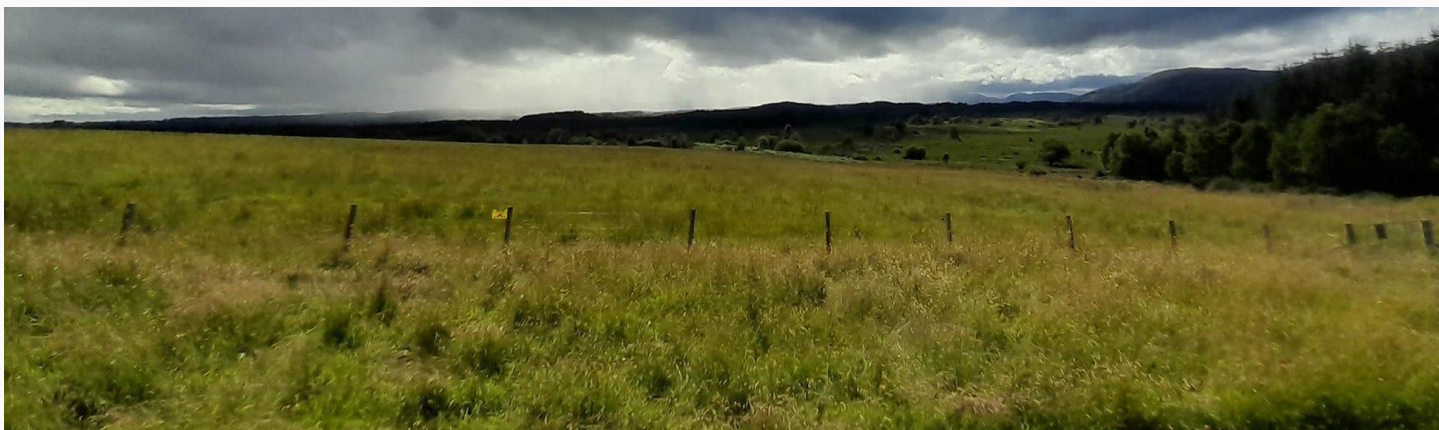




Community Project Proposal

Sept 2025



Rural Rest
Outdoor Mental
Health and
Wellbeing Facility
Cecil Street - Coatbridge

Table of Contents

Executive Summary2

 Overview..... 2

 Key Features and Capabilities..... 2

 Expected Outcomes and Impact 3

Understanding the Needs of Our Community..... 4

 Community Engagement Methodology..... 4

 Community Engagement Findings 5

 Identified Community Needs..... 8

Our Proposal 9

 Phase One: Establishment and Early Delivery 9

 Phase Two: Growth..... 11

 Phase Three: Replication and Mentorship 12

Income Generation..... 13

 Startup funding 13

 Long Term Sustainability..... 14

Community Benefits and Social Value 15

Final Words 16

Appendix 1.1 Rural Rest Safeguarding Policy 18

EXECUTIVE SUMMARY

Rural Rest has strong roots and forest size ambition.

Overview

Rural Rest is a new volunteer-led community group that aims to create a unique outdoor mental health and wellbeing facility in Coatbridge, North Lanarkshire. Our vision is to transform an underused section of Cecil Park into a welcoming, accessible space for people of all ages and backgrounds to destress, connect, and take part in activities that support both mental and physical health.

The project will offer an alternative to traditional mental health services, focusing on prevention, community support, and easy access for everyone – without the need for appointments or referrals. We will use nature, creativity, and social connection as tools to improve wellbeing, reduce stigma, and build a stronger, more resilient community.

Key Features and Capabilities

- It offers a “rural escape in an urban setting,” providing tranquillity close to home.
- The facility is designed to be accessible and welcoming to people of all ages, needs, and backgrounds.
- No appointments required; individuals can attend freely.
- Modular layout using eco-sustainable materials to create distinct zones for different activities, offering individuals choice while also promoting social interaction and connection.
- Therapeutic, Creative and Practical Activities delivery, for example outdoor yoga /aerobic classes, painting, gardening, and wood crafts.
- Spaces for individual reflection and contemplation, offering visitors the option to take a break from group activities or simply enjoy solitude if that is what they prefer.
- A focus on sustainability, nature and biodiversity to enhance wildlife areas and promote biodiversity. i.e. instructional sessions for building birdhouses and bug hotels.

Expected Outcomes and Impact

The Rural Rest project is designed to deliver measurable and meaningful benefits to the Coatbridge community and beyond. By creating an inclusive, nature-based mental health and wellbeing facility, we expect to:

- Provide stigma-free access to mental health support for over 500 in the first year, particularly those who may not engage with traditional clinical services.
- Increase use of the underused Cecil Street Park by at least 100% transforming it into a vibrant community space that promotes connection to the natural environment
- Reduction in loneliness and social isolation by offering regular opportunities for peer support, group activities, and informal social interaction in a welcoming outdoor setting
- Encourage both physical activity and healthy lifestyles through nature-based workshops, outdoor fitness areas, and active volunteering roles
- Support pathways into volunteering, training, and employment, with flexible entry points across the employability pipeline—from initial engagement to mentoring and leadership roles
- Delivering significant social value, with a minimum of 100 volunteer hours per week contributing an estimated £1,443 in weekly investment, based on Social Value Scotland guidance.
- Promote community wealth building, reinvesting all profits into the facility and generating local economic and social returns through partnerships, donations, and low-cost programming.
- Enhance local resilience and wellbeing, complement existing services and reducing pressure on overstretched healthcare systems by offering early, accessible, and preventative support.

Understanding the Needs of Our Community

In recent years, people in Coatbridge have increasingly experienced mental health challenges, influenced by long waiting times for NHS support and limited access to informal, non-clinical services. Economic pressures such as the cost-of-living crisis, job insecurity, and social isolation have further contributed to rising levels of stress, anxiety, and depression.

Through community engagement key stakeholders including residents, community groups, and local businesses, Rural Rest has recognised a need to complement existing services by offering additional opportunities for early intervention and peer-led support. Many individuals shared that they feel uncomfortable accessing traditional mental health services. Others emphasised the value of outdoor green spaces for their wellbeing but noted that many such areas are underused or difficult to access. These insights suggest a recognisable need for a welcoming, flexible, nature-based space that encourages connection, reflection, and preventative support.

Community Engagement Methodology

To ensure the project reflects real community needs, we used a range of community engagement methods:

- Surveys and conversations with residents, local groups, and businesses
- Pilot events held in natural settings to test interest and gather feedback
- Social media outreach through existing and new platforms
- Stakeholder conversations with elected officials, clergy, and healthcare professionals

These methods were chosen to reach a broad and diverse audience, including individuals who may not typically engage with formal consultations. By meeting people in everyday settings and offering inclusive pilot activities, we were able to gather honest, meaningful insights into local needs and preferences. This approach also helped build trust and momentum, with strong early interest and ongoing community support.

Community Engagement Findings

As part of our early engagement, we visited residents in the immediate area surrounding the site we hope to secure. We asked five key questions to better understand local needs and attitudes:

1. **Have you noticed or been affected by the growing mental health crisis?**

100% of respondents agreed that they had either been directly affected or had seen friends or family affected by mental ill-health.

2. **Do you feel there are enough resources that are easily available and accessible?**

100% agreed that there are not.

3. **Do you feel that the traditional approach is working?**

While 100% agreed that in-depth intervention from qualified professionals is essential, they also felt that earlier, community-based approaches could reduce the need for more serious intervention.

4. **Would you be happy to support new facilities in the local area?**

100% agreed they would.

5. **Who should these services and facilities be for?**

100% agreed they should be for anyone who wants to engage.

The feedback we received from the Coatbridge community was open, honest, and deeply considered. Many shared personal experiences, reinforcing the need for a new, accessible approach to wellbeing. A common sentiment was:

"There's nothing to do, nowhere to go, and no one to talk to—unless it's the carry-out shop at the end of the day for a bottle just to take the edge off."

Pilot Events and Community Response



In March, we hosted three pilot events to test the appetite for outdoor rest, relaxation, and activity. Each event was well attended, with numbers growing significantly:

- **Zumba in Nature** – 20 attendees
- **Yoga in Nature** – 35 attendees
- **Relax, Indulge & Creative Expression** – 60 attendees (oversubscribed, with additional enquiries turned away)

These events attracted people from all age groups and backgrounds. Since then, we continue to receive regular enquiries from across Lanarkshire asking when the next events will be held.

Participant Testimonials

"Here again on a Sunday afternoon and what an experience it was. Each Sunday these free events have brought something different. Treated to an amazing woodland high tea in a peaceful nature setting with the sound of the fire crackling as we enjoyed painting and listening to wonderful background folk music from Jordan. With the right backing, this could be a seven-day-a-week walk-in space making a lasting impact on so many lives."

"That was so much fun today—my face is sore from laughing."

"Today's session was absolutely fantastic."

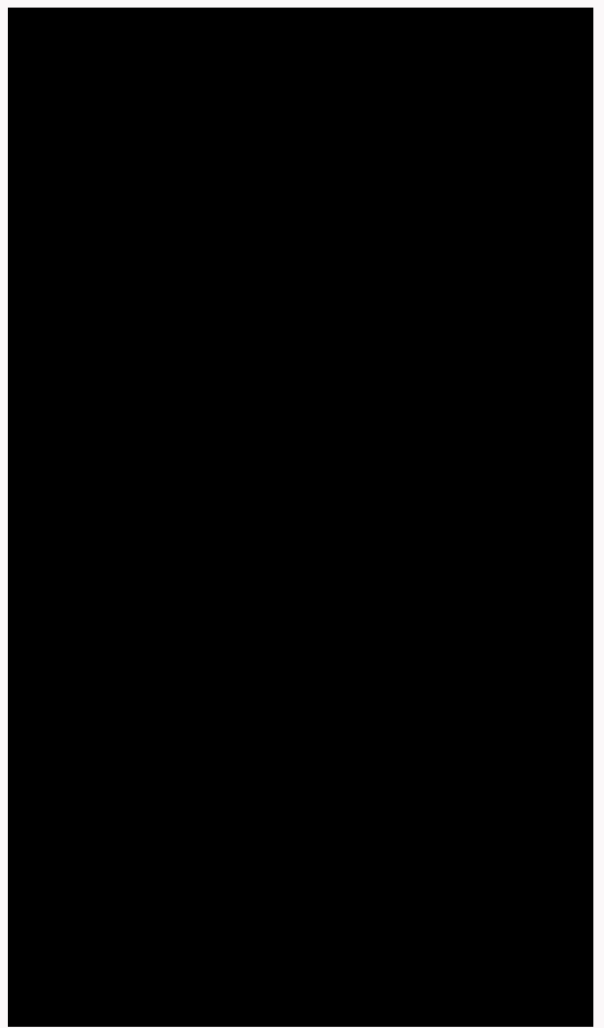
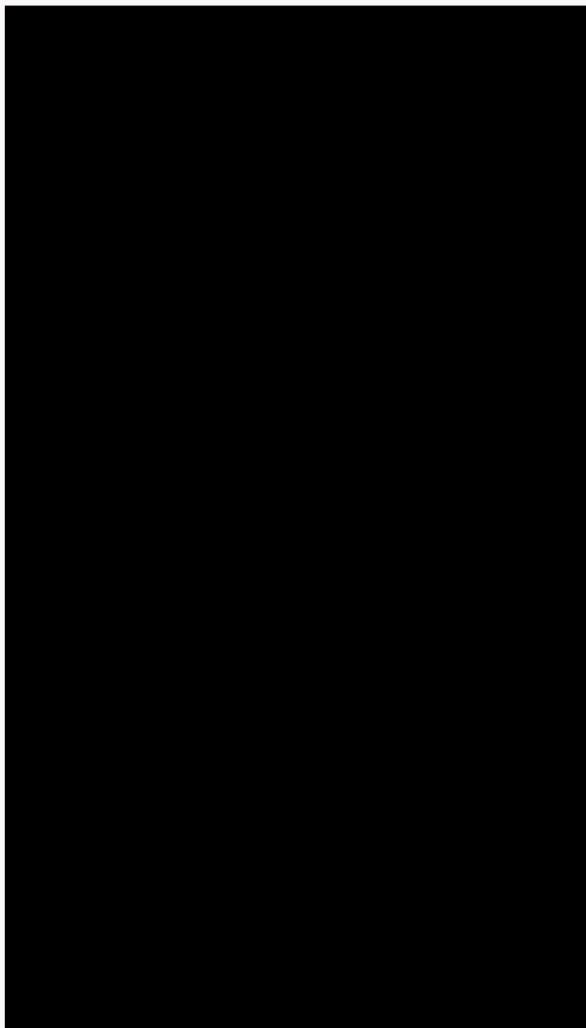
"Another amazing event, well done."

"Once again you did amazingly well. I can't wait to see what you do in the future. I've had a great time so far—thank you, can't wait for more."

"Thank you so much for today Charlene, it was absolutely fantastic. The efforts put in by you, your family and friends is truly inspirational. After a difficult week both personally and professionally, today was the perfect antidote to a stressful week. I wish you every success in securing a permanent location for your dream. Your efforts and John's were noticed and it wasn't lost on me how much time and energy you both are giving to this venture on a voluntary basis. My sincere thanks for what you are achieving—build it and they will come."

— Clinical Psychologist

Key Community Stakeholders Support



Identified Community Needs

Based on our community engagement, several key priorities have emerged that reflect what local people feel would make a meaningful difference to the lives of individuals and families across Coatbridge. These needs highlight areas where Rural Rest can offer valuable support and create opportunities for connection, early intervention, and personal growth within the community.

- **An Urban Outdoor Wellbeing Area**
People that we have spoken to do value nature but have said their local urban green spaces are underused or not environmentally conducive to relaxation. People valued taking part in the wellbeing activities and highlighted that being held outdoors significantly enhanced their experience and motivation to participate
- **Accessible Support**
Many residents feel traditional services can be hard to reach, or off putting. The popularity of our pilot events coupled with feedback highlighted the need for support that doesn't have the same stigma attached or formal referrals.
- **Safe Spaces for Social Connection**
Local people expressed a need for welcoming places to meet others and reduce isolation without pressure or judgement. People described Rural Rest events as a "perfect antidote" to stressful weeks, showing a need for regular, low-pressure environments to decompress.
- **Opportunities for Early Intervention**
Feedback showed interest in peer-led support and activities that help before problems escalate, complementing existing services.
- **Family-Friendly and Intergenerational Wellness Activities**
Pilot events attracted families, older adults, and young people, highlighting demand for multi-generational, low-cost engagement.
- **A Consistent Community-Led Programming**
The oversubscription of pilot events and ongoing enquiries show demand for regular, community-driven activities that people can rely on. Our engagement indicates a need for purposeful volunteering, skill sharing, and community-led activities.

OUR PROPOSAL

Phase One: Establishment and Early Delivery

Rural Rest will operate as a walk-in outdoor wellbeing facility, open seven days a week from 7:30am to 9:00pm. The operations will be delivered by a dedicated team of volunteers, offering a wide range of nature-based activities that foster connection to our natural surroundings, encourage self-care, and help cultivate healthy coping strategies. Alongside our current membership and people committed to establishing Rural Rest, volunteers will be recruited from the local community using our existing local networks, our social media platforms, and key partnerships. Supervising volunteers will undergo training in areas such as mental health first aid, ASSIST, safeguarding to ensure safe and compassionate delivery of services.

In the first instance, Rural Rest will offer a rich and varied programme of activities, building upon our activities delivered at our pilot stage. Each activity is designed to support emotional wellbeing, personal growth, and community connection but where it differs from other mental health and wellbeing support services - all our activities will be delivered outdoors.

Initial Activities Offered:

- Yoga, Zumba, and mindfulness classes will be delivered by fully qualified professionals.
- Creative pursuits such as art, journaling, and nature-inspired crafts will provide outlets for self-expression.
- Gardening, landscaping and nature-based activities will encourage practical and hands-on engagement with the natural world.
- Simulated camping experiences will be delivered, offered to individuals and families where they can learn practical skills like tent-pitching, fire-building, and outdoor cooking, empowering them to confidently apply these skills for own camping trips, increasing opportunities to interact with nature further afield.
- Volunteers will have opportunities to contribute to site maintenance, peer support facilitation and crafting tasks, gaining practical experience and employability skills.

Whether through outdoor activity, creative expression, meaningful conversation, or practical hands-on work, every experience at Rural Rest is

designed to meet people where they are at. With a person-led approach and multiple entry points to support, the project offers early intervention and alternative pathways for individuals to explore their potential to lead a more connected, healthier, positive life.

Site Development

The site itself will be developed using non-invasive, collapsible amenities such as sheds, yurts, and chalets, with no foundations required to be established. Shelters will be used only when practically necessary, such as for occasional cover during severe weather or for secure storage, ensuring that the focus remains on engaging with the outdoors in all its seasons. Importance being placed on opportunities to find healing and connection in the 'natural church' that surrounds us. All development will be carried out manually, with volunteers using small tools and trailers to transport materials. A perimeter fence will be installed to meet title conditions and create a sense of arrival and safety for visitors. Amenities will be placed at least three metres from treelines to protect embankment stability and preserve biodiversity. Where larger works is needed, reputable companies will be used who have experience in working around access restrictions.

Weather Mitigation

Scotland's unpredictable weather presents unique challenges, but Rural Rest is designed to remain open year-round, including during the darker months when people often need support the most. In winter, visitors will be encouraged to wrap up warm and build snowmen, followed by hot refreshments around a fire. On rainy days, we will get our waterproofs on, and activities will continue unless severe weather warnings are in place. Volunteers will be trained in weather-related risk mitigation, ensuring that the site remains safe, welcoming, and responsive to seasonal changes. The natural environment will not be a barrier; it will be the very foundation of healing.

Phase Two: Growth

Phase Two will focus on expanding Rural Rest's reach, services, and governance. A key priority will be applying for SCIO charitable status, which will provide a more robust legal and operational framework. This move will enhance long-term plans, positioning Rural Rest as a trusted community anchor.

Becoming a registered charity will also open the door to a wider range of funding opportunities. Rural Rest will become eligible to apply for grants from national and local funders such as the National Lottery Community Fund, Robertson Trust, Corra Foundation, and others that specifically support charitable organisations. It will also allow access to multi-year funding streams, capacity-building grants, and partnership funding for collaborative projects.

Operationally, Phase Two will see the development of strategic partnerships with stakeholders including the NHS, Job Centre, CLD, and third sector organisations. These collaborations will form a wraparound support network, placing individuals at the centre of a holistic model of care and opportunity.

Infrastructure will be enhanced to support all-weather access, with eco-sustainable amenities and low overheads maintained through a strong volunteer base.

This phase will also solidify Rural Rest's role within the employability pipeline, offering inclusive opportunities for individuals at every stage, from initial engagement and barrier removal to skill-building, job readiness, and progression. We will support personal development, volunteering, and leadership, ensuring people can enter at any point and grow at their own pace.

By deepening its roots in the community and expanding its capacity, Phase Two will ensure Rural Rest becomes a pivotal role in establishing an accessible, inclusive, and empowering space for people of Coatbridge who need it.

Phase Three: Replication and Mentorship

Phase Three will focus on replicating the Rural Rest model across Lanarkshire and beyond, empowering other communities to create their own nature-based wellbeing spaces. Each site will be self-sufficient, rooted in its local context, and connected by a shared mission of person-led support, outdoor engagement, and community-led delivery.

Rural Rest will act as a mentor and support centre, guiding other community bodies through the setup process from site planning and volunteer mobilisation to programme design and governance. This phase will promote community empowerment by encouraging local ownership, skill-sharing, and reinvestment of resources. As more pockets of Rural Rest emerge, the collective impact will grow, creating a network of accessible, inclusive spaces that offer early intervention, alternative pathways, and meaningful connection with nature.

Income Generation

To ensure Rural Rest is both achievable and sustainable, a phased income generation strategy has been developed. This plan outlines how initial costs will be met and how the facility will continue to generate income ethically and effectively over time.

Start-Up Funding

Rural Rest plans to fund the lease of the land, as well as its initial development and setup, through a combination of grants, donations, community support, and volunteer contributions. The funding strategy:

- With support from NL Community Empowerment funding, the group has already invested in essential equipment, including a large yurt, relaxation equipment, and decorative furnishings, all used to deliver successful activities already.
- An application to the North Lanarkshire Council Community Asset Transfer (CAT) Support Fund to assist with pre-planning permissions is underway
- If successful, the CAT Capital Fund will be used to secure the site with fencing
- Exploration of Local Development Plan (LDP) funding to improve public access routes
- Applications to national grant schemes such as Awards for All (National Lottery) focusing on funds for mental health and wellbeing, sustainability, health, green networks/outdoor participation, place-based, social isolation and employability.
- Ongoing support from Voluntary Action North Lanarkshire (VANL), including guidance from their Income Generation Officer
- Continued community donations, which proved effective during pilot events
- Utilising fundraising experience and local networks to host future fundraiser events.
- Volunteer contributions will also play a key role in reducing operational costs, strengthening sustainability.

Long-Term Sustainability

Further to grant and funding applications, that will be extended once SCIO status is achieved. Rural Rest will operate as a social enterprise using these various income streams:

Low-Cost Contributions

Our activities such as our Yoga and Zumba sessions will be offered at a nominal fee (e.g., £3 per class). These services will remain accessible to all, with income reinvested into paying the qualified professionals who run the sessions and site maintenance. Memberships and day passes may also be introduced to support regular users while maintaining affordability.

Programme-Based Income

Following the success of Rural Rest's pilot events, the Community Learning and Development team approached us to explore delivering outdoor-based summer programmes for their young people. This early interest demonstrates the potential for Rural Rest to become a trusted delivery partner for public and third-sector organisations. By careful scheduling and management, these programmes will be balanced beside our regular walk-in access, ensuring the site remains open and welcoming to the wider community while generating income through structured bookings.

Venue Hire and Corporate Engagement

Rural Rest will offer its facilities corporate teams seeking nature-based team-building experiences. These sessions will be tailored to each group's needs and may include guided activities such as mindfulness, outdoor pursuits, or creative workshops. By maintaining designated areas for walk-in visitors and separating hire zones, Rural Rest will ensure that income-generating events do not compromise the inclusive, drop-in ethos of the space.

Fundraising and Reinvestment

All income generated will be reinvested directly into Rural Rest's operations, ensuring the facility remains not-for-profit and community led. Fundraising events, donation schemes, and partnerships with local businesses will supplement earned income. Overheads will be kept low through a strong volunteer base and eco-sustainable infrastructure, with ongoing support from NLC and VANL to identify new funding streams and strengthen financial resilience.

Community Benefits and Social Value

Volunteering and Social Value Investment

With a minimum of 100 volunteer hours per week, based on Social Value Scotland guidance (£14.43/hour), this equates to a weekly investment of **£1,443** in volunteer time, over **£75,000 annually** reinvested into the Coatbridge community through time, skills, and care.

Place-Based Investment in Coatbridge

Rural Rest's income generation strategy will result in significant place-based investment directly into the Coatbridge community. As a social enterprise, all revenue will be reinvested directly back into Rural Rest, ensuring that any public and charitable investment directly benefits the people and economy of Coatbridge.

Community Wealth Building

Rural Rest will promote local economic development by creating opportunities for small businesses, local facilitators, and tradespeople. Our project will generate income and employment for local providers, keeping wealth within the community.

Job Creation and Employability

The facility will support individuals across all five stages of the employability pipeline, offering volunteering, skill-building, and leadership roles. As the project grows, paid roles may be introduced for coordinators, facilitators, and site managers, creating meaningful employment rooted in community wellbeing.

Early Intervention and NHS Cost Reduction

By offering accessible, non-clinical support, Rural Rest will reduce pressure on NHS services. Early intervention through peer-led activities and nature-based engagement can prevent escalation of mental illness, potentially saving thousands in clinical costs per individual annually.

Revitalising Green Space

Transforming an underused section of Cecil Park into a vibrant wellbeing hub will enhance biodiversity, improve public access, and increase footfall. This contributes to environmental stewardship and community pride, turning neglected land into a valued public asset.

Inclusive and Intergenerational Impact

Rural Rest will serve all demographics, from young people and families to older adults and those in recovery. Its person-led approach ensures everyone can engage at their own pace, fostering intergenerational connection, reducing isolation and long-term health outcomes for the whole area.

Final Words

Pending, downloading, phrases we are continually familiar with nowadays. For some it can be frustrating to wait but the whole premise is that it will come, stopping to think and worry that it won't is when we lose faith in ourselves and the journey.

With Rural Rest our communities will become emboldened to know that however long it may take it is possible, however hard it may seem it will get better

Rural Rest will be there for anyone doubtful of their next steps, ready to offer avenues to progress, we will be in the centre of our town a beacon of light showing faith in the abilities of everyone, keeping an eye on their wellbeing, encouraging collaboration with others. Teaching new ways to accept these facts.

Although as people we are entirely different we are all but the same, with the same worries and hurdles to face.

We don't need to face these hurdles alone.

Although sometimes we may need help, the strongest you'll ever be is when you ask for it.

If you ask for it at Rural Rest, you might need wellies, you might need to wear a big jacket but you will be helped, no prejudice, no pressure just understanding and comradeship.

It's time to plant some seeds and grow a forest, full of happier, healthier and ready individuals keen with the tools to kick on in life and help make North Lanarkshire a more ambitious place to live, learn, work, invest and Relax.



Appendix 1.1

Rural Rest Safeguarding Safeguarding Policy

Purpose

The purpose of this policy is to protect people, particularly children, at risk adults and beneficiaries of assistance, from any harm that may be caused due to their coming into contact with Rural Rest. This includes harm arising from:

- The conduct of staff or personnel associated with Rural Rest
- The design and implementation of Rural Rest's programmes and activities

The policy lays out the commitments made by Rural Rest and informs staff and associated personnel of their responsibilities in relation to safeguarding.

This policy does not cover:

- Sexual harassment in the workplace – this is dealt with under Rural Rest's Anti Bullying and Harassment Policy¹
- Safeguarding concerns in the wider community not perpetrated by Rural Rest or associated personnel

What is safeguarding?

In the UK, safeguarding means protecting peoples' health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect³

In our sector, we understand it to mean protecting people, including children and at risk adults, from harm that arises from coming into contact with our staff or programmes.

Further definitions relating to safeguarding are provided in the glossary below.

¹ Some NGOs are now including workplace bullying and harassment in their safeguarding portfolio, as it relates to harm caused by coming into contact with our staff or programmes. However accompanying procedures for dealing with workplace bullying and harassment are likely to be different, due to legal and statutory differences in handling workplace incidents ³ NHS 'What is Safeguarding? Easy Read' 2011

Scope

- All staff contracted by Rural Rest
- Associated personnel whilst engaged with work or visits related to Rural Rest including but not limited to the following: consultants; volunteers; contractors; programme visitors including journalists, celebrities and politicians

Policy Statement

Rural Rest believes that everyone we come into contact with, regardless of age, gender identity, disability, sexual orientation or ethnic origin has the right to be protected from all forms of harm, abuse, neglect and exploitation. Rural Rest will not tolerate abuse and exploitation by staff or associated personnel.

This policy will address the following areas of safeguarding [as appropriate]: child safeguarding, adult safeguarding, and protection from sexual exploitation and abuse. These key areas of safeguarding may have different policies and procedures associated with them (see Associated Policies).

Rural Rest commits to addressing safeguarding throughout its work, through the three pillars of prevention, reporting and response.

Prevention

Rural Rest responsibilities

Rural Rest will:

- Ensure all staff have access to, are familiar with, and know their responsibilities within this policy
- Design and undertake all its programmes and activities in a way that protects people from any risk of harm that may arise from their coming into contact with Rural Rest. This includes the way in which information about individuals in our programmes is gathered and communicated
- Implement stringent safeguarding procedures when recruiting, managing and deploying staff and associated personnel

- Ensure staff receive training on safeguarding at a level commensurate with their role in the organization
- Follow up on reports of safeguarding concerns promptly and according to due process

Staff responsibilities

Child safeguarding

Rural Rest staff and associated personnel must not:

- Engage in sexual activity with anyone under the age of 18
- Sexually abuse or exploit children
- Subject a child to physical, emotional or psychological abuse, or neglect
- Engage in any commercially exploitative activities with children including child labour or trafficking

Adult safeguarding

Rural Rest staff and associated personnel must not:

- Sexually abuse or exploit at risk adults
- Subject an at risk adult to physical, emotional or psychological abuse, or neglect

Protection from sexual exploitation and abuse

Rural Rest staff and associated personnel must not:

- Exchange money, employment, goods or services for sexual activity. This includes any exchange of assistance that is due to beneficiaries of assistance
- Engage in any sexual relationships with beneficiaries of assistance, since they are based on inherently unequal power dynamics

Additionally, Rural Rest staff and associated personnel are obliged to:

- Contribute to creating and maintaining an environment that prevents safeguarding violations and promotes the implementation of the Safeguarding Policy
- Report any concerns or suspicions regarding safeguarding violations by a Rural Rest staff member or associated personnel to the appropriate staff member

Enabling reports

Rural Rest will ensure that safe, appropriate, accessible means of reporting safeguarding concerns are made available to staff and the communities we work with.

Any staff reporting concerns or complaints through formal whistleblowing channels (or if they request it) will be protected by Rural Rest's Disclosure of Malpractice in the Workplace (Whistleblowing) Policy.

Rural Rest will also accept complaints from external sources such as members of the public, partners and official bodies.

How to report a safeguarding concern

Staff members who have a complaint or concern relating to safeguarding should report it immediately to their Safeguarding Focal Point [as appropriate] or line manager. If the staff member does not feel comfortable reporting to their Safeguarding Focal Point or line manager (for example if they feel that the report will not be taken seriously, or if that person is implicated in the concern) they may report to any other appropriate staff member. For example, this could be a senior manager or a member of the HR Team.

Most senior management

Response

Rural Rest will follow up safeguarding reports and concerns according to policy and procedure, and legal and statutory obligations (see Procedures for reporting and response to safeguarding concerns in Associated Policies).

Rural Rest will apply appropriate disciplinary measures to staff found in breach of policy.

Rural Rest will offer support to survivors of harm caused by staff or associated personnel, regardless of whether a formal internal response is carried out (such as an internal investigation). Decisions regarding support will be led by the survivor.

Confidentiality

It is essential that confidentiality is maintained at all stages of the process when dealing with safeguarding concerns. Information relating to the concern and subsequent case

management should be shared on a need to know basis only, and should be kept secure at all times.

Associated policies

Code of Conduct

Anti Bullying and Harassment policy

Disclosure of Malpractice in the Workplace (Whistleblower) policy

Child Safeguarding policy

Adult Safeguarding policy

PSEA (Protection from Sexual Exploitation and Abuse by staff) policy

Complaints Policy

Procedures for reporting and response to safeguarding concerns

Procedures for safeguarding in staff recruitment

Other policies as appropriate

Glossary of Terms

Beneficiary of Assistance

Someone who directly receives goods or services from Rural Rest's programme. Note that misuse of power can also apply to the wider community that Rural Rest serves, and also can include exploitation by giving the perception of being in a position of power.

Child

A person below the age of 18

Harm

Psychological, physical and any other infringement of an individual's rights

Psychological harm

Emotional or psychological abuse, including (but not limited to) humiliating and degrading treatment such as bad name calling, constant criticism, belittling, persistent shaming, solitary confinement and isolation

Protection from Sexual Exploitation and Abuse (PSEA)

The term used by the humanitarian and development community to refer to the prevention of sexual exploitation and abuse of affected populations by staff or associated personnel. The term derives from the United Nations Secretary General's Bulletin on Special Measures for Protection from Sexual Exploitation and Abuse (ST/SGB/2003/13)

Safeguarding

In the UK, safeguarding means protecting peoples' health, wellbeing and human rights, and enabling them to live free from harm, abuse and neglect²

In our sector, we understand it to mean protecting people, including children and at risk adults, from harm that arises from coming into contact with our staff or programmes. One donor definition is as follows:

Safeguarding means taking all reasonable steps to prevent harm, particularly sexual exploitation, abuse and harassment from occurring; to protect people, especially vulnerable adults and children, from that harm; and to respond appropriately when harm does occur.

This definition draws from our values and principles and shapes our culture. It pays specific attention to preventing and responding to harm from any potential, actual or attempted abuse of power, trust, or vulnerability, especially for sexual purposes.

Safeguarding applies consistently and without exception across our programmes, partners and staff. It requires proactively identifying, preventing and guarding against all risks of harm, exploitation and abuse and having mature, accountable and transparent systems for response, reporting and learning when risks materialise. Those systems must be survivor-centred and also protect those accused until proven guilty.

Safeguarding puts beneficiaries and affected persons at the centre of all we do.

² NHS 'What is Safeguarding? Easy Read' 2011

Sexual abuse

The term 'sexual abuse' means the actual or threatened physical intrusion of a sexual nature, whether by force or under unequal or coercive conditions.

Sexual exploitation

The term 'sexual exploitation' means any actual or attempted abuse of a position of vulnerability, differential power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially or politically from the sexual exploitation of another. This definition includes human trafficking and modern slavery.

Survivor

The person who has been abused or exploited. The term 'survivor' is often used in preference to 'victim' as it implies strength, resilience and the capacity to survive, however it is the individual's choice how they wish to identify themselves.

At risk adult

Sometimes also referred to as vulnerable adult. A person who is or may be in need of care by reason of mental or other disability, age or illness; and who is or may be unable to take care of him or herself, or unable to protect him or herself against significant harm or exploitation.