

RA039 — Here for Now 1:1 wellbeing session

Naylor's Ark Soul Sanctuary · Risk assessment (Management of Health and Safety at Work Regulations 1999)

Activity: One-to-one **Here for Now** wellbeing session — quiet, unhurried time with the animals for someone referred by themselves or a professional

Assessment date: 16/08/2026

Arrangement: day and rough time requested by the person at referral, agreed by an admin; one person plus one supporter; no set weekly slot; free of charge

Assessor: Liberty Naylor

Sanctuary CPH 46/327/7111 · Vet: 608 Equine & Farm Veterinary Surgeons · Not a counselling or crisis service

Review: annually and before each new referral

Hazard	Who may be harmed	Control measures in place	Residual risk
Person attending is in emotional distress or discloses risk of self-harm or suicide	Referred person, volunteer host	Referral reviewed and approved by the sanctuary lead before a date is agreed; sessions are supportive time with animals, not therapy or counselling, and this is stated at referral and on arrival; host trained in the disclosure script — listen, do not probe, signpost; any risk-to-life disclosure escalated same day to the sanctuary lead and to 999 / 111 option 2 / Samaritans 116 123; session ended gently and safely with the person not left alone.	Medium
Safeguarding — adult at risk or under-18 attending 1:1	Referred person	Under-18s attend only with a parent, carer or named professional present for the whole session; adults at risk may bring a supporter; designated safeguarding lead named on every referral record; concerns reported to Peterborough City Council adult or children's safeguarding within 24 hours; no volunteer meets a referred person off site or shares personal contact details.	Medium
Lone working — one volunteer hosting one visitor	Volunteer host	Two adults on site whenever a Here for Now session runs, or the host uses the app's lone-worker alert with the manager on call; start and finish times logged; RA032 lone working controls apply; mobile carried at all times.	Medium
Confidentiality and data handling	Referred person	Referral details held in the sanctuary's access-controlled system, visible to admins only; notes limited to what is needed to run the session safely; written answers may be shared for fundraising only with all identifying details removed; retained no longer than needed under UK GDPR.	Low
Animal contact — bites, knocks, treads, startling	Referred person, supporter, host	Only animals cleared for public contact, listed on the roster; host stays with the person throughout; approach from the side, no head handling where the roster says so; no entry to paddocks with unsettled animals; RA015 general visit controls apply.	Medium
Zoonoses and infection	All present	Hand-washing before and after animal contact and before any food or drink; no eating in animal areas; supervised wash station with soap and hot water; RA031 biosecurity and zoonoses controls apply; anyone unwell asked to rebook.	Medium
Slips, trips and uneven or wet ground	All present	Route swept and checked before arrival; suitable footwear stated at booking; wet or muddy sections coned or avoided; walkways kept clear of hoses and buckets; seated option available at all times.	Low
Existing medical needs, medication or mobility limits	Referred person	Medical needs and mobility captured at referral and reviewed before the date is agreed; seated, shorter or indoor-adjacent sessions offered; the person keeps their own medication with them; MNA-01 medical needs assessment applies.	Low
Allergies — animal dander, hay, dust, stings	Referred person, supporter	Allergies declared at referral; sessions can be held outdoors and at distance; no hay handling for those affected; person advised to bring their own antihistamine or adrenaline auto-injector; first aider aware.	Low

Hazard	Who may be harmed	Control measures in place	Residual risk
Weather — heat, cold, wind or heavy rain	All present	Session postponed or rescheduled free of charge in adverse weather; shade, water and shelter available; RA037 adverse weather controls apply.	Low
Person arrives under the influence of alcohol or drugs, or behaves unpredictably	All present, animals	Session does not proceed; person supported to leave safely and offered a rebook; sanctuary lead informed and the decision recorded; no animal contact at any point.	Low
Volunteer host emotional impact after a difficult session	Volunteer host	Debrief with the sanctuary lead offered after every session; hosts are never asked to hold a session they do not feel able to run; no host takes more than two Here for Now sessions a week; access to external support signposted.	Low
Medical emergency or animal-related injury	All present	First aider on site with a stocked kit; emergency contact taken at referral; incident reporting form completed the same day; vet 608 Equine & Farm Veterinary Surgeons for animal injury; 999 for serious human injury.	Low

Emergency arrangements and related documents

- Assembly point: main yard gate. Fire evacuation procedure and site map displayed at the entrance and pointed out on arrival.
- Read alongside: RA015 general visit and feeding animals, RA023 adult wellbeing group session, RA031 biosecurity and zoonoses, RA032 lone working, RA037 adverse weather, SSOW-01 animal care and cleaning, MNA-01 medical needs assessment.
- Support numbers given to every attendee: Samaritans 116 123, NHS 111 option 2, emergency 999. Here for Now is peaceful time with animals — it is not therapy, counselling or a crisis service.
- Host briefing before every session: the person's needs and any triggers, the animals cleared for contact, hand-washing points, the disclosure script and the incident and safeguarding reporting routes.