

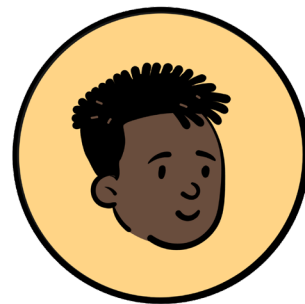


# AFC Bournemouth's Adults at Risk Guide to Safeguarding

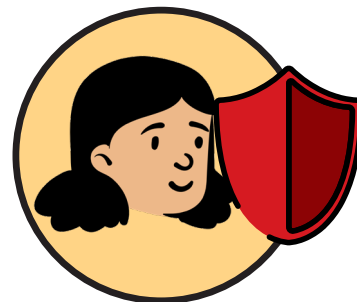


Easy Read

This information is about how AFC Bournemouth keep adults safe



Keeping everyone safe is very important to us

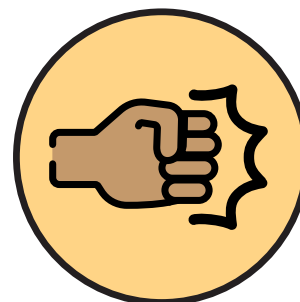


## **This information will tell you**

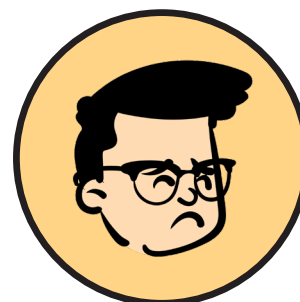
What we do to keep you safe



Types of abuse



What to do if you are worried



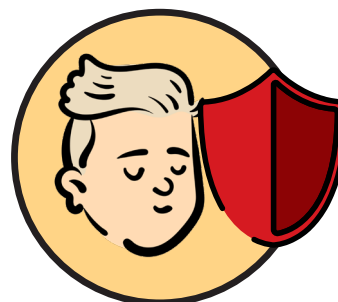
# Safeguarding

We want to create a positive and enjoyable experience for all and make sure that you feel safe, valued and respected.



## Safeguarding means

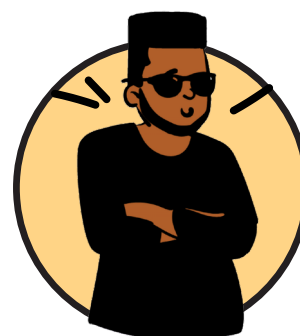
Keeping people safe



Listening to people

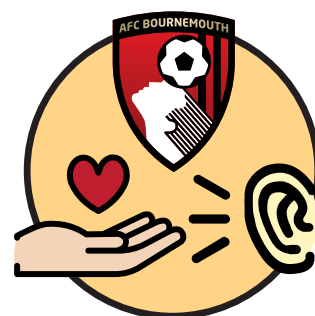


Helping people be the best they can be



Safeguarding is everyone's responsibility, and anyone at the club can help you if you are worried about anything.

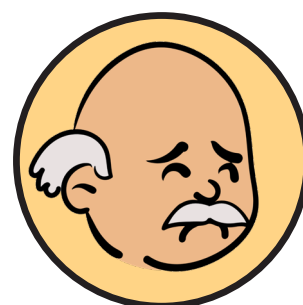
We will always listen to you and support you if you tell us anything.



## Who is vulnerable?

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



Is unable to protect themselves



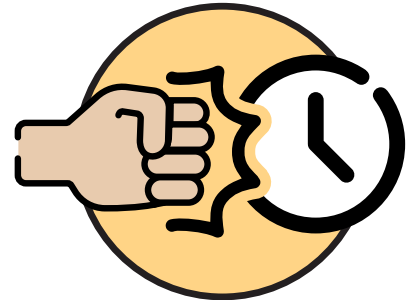
**What is abuse?**

Abuse is when someone does something that hurts you, upsets you or makes you feel frightened.



## Where can abuse happen?

Abuse can happen anywhere and at any time.



## Anyone can abuse

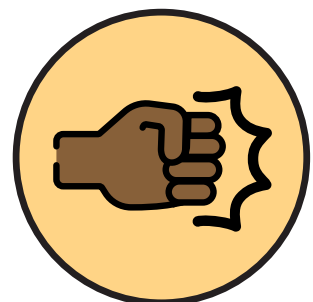
A stranger or someone you know - this could be a friend or neighbour, a partner or relative, a carer, other service users or someone you think you can trust.



## There are different types of abuse

### Physical

Someone hurts you by kicking, hitting, slapping



## Emotional

Someone says or does something that upsets you



## Sexual

When someone touches you inappropriately



## Neglect

When you don't get the help and care you need. There is also self-neglect where someone does not look after themselves



## Discrimination

(sometimes called hate crime)

When you are treated differently because of who you are



## **Domestic**

When abuse occurs between partners or family members



## **Financial (stealing)**

When people take your money or belongings without asking or make you give something away



## **Institutional/Organisational**

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



## **Modern Slavery**

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





## Abuse is always wrong

If you think abuse has happened to you or someone else report it straightaway.

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



## What you can do

If someone is injured, you may need to help them to a doctor or call 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



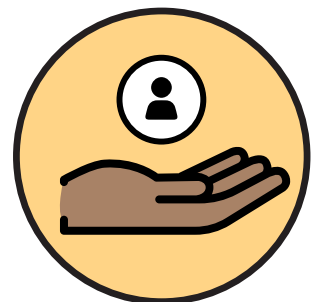
Respond sensitively



Talk to you about your concerns



Consider the wishes of the adult at risk



# There are lots of people that can help you

Family, friends, social worker, and there are lots of people at the club to talk too:



Any coaches



Any Stewards or Staff



**Head of Safeguarding**  
Meredith Hack  
[meredith.hack@afcb.co.uk](mailto:meredith.hack@afcb.co.uk)



## To report a crime

In an emergency,  
call the police on **999**



If it is not an emergency and  
you or someone else is not in  
immediate danger call  
the police on 101



## There are other places you can get help

### **BCP - Adult Social Care**

01202 123654

[asc.contactcentre@bcpcouncil.gov.uk](mailto:asc.contactcentre@bcpcouncil.gov.uk)

### **BCP - Adult Social Care Out of Hours/Emergency Service**

0300 123 9895



**Dorset Direct – Adult Social Care**  
01305 221016

**Dorset Direct –  
Emergency Duty Service**  
01305 858250  
adultaccess@dorsetcouncil.gov.uk



## **Samaritans**

Samaritans is available around the clock, every single day of the year.

Talk to us anytime you like in your own way and off the record, about whatever is getting to you.

Call us free at anytime on 116 123  
or email [jo@samaritans.org](mailto:jo@samaritans.org)

Visit us – find your nearest branch  
at [www.samaritans.org](http://www.samaritans.org)



## **Victim Support**

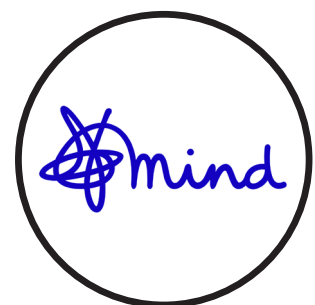
Victim Support provides free, confidential advice and practical help to anyone affected by any crime, no matter how long ago it took place, or whether it was reported to the police or not.



Call free on the VS Supportline  
08 08 16 89 111 or visit  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

## **Mind**

Mind provides advice and support to empower anyone experiencing a mental health problem.



Call Infoline: 0300 123 3393 Mon-Fri  
9am-6pm or email: [info@mind.org.uk](mailto:info@mind.org.uk)

## 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 4 70 80 90 (24 hours/free)

**Remember abuse and bullying is never ok and it is never your fault.**





**Together anything is possible**