

# Beeston u3a Vulnerable Adults Policy

March 2023



Everybody has different levels of vulnerability and each of us may be regarded as vulnerable at some time. All members who may be vulnerable have a right to protection from all types of harm or abuse. In all our activities we will:

- Value, listen and respect members who may be vulnerable
- Ensure that all members feel welcomed, respected and safe from abuse
- Recognise equality amongst people and relationships
- Do all we reasonably can to help members who may be vulnerable, to be and remain active contributors within U3A. If they are, or become unable to participate independently, we encourage them to bring a companion or carer with them, in order that they can continue to enjoy the benefits of U3A membership.
- Ensure all members are aware of their responsibilities to protect and support vulnerable adults where reasonably possible.

If a group facilitator is unsure about being able to support a vulnerable member of their group, advice should be sought from Beeston u3a's Welfare Officer or Chair.

What is meant by the term “vulnerable adult”? The Oxford English Dictionary defines “vulnerable” as “Exposed to the possibility of being attacked or harmed, either physically or emotionally”. There is no single definition of a “vulnerable” person. However, the following are examples that have been suggested by various organisations with expertise on and responsibility for supporting needs in this area:

- Long or short term health issues or disabilities- physical or mental (including, for example, dementia and Autism Spectrum Disorders)
- Poverty
- Homelessness
- Digital exclusion
- Loneliness and social isolation
- Needing help to live daily lives
- At risk from extreme weather