



Keeping You Safe

(Easy Read Safeguarding Policy)

1. About Sounds that Grow

  **Sounds that Grow Music Therapy** is the name used by **Margaret Nicholson (Moggs)**.

She is a **Music Therapist** who is registered with the **HCPC** (Health and Care Professions Council).

She offers:

- One-to-one music therapy sessions 
- Group music therapy sessions 
- Music therapy workshops 

Sessions take place **at your service or organisation** (for example, school, care home, or day centre).

Sounds that Grow works with:

- Children
 - Young people
 - Adults with **learning disabilities** or **learning difficulties**
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2. Why We Have This Policy

 This policy explains:

- How Sounds that Grow helps to **keep you safe**
- What happens if there is a **safeguarding concern**

Sounds that Grow follows important laws and professional rules to make sure everyone is protected.

3. Understanding Learning Disabilities and Learning Difficulties

Learning Disabilities

People with a learning disability:

- May find it harder to learn new things
- May take longer to understand information
- Might need help with everyday tasks (like managing money or socialising)

Learning disabilities can be:

- Mild
- Moderate
- Severe



All people with learning disabilities can be more at risk of abuse or harm.

Learning Difficulties

Learning difficulties (like dyslexia) affect **some skills** — for example reading, writing, or using numbers.

They **do not affect intelligence**, but they can still make someone **more vulnerable** to abuse.

4. What Abuse Can Look Like

People with learning disabilities or difficulties can be hurt or taken advantage of in many ways.

Here are some examples:

Abuse of Adults

- Physical abuse (being hit or hurt)
- Domestic violence
- Sexual abuse
- Emotional or psychological abuse
- Financial abuse (money being stolen or controlled)
- Modern slavery
- Discrimination
- Organisational abuse (in care settings)



- Neglect (not getting proper care)
- Self-neglect (not looking after yourself)

Abuse of Children

Children can be at risk of:

- Bullying or online bullying
- Child sexual or criminal exploitation
- Neglect or emotional abuse
- Physical or sexual abuse
- Grooming or trafficking
- Domestic abuse
- Female genital mutilation (FGM)
- Being hurt or harmed in other ways

If someone has trouble communicating, this might make them **more at risk** of abuse.

5. Before Sessions Start

Sounds that Grow promises to keep everyone safe:



Margaret Nicholson is **registered** with HCPC.

You can check this here: www.hcpc-uk.org/check-the-register



✓ Margaret has:

- Level 3 Safeguarding training for adults and children
- A clear **DBS check** (criminal record check)

✓ Before sessions start:

- A **risk assessment** form will be filled in with parents, carers, or staff.
- Sounds that Grow will explain that **sessions are private**, but if someone is **not safe**, important information must be shared to keep them safe.

6. During Sessions

Sounds that Grow will:

- Always check the room is **safe** before each session 🏠
- Stay with you during the session 🧑
- Make sure no one behaves in a harmful or inappropriate way
- Use **safe and suitable materials** only
- Keep notes **private and secure**, following data protection laws
- Look out for **any signs of abuse or harm**

If Sounds that Grow needs to leave the room for a moment, another trusted adult will stay with you (if you are a child or usually have a carer).

7. What Happens If There Is a Safeguarding Concern

Sometimes Sounds that Grow might see or hear something that makes them worried about your safety.

If this happens, they will:

1. Make sure you are safe right away
2. Tell the **right people** who can help (like a safeguarding lead or social worker)
3. **Write a report** about what happened and what actions were taken

If the danger is serious or happening now 🚨

Sounds that Grow will call **999** for help.

If you are in a school, care home, or organisation

- The **Designated Safeguarding Lead (DSL)** will be told within 1 hour
- Parents or carers will be told as soon as possible

If you are at home

- Sounds that Grow will keep you safe and may call for help
- They will tell parents or carers what's happening
- They will report the concern to the local authority:



- **For children:** Multi-Agency Safeguarding Hub (MASH)
- **For adults:** Safeguarding Adults Board (SAB)

If the concern is about a person who works with children, Sounds that Grow will also contact the **Local Authority Designated Officer (LADO)**.

8. Parents, Carers and Staff Responsibilities

Parents, carers or staff must:

- Fill out the **risk assessment** honestly before sessions begin
- Tell Sounds that Grow about any **previous safeguarding concerns** (like self-harm or past incidents)
- Sign a **consent form** to show they:
 - Have read this policy
 - Agree that Sounds that Grow can talk to other professionals involved in care
 - Say whether they agree to any audio or video recordings

Signed by: Margaret Nicholson

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