



Safeguarding

What is Safeguarding Adults with Learning Disabilities?

Safeguarding means making sure you are safe from abuse and neglect and are able to be independent and make choices.



What is abuse?

Abuse is when someone hurts you or treats you badly.



There are different kinds of abuse

Physical abuse – when someone hurts you, for example hitting, kicking, biting.



Sexual abuse – when someone touches your body or your private parts in ways you do not like or want. This includes kissing you, making you touch them, having sex with you when you do not want them to.



Emotional abuse – when people talk to you in unkind ways. For example, teasing, threatening, swearing, ignoring you, shouting, putting you down and treating you like a child.



Financial abuse – when people take control of your money or things which belong to you.



Neglect – this is when people who are supposed to help you don't look after you properly. For example, not giving you enough food, not keeping you warm and safe, not giving you medication or taking you to the doctors if you are ill.



Discrimination – is when people treat you badly or unfairly because of the colour of your skin, your religion, your disability or because you are Lesbian or Gay.



**Abuse is always wrong
and should not happen**

If these things happen to you or your friends, you should tell someone you trust. You could tell:

A member of staff



Someone in your family



A nurse or social worker



A manager



A friend or neighbour



An advocate or advocacy group



Sunnybank safeguarding contacts

- **Safeguarding Lead Officer:** Dorothy Watson
(dorothywatson@sunnybanktrust.org)
- **Safeguarding Deputy Officers:** Annie Dougherty
(anniedougherty@sunnybanktrust.org) and Claire Dawson
(clairedawson@sunnybanktrust.org)
- **Safeguarding Lead for the board of trustees:** Jacky Oliver
(jackyoliver@sunnybanktrust.org)

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