints, and a named member of staff responsible for overseeing safeguarding. Parents/carers should be informed how they can access these policies, how they can raise a complaint or concern within the organisation and what will happen once they do.

Children and young people should be clear about who they can speak to in the organisation if they have worries or concerns.

If you are unhappy about the way a safeguarding issue has been handled or you feel unable to raise your concerns with the organisation for any reason, you should contact the local authority Children's Social Care Services.

England - [Local Authority Designated Officer \(LADO\)](#)

Local authorities have a designated officer, or team of officers, to be involved in the management and oversight of allegations against people that work with children. These can be found through your local authority, or the local authority in which the organisation/individual works.

Northern Ireland - [Gateway Service Teams](#)

Northern Ireland Health and Social Care (HSC) Trusts provide Gateway Services for Children's Social Work. If you are concerned about a child at risk of harm or abuse in Northern Ireland please contact your local Gateway Service Team.

Wales - [Regional Safeguarding Boards](#)

Regional Safeguarding Boards provide support and advice and will also report on the adequacy and effectiveness of arrangements to safeguard children and adults in Wales. Safeguarding concerns should be reported to the Regional Safeguarding Board.

Scotland - [Local Councils](#)

Safeguarding concerns in Scotland should be reported to your local council, or the local council in which the individual/organisation works.

You can report online abuse to the [Child Exploitation and Online Protection \(CEOP\)](#) .

Parents - What to look for in an organisation

It is key to keep in mind that safeguarding is holistic that physical and mental wellbeing, safe practice, and effective and appropriate leadership strategies contribute to an environment that promotes the welfare of the dancer, no matter their age.

The dance profession aspires to

- Excellence in dance performance
- Healthy and effective dance training/teaching
- Fit, healthy, confident, accomplished dancers providing positive role-models for future generations
- Responsible employment taking into account dance specific industry recommendations in addition to statutory health and safety requirements
- Continuing professional development

All dancers have a right to

- Be taught safely and effectively by an appropriately qualified and experienced teacher
- Education in and access to up-to-date information on healthy dance practice, injury prevention and dance science
- Access to affordable and fit for purpose medical healthcare and dance science services
- Safe and appropriate spaces to work in
- A working environment that allows for adequate rest, nutrition, hydration
- A working environment that is conducive to psychological as well as physical health in order to meet the performance demands of the dancer-athlete

Specific to safeguarding, organisations working with children and young people should

- Have a safeguarding policy, with clearly outlined procedures for dealing with concerns
- Let you see their policies or advise where they can be accessed.
Provide you with the name of a designated welfare or child protection officer
- Have written standards for good practice (for example a Code of Conduct for staff)
- Ask you to provide essential medical and emergency contact information, and get consent for your child to participate in activities
- Have safe recruitment processes for all staff and volunteers, such as ensuring references are received and carrying out criminal record checks (DBS) where appropriate
- Provide regular safeguarding training for everyone working in the organisation
- Be able to let you know about the types of things they do to keep children and young people safe

Guidance for parents and carers

The Department for Education: [Keeping Children Safe](#)

NSPCC: [Keeping children safe in sports clubs, groups and activities](#)

Sport England: [Selecting and assessing clubs and activity providers](#)

Training and guidance for those working with children and young people

[NSPCC's Child Protection in Sport Unit](#)

[The Dance School Safeguarding Working Group](#) (Safer Dance) is a collective voice promoting high standards of safeguarding in the out of school dance sector. One Dance UK is actively involved in this voluntary group, and holds a place on the central committee.

High Speed Training, in partnership with One Dance UK and Safer Dance, offers [a free online safeguarding course](#) for anyone working in physical activity settings with children and young people.

The Department for Education in England has created a [Code of Practice](#) for those providing Out of School Settings (OOSS) activities for children and young people.

Safeguarding Adults

[Ann Craft Trust](#) is a leading UK authority on safeguarding adults.

[Safeguarding Adults Board](#) is a statutory body, made up of organisations that work together at a strategic level to ensure that adults at risk can live free from abuse, neglect and exploitation.

[Personal Safety for Dance \(PSD\)](#) is an international working group that exists to develop a dance environment that is free from abuse, open, and supportive for all.

[The Dance Safe](#) is a US-based team of dance advocates who support the creation of truly safe dance spaces. They help develop curricula, answer questions and offer support for disclosure of abuse.

[The OFEN Co-Arts Platform](#) offers helpful resources to support dancers to address abuse, speak up for themselves and have safe spaces to share their concerns in community with others.

Further information, support and advice

[Action for Children](#) is a UK charity which exists to protect and support children and young people, providing practical and emotional care and support.

[Barnardo's](#) is a charity which exists to support children, young people, parents and carers across the UK.

[Children 1st](#) (Scotland) is Scotland's National Children's Charity which exists to prevent abuse and neglect and to protect children and keep them safe from harm. They offer a free advice and support line for parents and families. **0800 28 22 33**.

[Children in Wales](#) is the national umbrella body for organisations and individuals who work with children, young people and their families in Wales.

[The Children's Society](#) is a charity working to fight child poverty, tackle neglect and support victims of abuse in Britain. Their website includes a useful Advice Hub for children and young people.

[Family Lives](#) (England and Wales) provides support, guidance and understanding to parents and families, including offering an online and telephone helpline, with an option for a Welsh language call. **0808 800 2222**.

[LawStuff](#) (England) provides legal advice and information for young people.

[NHS Mental Health Support](#)

[NSPCC](#) is the UK's leading children's charity.

[Mind](#) is a leading mental health charity which can offer support and information.

[Papyrus](#) is a UK charity dedicated to suicide prevention and the promotion of positive mental health for young people.

[Parenting NI](#) is the leading charity for parenting support in Northern Ireland. It offers an online and telephone chat service for parents who have a worry and aren't sure where to turn. **0808 8010 722**.

[Samaritans](#) is a charity which supports anyone who is struggling to cope or who needs someone to listen, without judgement.

[Stop it Now!](#) UK and Ireland is a child protection charity working to prevent child sexual abuse by making sure adults know what they can do to keep children safe. It offers a confidential helpline for anyone with concerns about child sexual abuse and its prevention. **0808 1000 900**.

Mental health support for those in dance

[ArtsMinds](#) supports performers and creative practitioners in need.

[British Association of Performing Arts Medicine](#) offers specialist health support and advice for those working in and studying in the Performing Arts.

[Counselling for Dancers](#) is the work of Terry Hyde, counsellor and psychotherapist, who offers one to one sessions for dance professionals and students.

[Industry Minds](#) is a mental health support platform for the Creative Arts.

One Dance UK's [Healthcare Practitioners Directory](#) is a free searchable online database listing details of medical, psychological, and complementary health practitioners throughout the UK.

[Wellbeing in the Arts](#) offers support for organisations and individuals to support wellbeing in the arts profession. Low cost, one to one counselling from knowledgeable and industry experienced counsellors is a key aspect of their support.



**One
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