

Last reviewed: 2 September 2026

Brighton Natural Health Foundation (BNHF) is committed to creating a safe, welcoming and respectful environment for everyone who takes part in our activities.

We recognise that some of the people we work with may be particularly vulnerable to harm, abuse or exploitation. This includes people who may be experiencing homelessness or unstable housing, mental or physical health difficulties, disability, trauma, addiction or other circumstances that may affect their ability to protect themselves.

## Our commitment

Safeguarding is everyone's responsibility. BNHF takes concerns about the safety and wellbeing of adults seriously and will respond appropriately to any concerns or disclosures of abuse.

Abuse can take many forms, including:

- Physical abuse
- Sexual abuse
- Emotional or psychological abuse
- Bullying
- Neglect
- Financial or material abuse

We expect everyone working with or on behalf of BNHF to maintain appropriate professional boundaries and to treat people with dignity, respect and compassion.

Where a safeguarding concern is raised, information will be handled sensitively and shared only with those who need to know. However, we cannot promise to keep safeguarding concerns secret where information needs to be shared to protect someone from harm or to prevent a serious crime.

## If you have a concern

If you are worried about your own safety or the safety or wellbeing of someone else, please tell us as soon as possible.

You can speak to one of our Designated Safeguarding Leads:



Peter Kinsey – Chair of Trustees  
07738 034315

Sam Hart – Project Director  
07740 531250  
samhart@bnhf.org

If someone tells you that they have experienced abuse, please listen, take them seriously and reassure them that they have done the right thing by speaking up. Do not investigate the situation yourself. Pass the concern to a Safeguarding Lead as soon as possible.

## If you need urgent help

If someone is in immediate danger, call 999.

For safeguarding concerns involving adults, you can also contact the relevant local authority:

### Brighton & Hove

Adult Social Care – Out of Hours Emergency Duty Service:  
01273 295555

Front Door for Families:  
01273 290400  
FrontDoorforFamilies@brighton-hove.gov.uk

### East Sussex

Adult Social Care – Out of Hours:  
0345 608 0191

Single Point of Advice (SPoA):  
01323 464222

### West Sussex

Adult Social Care – Out of Hours:  
01243 642121

Integrated Front Door (IFD):  
01403 229900

## Our wider responsibilities



BNHF has safeguarding procedures in place for staff, volunteers, teachers and partner organisations. Relevant staff receive safeguarding training, and appropriate checks are carried out for roles involving vulnerable adults.

We regularly review our safeguarding arrangements to help ensure that everyone who comes into contact with BNHF can participate in a safe and supportive environment.

Our full Safeguarding Policy is available on request or from BNHF.

If you have any questions about safeguarding at BNHF, please contact one of our Safeguarding Leads.