

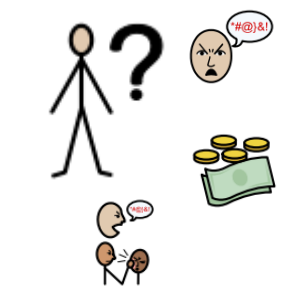
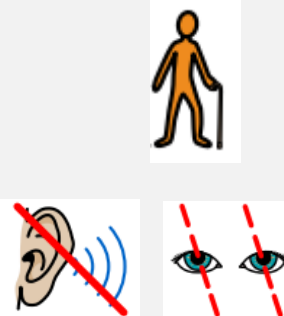

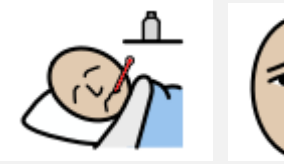





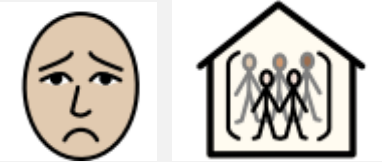


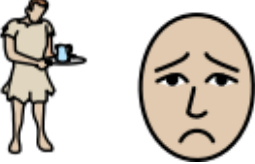
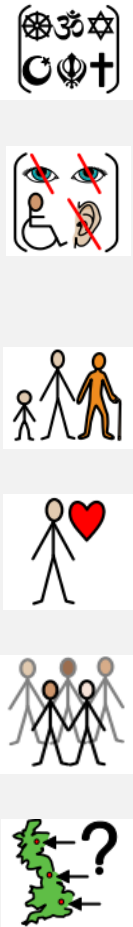

Space Inclusive Easy Read Guide – Safeguarding



	<p>This easy read guide tells you about:</p>
	<p>Keeping Adults safe from abuse and neglect</p>
	<p>Safeguarding is how we protect people from abuse and neglect.</p>
	<p>It helps people to be as independent as possible, and able to make choices about how they want to live their lives.</p>
	<p>Abuse is when someone does or says things that frighten you or cause you harm.</p>
	<p>Neglect is when your care and support needs are not being met.</p>








	<p>The law says that the all services and people that work with must safeguard adults at risk of abuse or neglect.</p>
	<p>Adults who may be at risk of abuse or neglect?</p>
	<ul style="list-style-type: none"> • older people • people with a visual or hearing impairment
	<ul style="list-style-type: none"> • people with a physical disability • people with a learning disability
	<ul style="list-style-type: none"> • people with a long-term illness or condition • people with a mental health problem










 	<p>Who might abuse you? Its important to remember, not all people are abusers.</p>
	<p>People who could abuse you are</p>
 	<ul style="list-style-type: none"> • someone in your family • neighbours
 	<ul style="list-style-type: none"> • strangers • friends
 	<ul style="list-style-type: none"> • volunteers • carers
	<ul style="list-style-type: none"> • staff and other professionals

	<p>What are the different types of abuse?</p>
	<p>Physical Abuse means someone could be hitting, slapping, pushing or kicking you.</p>
	<p>Sexual Abuse means someone could be touching your body or private parts without your permission. Or, someone making you touch them in a way you do not want.</p>
	<p>Financial or material abuse means someone could be taking your money or other things that belong to you.</p>
	<p>Psychological abuse means someone being unkind to you, threatening you, swearing at you, calling you names or someone ignoring you.</p>
	<p>Domestic Abuse means physical abuse, sexual abuse, financial abuse, or psychological abuse.</p> <p>Domestic Abuse is when the abuse is by your partner or a member of your family.</p>



	<p>Modern Slavery means being forced to work by people who abuse you or are cruel to you.</p>
	<p>Discriminatory Abuse means someone could be bullying you or hurting you because of:</p> <ul style="list-style-type: none"> • your religion • a disability • your age • your sexual partner • the colour of your skin or hair • where you come from
	<p>Organisational Abuse means that your care staff or other organisations like the hospital or police treat you badly, neglect you or provide a bad service.</p>

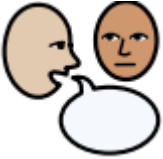

	<p>Neglect means that you might not be given enough food, not being given your medication or not being kept warm.</p>
	<p>Self-neglect means someone is not taking care of themselves properly.</p>

	<p>Where can abuse happen?</p>
 	<ul style="list-style-type: none"> • at home • in a hospital
 	<ul style="list-style-type: none"> • at a day centre • at work
 	<ul style="list-style-type: none"> • in the community • at a social club

	<p>What you should do if you think you or another adult is at risk of abuse or neglect?</p>
 	<p>If you think you or another adult may be at risk of abuse or neglect, contact your local Council.</p> <p>Space Inclusive works in partnership with four (4) different councils.</p>
 	<p>Nottingham City Council</p> <p>Monday - Friday 9.00am – 5.00pm Tel: 0300 131 03 00</p> <p>Emergency Duty Team – Out of Hours Tel: 0115 876 1000</p>
 	<p>Nottinghamshire County Council</p> <p>Monday-Thursday 8.30am to 5pm Friday 8.30am to 4.30pm</p> <p>Tel: 0300 500 80 90</p> <p>Emergency Duty Team – Out of Hours Tel: 0300 456 4546</p>
 	<p>Derby City Council</p> <p>Multi-Agency Safeguarding Hub (MASH): Monday- Friday 9.00am-5.00pm</p> <p>Tel: 01332 642855</p> <p>Emergency Duty Team – Out of Hours Tel: 01332 956607 Weekends and Bank Holidays – 24hr service</p>

 	<p>Derbyshire County Council</p> <p>Adult Referrals (excluding Derby City) Monday-Friday 8.00am to 8.00pm Saturday 9.30am - 4.00pm</p> <p>Tel: 01629 533190</p> <p>Emergency Duty Team – Out of Hours Tel: 01629 532600</p>
	<p>REMEMBER – In emergencies call the Police on 999</p>

	<p>What happens when you contact your local Council?</p>
	<p>They will listen to you and tell you what will happen next.</p>
	<p>They will tell the Health and Social Care Team about your safeguarding concern.</p>
	<p>The Social Care Team will support the person at risk.</p>

	<p>An Independent Advocate</p> <p>Someone who does not work for the council or other organisations.</p>
	<p>The Social Care Team will support the person at risk.</p>

An Independent Advocate

This is someone who does not work for the council or other organisations like Space Inclusive.





Advocacy in Nottingham City and Nottinghamshire is provided by [Your Voice, Your Choice](#):

- Tel: 0300 020 0093
- Email: pohwer@pohwer.net

Advocacy in Derby City is provided by [ONE Advocacy Derby](#)

- Email: referrals@oneadvocacyderby.org

Advocacy in Derbyshire is provided by Derbyshire Mind:

- Tel: **01332 623732**
- Email: enquiries@derbyshiremind.org.uk

Or via an online referral at : [Contact Us - Derbyshire Mind](#)

The Council might arrange for an Independent advocate if:



- The adult at risk needs support with the safeguarding concern and they do not have anyone who can support them.



- The adult at risk is not able to understand or recognise that they are at risk or abuse or neglect.
- If they have no one to speak up for them and represent their views



An advocate is someone who supports you to understand information and helps you say what your needs and wishes are.