

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 AND ADULTS AT RISK?

Safeguarding is protecting you and keeping you free from harm.

An adult might be considered at risk if they are aged 18 years or over and:

- has needs for care and support and;
- is experiencing, or at risk of, abuse or neglect; and
- as a result of those care and support needs is unable to protect themselves from either the risk of, or the experience of abuse or neglect.

It could be anyone at any time. We all have the potential to be an 'adult at risk'.

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 and ... **ANYONE CAN ABUSE**

A stranger 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 your money or belongings without asking or makes you give them things

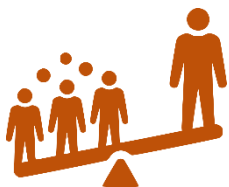


Neglect

When you do not get the help you need, such as your medication, care needs or not being given 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. If 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.

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

01792 616419

Mark Phillips

Player Care Manager & Disability Access Officer

07773 594470

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 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.