

The background of the entire page is a textured, burlap-like fabric. Overlaid on this is a large, vibrant graphic of numerous hands of various colors (red, blue, green, yellow, orange, brown) reaching upwards. The hands are arranged in a way that suggests a collective effort or support, with some hands appearing to be part of a larger, central figure or structure.

Client guidance:

Safeguarding and potential abuse

About this guide

This booklet gives some guidance that might be helpful for you on how to recognise abuse and find help.

Remember, always **call 999** if you are in immediate danger.

If you are worried that you or someone you know might be at risk, please speak to your **keyworker** for advice on safeguarding. We also have a **list of useful contacts** you may wish to use at the end of this booklet.

You may also like to read Transform's **policy** on safeguarding for more guidance.



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Financial abuse

Financial or material abuse can take many forms including:

- Fraud
- Taking out loans in your name
- Using your store card or other property without permission
- Making calls from your phone
- Theft
- Stealing your money
- Not giving you money for things you need
- Not paying your bills for you
- Eating your food.



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Sexual abuse

Sexual abuse is when someone is forced, pressurised or tricked into taking part in any kind of sexual activity with another person.

Examples of sexual abuse include:

- Being touched in a way you don't like without giving permission or consent
- Someone flashing or exposing themselves to you online or in person
- Kisses or touches that you do not want
- Rape
- Having sex when you do not want to (lack of consent)
- Sending you sexy pictures or messages which you do not want
- Forcing you to watch pornography.



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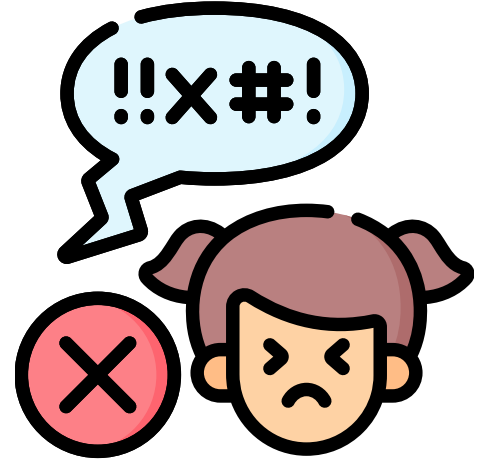
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Emotional abuse

Emotional abuse is a way to control another person. This can be through:

- Monitoring and controlling who you spend time with
- Isolating you from your friends, family and other support networks
- Threatening you, or your loved ones
- Taking your money
- Extreme jealousy and accusing behaviour
- Ridiculing or teasing you
- Delivering constant criticism
- Refusing to let you spend time alone or completely ignoring you
- Gaslighting – making you doubt your perceptions and experiences.



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Physical abuse

Physical abuse includes:

- Hitting or slapping
- Use of weapons
- Kicking
- Burning
- Pinching
- Pulling your hair
- Holding you down
- Choking or strangling
- Throwing things
- Force feeding or denying you food
- Using objects that could hurt you
- Invading your personal space.



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Neglect

Neglect includes:

- Not being provided with enough food or with the right kind of food
- People not taking care of you
- Leaving you without help to wash or change
- Leaving you in dirty or wet clothes
- Not getting you to a doctor when you need one
- Not making sure you have the right medicines
- Not giving you choices
- Doing other things when supposed to be providing care or support
- Talking on the phone and ignoring your needs
- Self-neglect is when you become ill because you are not looking after yourself.



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Domestic abuse

Domestic abuse is abuse committed by a family member, partner or friend. It can involve:

- Hurting you
- Putting you down
- Isolating you
- Stopping you doing things you enjoy
- Controlling where you go
- Controlling who you see/checking your phone
- Bullying behaviour
- Stalking
- Stopping you working
- Taking your money
- Forcing you to leave.



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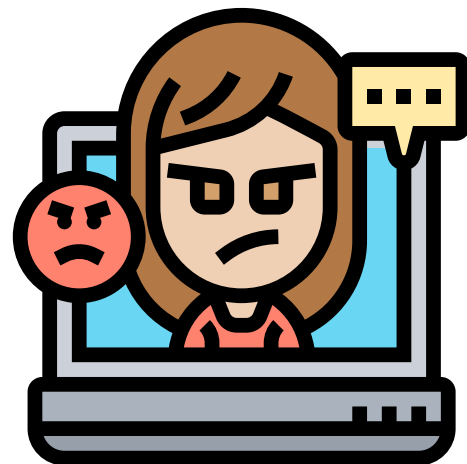
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Online bullying

Online bullying, also known as cyber bullying, can involve:

- Harassment by text messages or calls on mobile phones
- The use of mobile phone cameras to cause distress, fear or humiliation
- Making threatening, abusive, defamatory or humiliating material on websites, including blogs, personal websites and social networking sites
- Using your email to message others
- Hijacking/cloning email accounts



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Useful contacts

Surrey – The Multi Agency Safeguarding Hub (MASH)

Phone: 0300 470 9100 (select option 2, then option 1)

Out of hours: 01483 517 898

Website: www.surreysab.org.uk

Email: ascmash@surreycc.gov.uk

Crawley – West Sussex Multi-Agency Safeguarding Hub (MASH)

Phone: 01403 229900 (option 1)

Out of hours: 0330 222 6664

Adult social care practitioner To speak to an for advice: 03302 228400

Website: www.westsussex.gov.uk

Sutton – Sutton Council

Phone: 020 8770 6770 (24 hour phone line)

Email: www.suttonsab.org.uk

Wokingham – Adult Safeguarding Hub

Phone: 0118 974 6371 (option 5, option 2, option 1)

Out of hours: 01344 786 543

Website: www.berkshiresafeguardingadults.co.uk

Email: AdultSafeguardingHub@wokingham.gov.uk

Useful contacts

East Surrey Domestic Abuse Service

Phone:	01737 771350
Mobile:	07860 039720
Website:	www.esdas.org.uk
Email:	support@esdas.org.uk

LGBT Hate Crime - Surrey Police

Phone:	01483 630474
Website:	www.surrey.police.uk
Email:	LGBT@surrey.pnn.police.uk

Modern Slavery Helpline – Modern day slavery includes any kind of forced labour

Phone:	08000 121 700 This is open 24 hours a day, 365 days a year.
Website:	www.modernslaveryhelpline.org

NHS Surrey mental health crisis helpline

Phone:	0800 915 4644
Website:	www.sabp.nhs.uk

Rape and sexual abuse support centre – for surrey residents

Phone:	01483 568000
Website:	www.rasasc.org
Email:	admin@rasasc-guildford.org



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Registered provider of social housing: H2452

Registered charity: 264133

Company limited by guarantee registered in England and Wales: 01057984

Published August 2022

Images from Flaticon and Pixabay

Design by Georgina Margetts