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|  | **This easy read tells you about:** |
|  | **Keeping Safe**  **Safeguarding Adults in Nottinghamshire.** |
|  | Safeguarding is how we help to protect people from abuse and neglect. |
|  | We think that everyone should be able to live their life feeling: |
|  | * Safe. |
|  | * Respected and treated well by people. |
|  | * Listened to. |
|  | * Able to say NO to things they don’t want to do. |
|  | **Remember abuse is:**   * Always wrong. * Is not your fault. * Should be reported. |

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|  | **What is abuse and neglect?** | | |
|  | **Abuse** is when someone does or says things that frighten you or cause you harm. | | |
|  | **Neglect** is when you are not being looked after properly and your care and support needs are not being met. | | |
|  | **Who might be abused or neglected?**  It can happen to anyone but can happen more often to: | | |
|  | * Older people * People with a visual or hearing impairment | | |
|  | * People with a physical disability * People with a learning disability | | |
|  | * People with a long-term illness or condition * People with a mental health problem | | |
|  | **Who might abuse you?**  Anyone could abuse someone.  It could be: | | |
|  | * Someone in your family * Neighbours | | |
|  | * Strangers * Friends | | |
|  | * Volunteers * Carers | | |
|  | * Staff and other professionals | | |
|  | **How might people be abused?** | | |
|  | **Physical Abuse** could be when someone hits, slaps, pushes or kicks you. | | |
|  | **Sexual Abuse** could be when someone touching your body or private parts without your permission.  When someone makes you touch them in a way you do not want. | | |
|  | **Financial abuse** could be when someone takes your money or other things that belong to you. | | |
|  | **Psychological abuse** could be someone being unkind to you, threatening you, swearing at you, calling you names or someone ignoring you. | | |
|  | **Cyber Bullying** could be people using social media, emails, text and messaging services to threaten and upset you. | | |
|  | **Domestic Abuse** could be physical abuse, sexual abuse, financial abuse, or psychological abuse by your partner or a family member. | | |
|  | **Modern Slavery** could be abuse or threats to make you work for nothing or very little. | | |
|  | **Discrimination Abuse** could be someone bullying or hurting you because of: | | |
|  | * Your religion * A disability | | |
|  | * Your age * Your sexual preference | | |
|  | * The colour of your skin or hair * Where you come from | | |
|  | **Organisational Abuse** could be staff in organisations such as hospitals, support services or the police treating you badly, neglecting you or providing a bad service. | | |
|  | **Neglect** when you might not be kept warm, given enough food or your medication. | | |
|  | **Self-neglect** when you are not taking care of yourself properly. | | |
|  | **Where can abuse happen?**  It could happen: | | |
|  | * At home * In hospital | | |
|  | * At a day centre * At work | | |
|  | * In the community | | |
|  | **Who should you tell?** | | |
|  | If you have been abused, are being abused or know some else that is.  You should tell someone you trust.  This could be: | | |
|  | * A family member * A friend | | |
|  | * A police officer * A doctor or nurse | | |
|  | * A council, social worker or support worker. | | |
|  | | **How to report abuse or neglect.** |
|  | | **In an emergency call 999** |
|  | | **To report a crime call 101** |
|  | | **To contact the county councils**  **Emergency Duty Team**  **Phone:** 0300 456 4546. |
|  | | **Monday - Thursday** |
|  | | Between 5:00pm - 8:30am |
|  | | **Weekends**  Friday  4.30pm  to  Monday  8.30am |
|  | | **Bank holidays**  24 hours |
|  | | **To contact the County Councils**  **Customer Service Centre.**  **Phone: 0300 500 80 80**  They are open: |
|  | | **Monday to Thursday**  Between 8.30am to 5.00pm |
|  | | **Friday**  Between 8.30 and 4.30 |
|  | | **You can report abuse or neglect using the link to our online form:**  [**Report abuse or neglect of an adult to Nottinghamshire County Council**](https://www.nottinghamshire.gov.uk/care/safeguarding/reporting-abuse?_ga=2.241868481.259956727.1713964236-1295025693.1644919383&_gl=1*j3k5d9*_ga*MTI5NTAyNTY5My4xNjQ0OTE5Mzgz*_ga_QHE3HKNBEC*MTcxMzk2NDIzNi4xNTMuMS4xNzEzOTY0MjQ1LjUxLjAuMA..) |