

# **SWANSEA CITY AFC**

## **EASY READ SAFEGUARDING ADULTS POLICY**



### **OUR BELIEF**

- Your safety is very important to us
- You and all adults have equal rights to protection

### **OUR AIM**

- To provide a safe environment – free from harm, discrimination and bullying

### **PLEASE READ**

We want you to be safe and to know:

- What you can do to keep yourself or others safe, and;
- How you can get help and advice in the community

### **WHAT IS SAFEGUARDING?**

Some adults may be at a higher risk of abuse because of their age, disability or illness. We use the term adult at risk (also sometimes called a vulnerable adult).

An adult at risk of harm is someone who is 18 years or older who:

- Has care and support needs due to their age, disability, mental health needs, drug or alcohol misuse or other condition; and
- Is unable to protect themselves.

### **WHAT IS ABUSE?**

Abuse is when someone does or says something to make someone else feel upset, scared or frightened. Someone has been treated badly by someone else.

### **WHERE ABUSE CAN HAPPEN**

Abuse can happen anywhere and at any time

### **ANYONE CAN ABUSE**

A strange or someone you know – this could be a friend or neighbour, a partner or relative, a carer, or other service users or someone you think you can trust.

## **ABUSE HAPPENS IN MANY WAYS**

### **Physical abuse**

Being hit, slapped or kicked or being hurt in another way

### **Sexual abuse**

When someone touches your body in ways you do not like or want.  
When someone makes you do sexual things that make you sad, angry or frightened.

### **Emotional abuse**

When someone says bad things to hurt your feelings, shouts or threatens you.

### **Financial / material abuse**

When people take you money or belongings without asking or makes you give them things

### **Neglect**

When you do not get the help you need, such as your medication, care needs or not giving enough food.

### **Domestic violence and abuse**

When abuse occurs between partners or family members

### **Discriminatory abuse (hate crime)**

When people treat you badly or unfairly because you are different. It could be because of your: age, gender, sexuality, disability, race or religious beliefs

### **Institutional / organisational abuse**

Abuse is caused by an organisation and how they work. They work in a way that suits them and not the adult at risk

### **Self-neglect**

Someone might come to harm because they do not look after themselves, such as not eating or taking their medication or looking after their personal hygiene.

### **Modern slavery**

Someone is forced to work with little or no pay, or threatened with violence at work.

## **ABUSE IS ALWAYS WRONG**

### **What to do if you think abuse has happened**

To keep you and others safe, report abuse straight away (within 24 hours)

By reporting abuse, you can help to make it stop.

- You can make the person be aware of the support available and what to do
- You can report abuse and/or seek advice

### **What you can do**

- If someone is injured, you may need to help them to a doctor or call for an ambulance (999)
- If you think a crime has occurred, you can call the police (999)
- You can get advice and you can do this without anyone knowing it is you.

### **What happens when you report abuse**

People will:

- Listen to you
- Take your concerns seriously
- Respond sensitively
- Talk to you about your concerns
- Consider the wishes of the adult at risk

### **What happens next**

Someone will:

- Talk to the police if it is a crime
- Support the adult at risk to achieve the changes they want
- Develop a plan with the adult at risk to keep them safe
- Consider if anyone else is at risk

### **To report a crime**

- In an emergency, call the police on 999
- If a person is not in danger, call the local police on 101

### **To report a safeguarding concern**

- Contact Adult Social Care or a Helpline – see contacts on page 4

### **Not sure what to do**

- Call a helpline – see contacts on page 4

### **Feedback**

If you want to tell us something, please speak with an adult at the Club

## SAFEGUARDING AT SWANSEA CITY AFC

### **Safeguarding Contacts:**

#### **Rebeca Storer**

Head of Safeguarding

[safeguarding@swanseacity.com](mailto:safeguarding@swanseacity.com)

01792 616419

#### **Mark Phillips**

Safeguarding & Disability Access Officer

01792 616611

### **Emergency Services:**

Police/Ambulance/Fire: Call 999 for an emergency

Police (non-emergency): Call 101 to report a crime to local police

NHS: Call 111 when you need medical help fast

### **Helplines**



### **Emotional Support** (for both children and adults)

**Samaritans:** Samaritans is available round the clock, every single day of the year. Talk to us any time you like in your own way and off the record, about whatever's getting to you. Call us free any time on 116 123 (Welsh language line: 0808 164 0123) or email

[jo@samaritans.org](mailto:jo@samaritans.org) Visit us – find your nearest branch on Samaritans.org



### **Support for victims of crime**

**Victim Support:** Victim Support provides free, confidential advice and practical help to anyone affected by any crime, no matter how long ago it took place, or whether it was reported to the police or not. Call free on VS Support line 0808 168 9111. Call Mon-Fri 8pm – 8am. Weekends 24 hour service



### **Older adults**

**The Silver Line:** The Silver Line Helpline is the only national, free and confidential helpline for lonely and isolated older people; offering information, advice and friendship. Call 0800 470 8090



### **Adults with sensory impairment**

**Action for Blind People:** Practical help and support for blind people and people with visual impairments/difficulties. Call Mon-Fri 9am-5pm RNIB Helpline 0303 123 9999



### **Adults with mental health problems**

**Mind:** Help for people with mental health problems: Call Mon-Fri 9am-6pm 0300 123 3393



### **Adults affected by dementia**

**Alzheimer's Society:** Help for people with dementia and their family, friends and carers. Call 0300 222 1122.