

Support for carers: Safeguarding



This easy read tells you about safeguarding. Safeguarding means keeping people safe and protecting people from being abused or neglected.

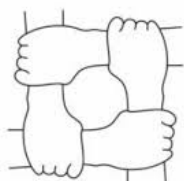


If you are not safe, call 999 straight away.

Keeping people safe (safeguarding)



Safeguarding means protecting children and adults so they can live safely and not be abused or neglected.



Safeguarding needs people to work together to lower risk and stop abuse.



It is important to make sure that people are looked after, safe and well.



We listen to people's views, feelings, beliefs and what they want to happen.



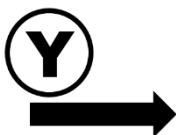
If you are a carer or a young carer, you might look after someone who:



- Is older or frail.



- Has a mental illness.



- Has a long-term illness.



- Has a physical disability.



- Has a learning disability.

What to do if you are being abused as a carer



Carers can be abused.



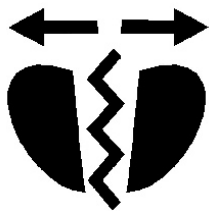
Sometimes it is difficult to say or realise you are being abused, especially if the abuse is done by the person you look after.



You might have got used to it or think it is normal.



You might think they don't mean it, or they don't know what they are doing.



You might be worried that you will be separated from the person you care for and do not want this to happen.

Support for carers experiencing abuse



If a carer doesn't have any support, they can be at more risk of harm.



Carers can get advice and support with caring.



It is normal to sometimes feel like you can't cope.



You can get help from the Carers Hub if you are an adult.



You can visit the [Carers Hub website](#).



You can phone the Carers Hub on 0808 802 1777 or WhatsApp or text 07814678460.



You can email the Carers Hub on carershubreferrals@carersfederation.co.uk or carershubinfo@carersfederation.co.uk.

**YOUNG
CARERS
NOTTS**

If you are a young carer, you can get help from Young Carers Notts. You can [visit their website](#) where there is a chat feature.



You can phone Young Carers Notts on 0115 824 8824 from 9am to 5pm, Monday to Friday.



You can email Young Carers Notts at youngcarers@tuvida.org



All carers can also get help from their GP.

Common signs of abuse



- Lots of bruising or finger marks on someone's body.



- Somebody's health getting worse or them losing weight.



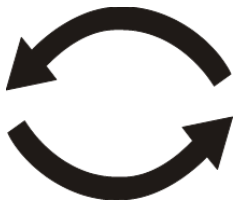
- Not wanting other people to have contact with the person they care for.



- Not having the money they should.



It might be normal for the person you are worried about to have some of these signs because of their health or condition.



You should look for change- if they seem different or worse than normal you might be more worried.

What do you do if you think or know that someone is being abused?

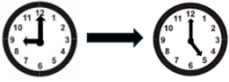
People who live in Nottingham City



If you are worried about your safety or the safety of someone else, you must contact the Safeguarding Team at Nottingham City Council.



If you are worried about an adult's safety, you can phone Nottingham City Health and Care Point on 0115 876 3330.



Their offices are open from 9am to 5pm.



There is [information online](#) about safeguarding adults in Nottingham City.

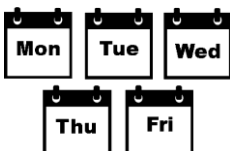
What to do if you are worried about a child's safety in Nottingham City?



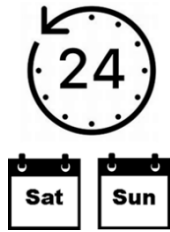
The City Multi Agency Safeguarding Hub (MASH) deals with worries about children's welfare.



You can phone 0115 876 4800.



You can phone them between Monday and Friday between 8:30am and 4:50pm.



If your worry is an emergency and outside of these times, you can call the Emergency Duty Team on 0115 876 1000.

People who live in Nottinghamshire County



If you are worried about an adult's safety and they live in Nottinghamshire County, you can contact Nottinghamshire's Multi Agency Safeguarding Hub (MASH) on 0300 500 80 80.



You can learn more about the MASH by [visiting the website.](#)



You can find out more about safeguarding in Nottinghamshire by [visiting the website.](#)

What do you do if you are worried about a child's safety in Nottinghamshire County?



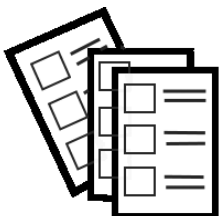
If you are a member of the public and you are worried a child is being abused, please phone us straight away on 0300 800 50 50.



If you are a professional and you are worried a child is being abused, phone us straight away on 0300 500 80 90.



If you need to talk to someone straight away and it is outside the time of 8:30am to 5pm, please contact the Emergency Duty Team by phoning 0300 456 4546.



We have lots of documents about support for carers in [our easy read library](#). This document is part of a set of 19.

Links in this document

Carers Hub website

carershub.carersfederation.co.uk/

Young Carers Notts website

youngcarersnotts.co.uk/resources

Nottingham City Council Safeguarding Adults

nottinghamcity.gov.uk/safeguardingadults

Nottinghamshire County Council- MASH and Safeguarding Adults

nottinghamshire.gov.uk/care/safeguarding/adult-safeguarding-hub

Safeguarding Adults in Nottinghamshire

nottinghamshire.gov.uk/care/safeguarding

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

This easy read was first published 13 April 2026.
This information was last updated 13 April 2026.