



Safeguarding Policy

The Project

Eight groups of people from across the East Midlands and beyond will take part in a 12-week programme of dance during summer 2025, exploring tap and body percussion. Each group will get the opportunity to perform in their local area, and will feature in a dance film to be premiered in Nottingham in September 2025.

Tappin' In 2025 brings together partners from the arts, community, health and wellbeing sectors alongside a creative team, to create a bespoke Tappin' In experience made by and for our East Midlands communities.

Policy Statement

Our core principles make it clear that we treat everyone with respect, we will not tolerate sexual misconduct, violence or abuse and we will take all reasonable steps to keep our tappin'in community safe. It is also a principle that "we" means all of us, performers, support staff, and the wider tappin'in community.

We recognise that we have a fundamental responsibility to provide an environment in which individuals of all ages, whether performers, staff, or volunteers, may participate, share, and develop in a safe environment. This responsibility includes an ethical and moral duty to safeguard children and adults at risk at any time when they are engaging with our activities, whether on site or within satellite projects. This core value is at the heart of our interaction with the community and acknowledges that in all our interactions with children and adults at risk, their welfare is of paramount importance.

This policy goes beyond basic legal obligations and seeks to reflect general safeguarding guidance and good practice relating to performing in the community sector.

1. The Purpose of this policy

The purpose of this Safeguarding Policy and its associated guidance documents is to set out our responsibilities, processes, and procedures and outline how we will:

- Provide a safe and supportive environment for performers, staff, and volunteers during tappin'in led activities.
- Provide a safe and supportive environment for children and adults at risk who engage with us during our work and associated activities.



- Ensure that staff, facilitating or supporting programmes and activities working with children and adults at risk have defined responsibilities.
- Ensure that staff engaging with children and adults at risk understand their role and responsibilities.
- Ensure that there is a clear reporting and escalation route should staff become aware of a safeguarding concern.

2. Scope

This Policy applies to staff, performers, participants and volunteers engaging in tappin'in activity and covers our interaction with children and adults at risk.

The policy provides guidance on our procedures but acknowledges that it may be appropriate in certain circumstances to report safeguarding concerns about children or adults at risk to a range of external agencies.

3. Definitions

Child and Young People: References to “child” or “children” or “young people” in this policy means anyone under the age of 18 years.

Adult at Risk: tappin'in bases its definition of an “Adult at Risk” on that used within the Data Protection Act 2018 and defines an adult at risk as someone over 18 years of age who (i) has needs for care and support; and (ii) is experiencing, or is at risk of, neglect, or physical, mental or emotional harm; and (iii) as a result of those needs is unable to protect themselves against neglect or harm, or the risk of it.

Safeguarding Children: In defining our approach towards children, tappin'in draws on the definition used by the DfE in Keeping Children Safe in Education 2021 (KCSE).

Safeguarding Adults at Risk: While tappin'in is not subject to the provisions of the Care Act 2014, the project draws broadly on this act to inform its policy on safeguarding adults at risk. We will play our part to:

- Ensure that the rights of adults at risk are protected to enable them to live in safety, free from abuse and neglect.
- Ensure that the wellbeing of the adult at risk is promoted and that in deciding on any action to be taken we will consider their views, wishes, feelings and beliefs, for example when considering whether to refer concerns to statutory bodies or when seeking support from charitable organisations.

However, we recognise that adults at risk sometimes have complex interpersonal relationships and may be ambivalent, unclear, or unrealistic about their personal circumstances and may not fully appreciate potential risks to their safety or well-being and therefore it may not always be possible to fully defer to their wishes when seeking the best way forward.



Members of tappin'in: Reference to a “member of tappin'in” includes performers, staff, participants, and volunteers of the project.

Performers: References to “performers” includes all those participating in weekly workshops and the world premiere of Tappin' In', in September 2025.

Staff: References to 'staff' includes all paid staff whether working on a permanent or temporary arrangement.

Volunteer: “Volunteers” are generally members of the community asked to support tappin'in-led activities for which they are not paid.

“Work with children or Adults at Risk”: Within this policy “Work with children or adults at risk” includes all engagement with children and adults at risk in a professional capacity in connection with tappin'in.

4. Safeguarding children and adults at risk

We have a responsibility to provide a safe environment in which children and adults at risk can live, learn, and develop. We understand that safeguarding and promoting the welfare of children and adults at risk is everyone's responsibility and we all have a role to play in protecting them in so far as we are reasonably able to do so within the context of a project of this size.

Responsibilities of tappin'in

Tappin'in has specific responsibility to promote good safeguarding practice, ensuring that the project has a fit for purpose Safeguarding Policy, with related procedures reviewed and held to Best Practice Guidance.

The tappin'in team will:

- Ensure that this Safeguarding Policy and accompanying procedures, advice and guidance are fit for purpose and sufficient to ensure that tappin'in meets its statutory obligations and complies generally with good practice and where reasonably possible, with safeguarding guidance issued by relevant statutory bodies concerned with such matters.
- Ensure that staff are aware of their duties under this Safeguarding Policy and receive any assistance that they may require by arrangement of appropriate training and guidance on developing safeguarding-related policies and procedures.
- Ensure that routes to report or escalating safeguarding concerns are clearly “signposted”, accessible, and appropriately monitored.
- Ensure that reported safeguarding concerns are reviewed, specialist guidance sought, and appropriate action taken to escalate internally and / or to the relevant external agency within statutory time frames.



Responsibilities of individual members of the tappin'in community

We all have a duty to ensure that we treat everyone with respect. We should therefore report any concerns that we may have that children or adults at risk are being abused or mistreated.

Individual members of the tappin'in community must:

- Ensure that children and adults at risk are treated with respect and supported whenever they engage in tappin'in led activity.
- Ensure that they are aware of their responsibilities to safeguard children and adults at risk whether they are acting as a paid member of tappin'in or supporting project-led activity in an unpaid capacity as a volunteer.
- Ensure that they are aware how to report a safeguarding concern for activities involving children or adults at risk.

5. Guidance

This policy provides the overall framework and statement of principles regarding the tappin'in approach to safeguarding children and adults at risk. However, further support and specific advice relating to the implementation and duties under this policy can be provided by the tappin'in team; info@tappinin.com

last updated: March 2025



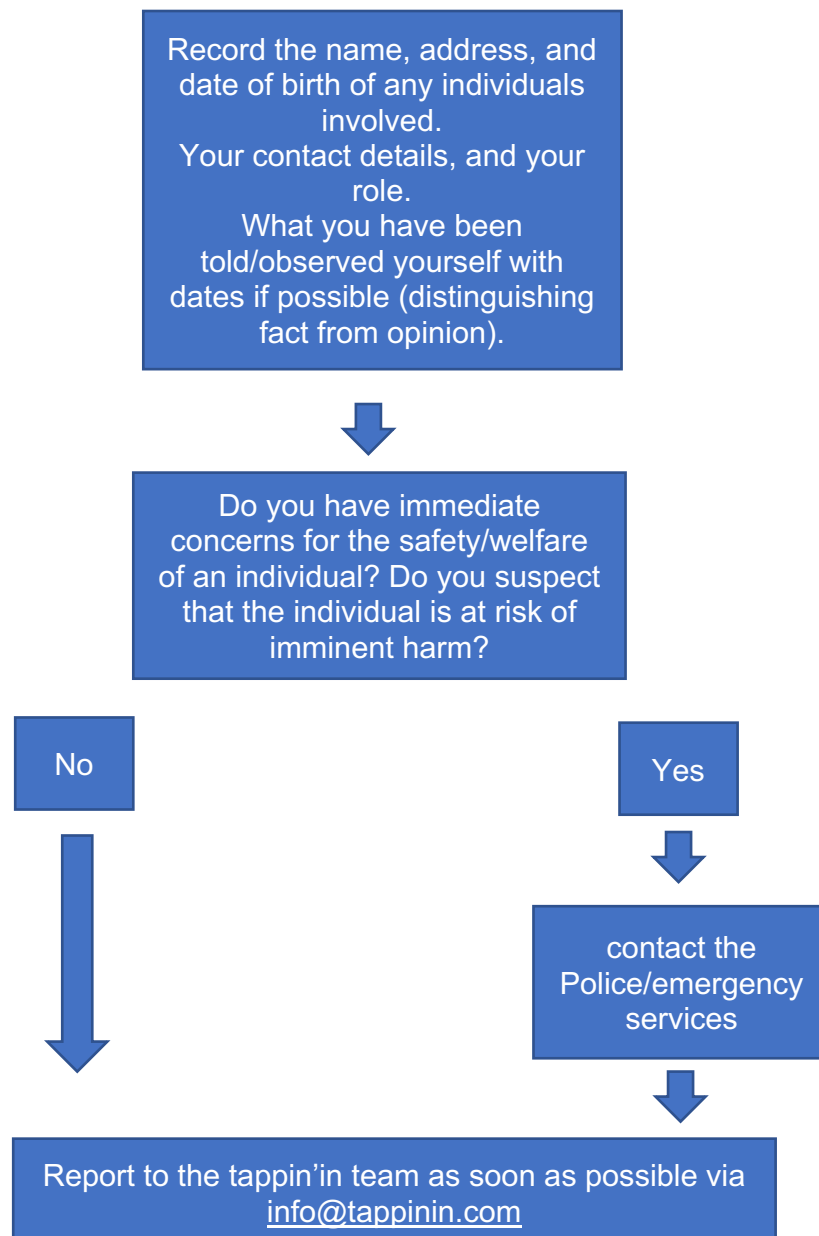
Safeguarding Reporting Process

In most eventualities, safeguarding risk assessments will help to mitigate the risk of a safeguarding incident occurring and will provide useful guidance on steps to take should incidents arise.

All safeguarding incidents and concerns should be reported to info@tappinin.com

If any individual child or adult is perceived to be at risk of immediate harm, then the relevant emergency service should be contacted.

Safeguarding report flowchart





What to do if you are approached with a safeguarding disclosure

The following guidance should be followed if a child or vulnerable adult approaches you to disclose a safeguarding concern:

- Be welcoming, it will have taken a lot of courage for whoever is making the disclosure to approach you and they may not have the courage to do so again
- Find a quiet place where you will not be interrupted – leave the door open
- Stay calm and listen carefully
- Make notes using their own words
- Reassure them that they were right to share this information with you – let them know that you will need to share the information with other people within the project who will be able to help
- It is not your role to investigate or to provide counselling support
- Contact the tappin'in team at info@tappinin.com .

What to do in the event of an emergency safeguarding situation

Take any reasonable steps to minimise the risk of any ongoing harm, or to ensure the safety of any individual at risk

- Do not take actions that would put your own safety at risk
- If there is an immediate risk of harm/ongoing harm, contact the police
- Once the incident is under control, ensure it is reported

What to do in the event of a non-emergency safeguarding situation

- Record details of the incident, including names of those involved, times and dates. Notify the tappin'in team at the earliest opportunity via info@tappinin.com .

What information should be included in safeguard reporting?

Where possible, the following information should be included in a safeguarding report:

- The name, address, and date of birth of any individuals involved
- Your contact details, and your role
- What you have been told/observed yourself with dates if possible (distinguishing fact from opinion)
- Any actions taken so far
- Who has been told, why and when?

Should you have a safeguarding concern or have received a disclosure in relation to an adult at risk and are not certain from the relevant policy above about what you should do, immediately contact info@tappinin.com .



Legal Framework and Government Guidance:

- The Health and Safety at Work Act 1974
- The Rehabilitation of Offenders Act 1974
- Sexual Offences (Amendment) Act 2000
- The Education Act (2002) Section 175
- The Sexual Offences Act 2003
- The Children Acts of 1989 and 2004
- The Safeguarding Vulnerable Groups Act 2006 as amended by the Protection of Freedoms Act 2012
- Equality Act 2010
- The Care Act 2014
- DBS Code of Practice November 2015
- Counterterrorism and Security Act 2015
- Keeping Children Safe in Education 2021
- Working together to safeguard children 2023

Other useful information

[Health and Safety Executive](#)

[Children and Young People in the Workplace](#)

[Child Exploitation and Online Protection \(CEOP\)](#)

[NSPCC](#)

[Disclosure and Barring Service](#)



Safeguarding Risk Assessment for tappin'in activity

Activity or Procedure to be assessed: 12-week programme of dance – workshops, performance and film premiere

Role: tbc

Assessor: tbc

Date of Assessment: 2.3.2025

Severity	A	1=Low 2=Medium 3=High
Probability	B	1=Low 2=Medium 3=High
Overall Risk	C = A x B	

RISK	PEOPLE AT RISK	ASSESSMENT	ACTION TO BE TAKEN
Access – performance spaces not designed for children and adults at risk	Performers and staff	Severity of risk: 2 Probability Hazard will occur: 1 Overall risk: 2	Participants to arrive in costume Allocated spacing for individual groups within each location Segregation from the public in place at all times during activities No sharing of facilities or allocated areas. All physical risks removed in advance where practicable. Toolbox talks prior to activity.
	Disabled Persons - impaired mobility impaired visibility	Assess case by case	PEEP's
First Aid Accidents: Trips, slips, falls, contact with sharp objects, faints, collapse	Performers, staff, and participants	Severity of risk: 2 Probability Hazard will occur: 1 Overall risk: 2	Good housekeeping maintained at all times Regular checks of all spaces by the production team. Toolbox talks on arrival and pre-activity. First aid provision in place across all spaces. Group leaders to be present at all times during tappin'in activity Breaks and refreshments to be made available. Procedures in place to respond to and report upon incidents. A strict no alcohol or drugs policy.



	Disabled Persons - impaired mobility - impaired visibility	Assess case by case	Only recognized and authorised tappin'in first aiders and carer's provide first aid and/or personal care.
Participation in the event could facilitate the formation of inappropriate contact between adults and children or adults at Risk	Performers, staff, and members of the public	Severity of risk: 2 Probability Hazard will occur: 1 Overall risk: 2	Performers and the public to remain separated. No lone working or isolated practice to be allowed. Only tappin'in authorised persons to have access to venues and performance spaces. Only tappin'in agreed leaders to take charge of each participatory group DBS checks in place where deemed appropriate. Individual safeguarding policies to be incorporated in to all tappin'in activities.
	Disabled Persons - impaired mobility - impaired visibility	Assess case by case	
A safeguarding concern is reported during the 12- week programme	Participants, staff, and members of the public.	Severity of risk: 2 Probability Hazard will occur: 1 Overall risk: 2	All participants, staff, and volunteers are briefed, aware, and have access to the procedures for raising and reporting a concern. The tappin'in safeguarding leaflet is circulated to all leaders and displayed prominently at venues (boh). The DSO (or deputy) is contactable and responsive to any concerns raised at all times. Safeguarding briefings given to group leaders.
Child or adults at risk separated from group/responsible adult	Participants	Severity of risk: 2 Probability Hazard will occur: 1 Overall risk: 2	Participants allocated designated areas. No-tolerance approach to unauthorized access. Designated meeting points identified, marked, and shared. Contact details for participants held with group leaders. Lost child/vulnerable adult policy identified in general risk assessment.



Safeguarding information for staff

Everyone is expected to demonstrate exemplary behaviour when working on behalf of tappin'in. Staff and participants need to work together to achieve this. We are participating in a project where legally, there are adults (over 18s) and children (under 18s) working together. Therefore, we need to create an environment where everyone feels safe and is protected by law. This document sits alongside the main tappin'in health and safety policy, procedures, participant guidelines, and the risk assessment for the project. Staff should discuss and/or take advice promptly from the Designated Safeguarding Officer if they have acted in a way which may give rise to concern.

Stephanie Ridings	Artistic Director	steph@stephanieridings.com	07879652544
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Safeguarding Adults

Statement of government policy on adult safeguarding: DH 10th May 2013.

This sets out the six key principles of adult safeguarding:

- Empowerment (presumption of person-led decisions and informed consent)
- Prevention
- Proportionality
- Protection
- Partnership
- Accountability

The Care Act 2014 <http://www.scie.org.uk/care-act-2014/safeguarding-adults/>

The Care Act 2014 sets out a clear legal framework for how we should protect adults at risk of abuse or neglect. Tappin'in has safeguarding duties. We must:

- lead systems that seek to prevent abuse and neglect and stop it quickly when it happens
- make enquiries, or request others to make them, when they think an adult with care and support needs may be at risk of abuse or neglect and they need to find out what action may be needed
- Any relevant person or organisation must provide information to tappin'in as requested.

Safeguarding Vulnerable Groups Act 2006

The Safeguarding Vulnerable Groups Act 2006 was passed to help avoid harm, or risk of harm, by preventing people who are deemed unsuitable to work with children and vulnerable adults from gaining access to them through their work.

Organisations with responsibility for providing services to vulnerable groups have a legal obligation to refer relevant information to the Disclosure and Barring Service.



Safeguarding Children

Children Act 1989

Section 17(1): it is the duty of everybody to safeguard and promote the welfare of children who are in need

Section 47 (1): where a party is informed or has reasonable cause to suspect a child who is suffering or likely to suffer significant harm, they must make enquiries as they consider necessary to decide if they should take action to safeguard and promote the child's welfare.

Children Act 2004

Section 10: sets out our duty to make arrangements to promote co-operation in safeguarding children.

The designated safeguarding officer (DSO) should be advised of any safeguarding concerns and is available to provide advice and support to organisations.

Section 11 (4): sets out an organisation's responsibilities to safeguard and promote children's welfare.

These include:

- The need to work effectively with tappin'in.
- To ensure that staff and volunteers are aware of their responsibilities for safeguarding and promoting the welfare of children.
- To ensure staff and volunteers know how they should respond to child protection concerns and make a referral to the local authority or the police.
- Having a senior level tappin'in representative lead the project's safeguarding responsibilities.
- Establishing a culture of listening to children and young people that takes their feelings and wishes into consideration.
- Making arrangements which clearly set out the processes for sharing information with other professionals.

Staff code of conduct:

1. Staff are responsible for their own actions and behaviour and should avoid any conduct which would lead any reasonable person to question their motivation and/or intentions.
2. All staff have a responsibility to safeguard the welfare and best interests of children, young people, and adults at risk, and always remain professional.
3. Members of staff should refer to children, young people, and adults at risk by name. To avoid accidental upset, use the names and pronouns that people introduce themselves to us with. If uncertain, check with the individual.
4. Staff should apply the same professional standards regardless of culture, disability, gender, language, racial origin, religious belief, and sexual orientation.



5. Staff should not consume or be under the influence of alcohol or any substance, including prescribed medication, which may affect their ability to work with children, young people, or adults at risk.
6. Staff are in a position of trust and should never engage in any sexual relationships with participants even those over the age of consent.
7. Staff should not engage in conversations with children, young people, and adults at risk about sexual matters. Senior staff should be consulted if there is any possibility of misinterpretation by children/young people/adults at risk or parents/carers.
8. Physical contact should be minimal, time limited, age appropriate and able to be justified. Staff must avoid rough, physical, or sexually provocative dance/drama games, warm-ups, or other activities.
9. Physical intervention must only be used if it is necessary to keep a child, young person, adults at risk or member of staff safe, prevent serious damage to property or disruption of business; must always be reasonable and proportionate in the circumstances and in order to achieve the objective; and only used when all non-physical strategies to manage the situation have been exhausted or will not be successful in time to prevent harm or serious damage/disruption. All incidents of physical intervention must be recorded clearly and reported.
10. Intimate care and first aid should only be administered according to relevant procedures and by qualified personnel.
11. Staff should not offer transport to children, young people, or adults at risk outside agreed arrangements. Staff must never offer transport to a child, young person, or adult at risk on their own except when doing so is the only way to prevent harm. Any impromptu or emergency arrangements should be recorded and should be able to be justified.
12. Staff should guard against young people or adults at risk developing an infatuation with them and report any such concerns to the Designated Safeguarding Officer.
13. Staff should not accept gifts other than small tokens of appreciation from children, young people, adults at risk or parents/carers.
14. Staff should not give gifts to children, young people, or adults at risk other than as part of an agreed reward system.
15. Appropriate social contact between staff, children, young people, adults at risk, and their families (e.g., when a staff member and parent are part of the same social circle or extended family) should be easily recognised, openly acknowledged, and declared in writing to the Designated Safeguarding Officer.
16. Photographs and video films of children/young people/adults at risk must only be taken with parental/guardian consent, for tappin'in purposes and using tappin'in designated equipment. They will remain the property of the tappin'in project and must only be stored on tappin'in owned equipment.
17. Staff should be mindful of situations in which a child/young person/adult at risk or parent/carer comes to depend on them for support outside their role and discuss this promptly with the Designated Safeguarding Officer.
18. Staff should acknowledge that deliberately invented/malicious allegations are extremely rare. Staff are expected to report all concerns about possible abuse by colleagues and/or poor practice. This will then be passed on to the Designated Officer



in the Local Authority (LADO), who is responsible for the co-ordination of responses to allegations against people who work with children and adults at risk.

Social Media and Photography Guidelines:

1. Staff must not use social media in a way that could bring tappin'in into disrepute.
2. Staff must not mention any children or adults at risk directly or indirectly on social media without prior consent.
3. Staff must not use personal social media accounts to share information with or to contact young people or adults at risk.
4. If a child, young person, or adults at risk contacts staff via personal email or social media accounts it must be reported to tappin'in.
 - If you receive an email to your personal email address, do not reply and forward the email on to the tappin'in lead.
 - If a request is made through accounts with permissions, please decline them. If you have an open public account on platforms and are followed, please do not follow back.
 - We will keep a record of any activity you make us aware of as part of our digital safeguarding.
5. Staff members must only use tappin'in approved equipment to take pictures of young people and adults at risk.

In addition, when hosting sessions on zoom we ask that you:

- Make sure the people you are living with know you are on a live video call. Don't include them in the call.
- Ensure your background is appropriate and cannot identify your location.
- Wear appropriate clothing, even on parts of you that you think won't be seen.
- Do not divulge any personal information in the chat or on video.
- When researching or sharing online content – check age guidance and any warnings listed regarding that content and give a trigger warning.
- At all times keep an active eye on the cohort and raise any concerns you may have if you feel that someone is acting in a way that makes you feel concerned or seems out of character.

Digital and online safeguarding

There are set and clear guidelines for working on digital platforms which includes a code of conduct for staff and participants and restrictions to digital platforms to ensure digital safety.

Any young person or adults at risk who breaks the rules will be removed from the platform by the tappin'in team. Staff will follow up and explain the reasons behind this. E-safety procedures will be discussed, agreed, and implemented.

To keep the young people and adults at risk we work with safer online we will:



- Ensure we are available and approachable for them to speak to us about any worries regarding online activity.
- Ensure signposting for access support when needed such as Childline, Samaritans, The Mix and Young Minds is included in participant guidelines.
- Ensure clear expectations are set in advance for all online workshops, with a set code of conduct.
- Ensure a reminder about Zoom/Teams housekeeping, code of conduct and expectations are covered at the start of each session.
- Safeguarding information is presented throughout any communication and briefing for online activities.
- Only tappin'in agreed digital channels are used for online activities.
- Sharing screens, one-to-one chat, profile pictures and virtual backgrounds functions are all disabled on Zoom.
- No passwords or links are shared publicly for online sessions.
- Waiting room and passwords are enabled, and lists monitored against sign-ups and registers.
- Create an open, honest, and supportive environment for sharing concerns and peer-to-peer support.
- Stay engaged with current trends in terms of apps, websites, and language, recognising how important the online world is.

Raising a concern from an online engagement

- We recognise that at times, participants might disclose information to staff members via texts, calls or digitally. In this instance we follow the same procedure as if in person, making a clear record of the concern and what happened, and then contact the tappin'in lead immediately. Do not delay.
- Check with the young person or adults at risk and follow up on the concern as you would in person asking questions to gain more information.
 - Do not attempt to solve the problem and do not ask leading questions.
 - Check where they are and if they have someone with them that can support them.
 - Explain at an early opportunity that you will need to share this information with others.
 - If this is via text or another online platform, screen grab the exchange and add the images to your report. If via email forward the exchange along with your report.
 - You will need to provide their contact details, and any emergency contact information we hold for them as part of your report.
- If the tappin'in lead feels the young person or adult is at immediate risk, they will contact the person's parent/guardian/career/support (if it is safe and appropriate to do so regarding the disclosure), or – if applicable – the social worker/key worker/specialist partner associated with that person. If there is no response, they will call the police by calling 999 and giving as much information as possible.



Digital platforms

For online activities we use Zoom as our preferred digital platform. When using Zoom we will ensure the following:

- A minimum of two responsible adults will be present at each session. Meeting links will only be shared with the staff, participants and agencies invited to be part of the session.
- A separate zoom link will be created for each meeting to prevent any sharing of links between people visiting sessions such as guest speakers.
- A briefing to remind housekeeping, code of conduct and use of Zoom, as per the participant guidelines.
- When using breakout spaces on Zoom there should be one facilitator in each breakout space. There should never be more breakout spaces than there are facilitators.

Ensure the following functions are in place for each Zoom session:

You will need to log into Zoom online, not using the desktop app, to do the following. Not all these options are available in the desktop version.

Main Zoom account settings

- Sharing screens – host only
- Chat is only between host and participants, or everyone. No private chat between participants.
- Turn off profile pictures
- Turn off virtual backgrounds

Individual meeting settings

- Password created for entering each session.
- Waiting room function enabled.
- Participants cannot access the session without the host being present.
- Participants will be muted on joining the session.

Mentoring

1. Where one-to-one mentoring is delivered as part of the tappin'in programme, the young people are all over 18 years old.
2. All mentors will have an agreement set-up between the mentor and mentee regarding their roles, the aims of the sessions and the frequency by which they will meet.
3. For online mentoring sessions it will be agreed between the mentor and mentee in which format these sessions will take place, e.g., over the phone or on a video call (e.g., Zoom).



4. The mentor will record notes from the meeting, and these will be shared with the mentee by email after each session. The mentee will create an action plan after each meeting

Participation guidelines and support

Everyone is expected to demonstrate exemplary behaviour when working on behalf of tappin'in. Staff and participants need to work together to achieve this. You are participating in a project where legally, there are adults (over 18s) and children (under 18s) working together. Therefore, we need to create an environment where everyone feels safe and is protected by law.

Code of conduct reminder

1. We are all responsible for our own actions and behaviour.
2. When we talk to each other we should use a positive, respectful, and encouraging tone. If we are finding it hard to do this, we will ask for help in resolving our issues. As far as is possible we will not shout to each other, talk over each other, or speak disrespectfully.
3. To avoid accidental upset we will use the names and pronouns that people introduce themselves to us with. If uncertain, check with the individual.
4. We will treat everyone the same regardless of culture, disability, gender, language, racial origin, religious belief, and sexual orientation.
5. Whilst participating in tappin'in events we will not be under the influence of drugs or alcohol.
6. We will not discuss sexual matters or relationships in the group, and we will avoid seeking relationships with other group members.
7. We will not offer lifts to other members of the group without alerting staff to our offer and them seeking approval.
8. We will not give gifts to members of the group or staff although we might sometimes share treats with everyone.
9. We will only communicate with those involved in the project through their work contact channels.
10. Staff should not receive any communication from via personal social media channels.
11. We will not take screen grabs or take pictures without consent or share photographs/films from the sessions without permission from tappin'in.
12. We will report any concerns about other people in the group or staff working with us to the group leaders. Any concerns will be passed on to the Artistic Director, Stephanie Ridings, info@tappinin.com.

In addition, when working on zoom we ask that you:

- Make sure the people you are living with know you are on a live video call. Don't include them in the call.



- Ensure your background is appropriate and cannot identify your location.
- Wear appropriate clothing, even on parts of you that you think won't be seen.
- Refer to a group facilitator directly if you feel worried about anything.
- Do not record or take photos of anything without the others consent.
- Do not divulge any personal information in the chat or on video, e.g., where you live, etc.
- Video is optional.
- Mute yourself unless you are required to speak or are asked to unmute.
- Arrive on time for the sessions beginning.

Reporting concerns

If you have any concerns about behaviour from other people in the group or staff working on the project, please speak up. This might be bullying, harassment, bad behaviour or something that has made you feel uncomfortable or upset you.

- In the first instance speak to Stephanie Ridings who is the Artistic Director for tappin'in.

Staff contact details

Stephanie Ridings	Artistic Director	steph@stephanieridings.com	07879652544
Lou Lomas	Creative Producer	Louise.lomas@gamil.com	07879257818

Signposting for support

If you are struggling with your mental health, wellbeing, or if you feel unsafe for any reason, please ask for help. There are people and organisations that are trained to listen and support you.

Here are some resources that can support you should you need them:

[The Mix](#): Essential support for under 25's.

[Childline](#): Free and confidential help for young people in the UK. Online, on the phone, anytime.

[Young Minds](#): Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.

[Samaritans](#): Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.