

Easy read guide



North Tyneside Council

ABUSE HURTS

AT ANY AGE

RECOGNISE
RESPOND
REFER



Call **(0191) 643 2777** to speak to someone

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This guide has been written by North Tyneside Safeguarding Adults Board to help you understand what Safeguarding Adults means.

The Safeguarding Adults Board is a group of people like social workers, police officers, doctors and nurses who work together to keep people safe.



Safeguarding adults means working together to stop abuse happening and help everyone to live free, happy lives and make their own decisions.



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What is abuse?



Abuse is when someone hurts you or treats you badly. There are different kinds of abuse.

Physical abuse is when you are hurt, hit, kicked, burnt or pushed around.

Sexual abuse is when you are touched in a way you do not like, or someone makes you touch them when you do not want to.

Psychological abuse is when people tease you, say bad things to you, hurt your feelings or threaten you.



Financial abuse is when your money or things are taken without you saying it is OK.

Neglect is when you are not given the care you need.

Discriminatory abuse is when people treat you badly because of your disability, religion or race.



Institutional abuse is when a service or home where you are living does not put your needs first.

Domestic abuse is when a person is treated badly by someone they have a relationship with, this could be your partner or a family member.

What is abuse? continued

Modern slavery is when someone tries to control you and can force you to do something you do not want to do.

Self-neglect is when you do not look after yourself, your health or your home.

Radicalisation is when a person or group of people are made to listen to harmful beliefs and live by them.

Sexual exploitation is when someone makes you take part in sexual acts in return for something like food, drugs or gifts.

Where does abuse happen?



Abuse can happen anywhere - home, street or anywhere you spend time.

Who abuses?

Anyone can abuse - family, friend, staff, carer, stranger.

Abuse is always wrong

If you are being hurt in any way it is not your fault.

No one should do these things to you.

If you are being abused you should tell someone you trust.

Tell someone you trust



You should tell someone you trust as soon as possible. This can be:

- Family
- Friend
- Social worker or advocate
- Carer
- Police officer
- Nurse
- Or someone else that you trust



In an emergency ring 999.

Once you have told someone they should tell Adult Social Care.

This is called making a **safeguarding adults referral**.

Anyone can make a safeguarding adults referral



Call **0191 643 2777** (daytime)

You can contact them at these times

8.30am - 5pm, Monday to Thursday

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓			

8.30am - 4.30pm, Fridays

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				✓		



Call **0191 200 6800**

(night time and weekends)

You can contact them at these times

Night time

Mon	Tue	Wed	Thu	Fri	Sat	Sun
✓	✓	✓	✓	✓		

Weekends

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					✓	✓



Text

0795 008 1316



Visit

www.northtyneside.gov.uk/mycare



or send a letter to

Gateway Team

Adult Social Care

Quadrant West - 3rd Floor

Cobalt Business Park

Silverlink North

NE27 0BY

What will happen next?

People who can help to keep you safe will talk about the best way to do this with you.

They may be able to agree how to do this over the phone.



They may need to have a meeting to find out more information.

If you are not safe we will take action to make you safe.

If there is a meeting you can bring someone to support you. This may be a friend, advocate or family member.

You will be able to:



- talk about what happened to you
- say how you feel about it
- say what you want to happen next

Everyone will agree with you what is the best way to make sure you stay safe.

It is important we keep information about you private and it will only be shared with those who need to know.

Safeguarding adults meetings

Strategy Meeting within 5 days

- A plan is made with you to make you safe.

Case Conference within 20 days

- We will make sure with you that everything we said we would do is being done.

Case Conference Reviews may be held

Safeguarding could end at any of the stages.
We will check with you if safeguarding should end.



What happens at safeguarding adults meetings



Every safeguarding adults meeting has a **chair person**.

They run the meeting and make sure you understand what is being talked about.

You can talk to the chair person before and after the meeting.

They will answer any questions you might have.

There will be an **agenda**.

This is a plan of what will be talked about during the meeting.

Everyone at the meeting will listen to you.

- You can talk about what happened to you.
- You can say what you want to happen.
- You can ask if you do not understand what is being said.

There will be someone taking notes at the meeting.

From the notes there will be **minutes** sent to you.

If you do not want to come to a meeting we will let you know what we are doing to keep you safe.






Information for you

Your social worker is: _____




You can contact them: _____




Your safeguarding meeting will be held:

 Date
 Time
 Where

The other people at the meeting will be:

There might be other safeguarding meetings:

 Date
 Time
 Where

 Date
 Time
 Where

When we know you are safe we will agree with you to end safeguarding.

We would like you to tell us about your experience.



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					✓	✓



Text **0795 008 1316**



Visit

www.northtyneside.gov.uk/mycare

Other contacts

Northumbria Police 101
(for non emergencies)

Children's Front Door 0345 2000 109

General Enquiries 0345 2000 101

Care Quality Commission 0300 0616161

We would like to thank
Newcastle Safeguarding Adults Board
in helping us make this guide.



North Tyneside Council

