



Redbridge Safeguarding Adults

Safeguarding Adults in Redbridge

Say **NO** to Abuse



Easy Read Version



Working to keep people safe

What are my rights?

Everyone has the right to live a life free from abuse.

You have the right to be treated with respect and not be hurt or taken advantage of in any way, and to live safely.

You should be able to make your own choices.

Choices include where you live, who you live with and how you spend your money.

What is Abuse?

Abuse is when someone does or says things to you that are wrong and make you upset or frightened.

You might be abused by someone who knows what they're doing or by someone who doesn't realise what they're doing is wrong.

You might be scared to speak out or to stop them.



The different types of abuse and neglect are:

Physical abuse is when someone physically hurts you.

This can include:

- hitting
- kicking
- pulling hair
- pinching or shaking
- giving someone too much medication so they find things difficult to do
- forcing you to stay somewhere you don't want to

Sexual abuse is when you are being made to have sex or being touched where you don't want to be touched, for example:

- your private parts
- your bottom
- your breasts
- your penis or vagina
- being made to watch other people having sex when you don't want to

Or being made to touch someone else when you don't want to.

Emotional abuse is when people say bad things to hurt your feelings, shout at you or threaten you.

This might include:

- calling you names
- laughing at you
- blaming you for things that aren't your fault
- treating you like a child
- ignoring you
- saying bad things about you on social media
- sending you messages on your phone that you don't like



Financial abuse is when someone takes your money or belongings without asking.

This might include:

- stealing your money
- being forced to pay for other people's things
- when you don't get a say in how your money is spent
- people knocking on your door to force you to buy things you don't want. This is called bogus callers

Neglect is when your care or support is not enough to meet your needs. Some examples of neglect are:

- being cold much of the time
- being hungry much of the time
- only having dirty clothes to wear
- being put in danger
- not having your medicine when you need it

This includes not being able to look after yourself

Discriminatory abuse is when people say or do bad things to you, or treat you unfairly because you are different to them.

This might include being treated badly because you:

- have a different colour skin
- have a different religion
- are disabled
- are lesbian or gay
- speak a different language
- because of your age



Domestic violence is when someone in your family hurts you or makes you scared.

This can include being forced to marry someone you don't want to.

Exploitation is when a person gets to know you and becomes your friend so that it is easier for them to abuse you.

This can make you think that the abuse is your fault and make it hard to report.

Sometimes it begins with them asking you for small favours like lending them money and it can build up to bigger favours.

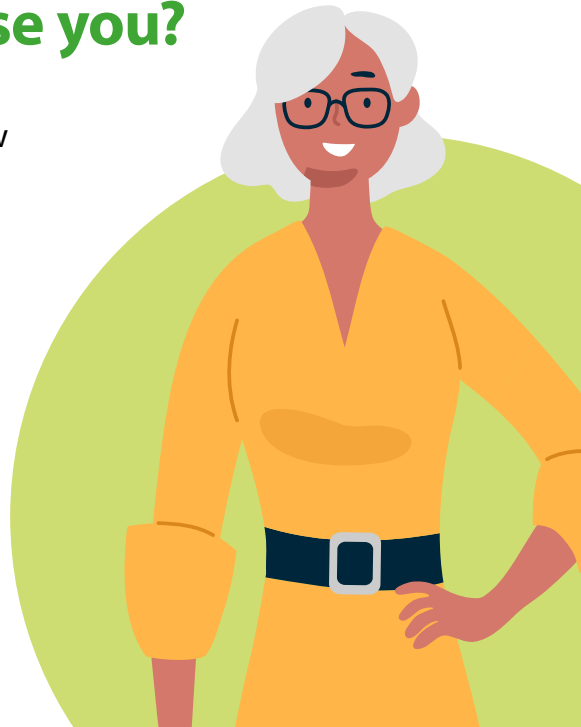
When any of these types of abuse are caused by an organisation like a care home, a hospital, supported living agency or home care, this might be called **organisational abuse**.

Who might abuse you?

Anyone might abuse you. It might be someone you know or a stranger.

This can include:

- partners
- family members
- neighbours
- friends
- someone who is paid to look after you



Where might abuse happen?

Abuse can happen anywhere, at any time

- at home
- at work
- at a day centre or college
- in a hospital
- at a club
- in the community

What will happen if you tell somebody

- they will listen to you
- they will find out more
- they will help you stay safe
- they will give you help and support

Who can I tell?

Tell someone you trust as soon as you can

- your family
- the Police
- a social worker
- a friend
- a nurse
- care inspector
- support staff
- a doctor



Important Contact Numbers

First Contact Team

Monday to Friday, 09:00 to 17:00

020 8708 7333

Email: adults.alert@redbridge.gov.uk

Emergency Duty Team

Evenings from 17:00, weekends and public holidays

020 8553 5825

Police

Non-emergency **101**

In an emergency dial **999**

Samaritans

116 123 (free calls)

Redbridge Reach Out

Domestic Abuse Service

0800 1456410



More information, advice and contact numbers
are available on the following website:

www.redbridge.gov.uk

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