



There is a safeguarding adults policy in Leicestershire and Rutland.

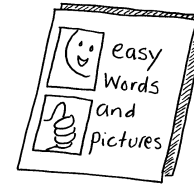
This is a set of rules which makes sure that everyone work together to stop abuse from happening to you.

It should make sure that social care workers and Police and other people who work with you should



- Listen to you.
- Help you feel safe.
- Get you the right type of support.
- Make sure no-one treats you badly because you said you were abused.

Abuse: What we can do to keep you safe



There is an easy to read booklet about how the police and social care staff work to keep you safe. The booklet is called

Abuse: What we can do to keep you safe



If you or someone you know is being abused, ring

- Leicestershire County Council on **0116 30 57404**
- Minicom **0116 30 50007**
- Rutland County Council **01572 758341**

In an emergency ring **999**

To report a crime call the police on **0116 222 2222**



For a copy of the

- **Leicestershire and Rutland Safeguarding Adults Policy**
- **Abuse: what we can do to keep you safe booklet**

go to

www.leics.gov.uk and search 'safeguarding'

Or **www.betterlives.org.uk** and search 'keep safe'



What is abuse?

Everyone should be able to live their lives free from fear and harm, including people who are ill, disabled and old. There are lots of types of abuse. The booklet tells you more.



Abuse is when someone hurts you or treats you badly.



Abuse can happen in any relationship like a boyfriend, girlfriend, husband, wife, family, friends, neighbour and paid carer.



You can be **abused** by someone you do not know.



Abuse is against the law.

Abuse can happen once or lots of times.

Abuse is sometimes called domestic abuse.

What can I do ?

You might feel afraid to tell the person who is abusing you to **stop**.



Do not try to deal with abuse on your own. There is always someone who can help.

Tell someone you trust like

- a social care worker
- Police
- your family or friends
- a nurse or doctor
- a carer or support worker
- a college tutor



The person you tell should listen carefully and tells someone who knows what to do.



Tell someone you trust
Remember **do not** blame yourself.
It is **not** your fault that you are being abused.