What will an official person do?

- They will listen to you carefully
- They will help you stay safe
- They will find out more
- They will ask you what you would like to happen
- They will give you support and help
- They will help you stop the abuse happening
- They will make sure no one treats you badly because you said you were being abused

Other information:

www.salvationarmy.org.uk

Salvation Army Safeguarding Unit

Tel: 020 7367 4772
Mobile: 07789 878 539
email: safeguarding@salvationarmy.org.uk

Age UK

TEL: 0800 169 6565

mencap
The voice of learning disability

TEL: 0808 808 1111

mind
For better mental health

TEL: 0300 123 3393

Action on elder abuse

TEL: 0808 808 8141

The Silver Line
helpline for older people

TEL: 0800 470 809

SAFEGUARDING Adults

VALUABLE NOT VULNERABLE

Everyone has the right

- to live free from fear
- to be respected
- to make choices about their life and things that affect them

This leaflet is to help those who are over 18 to protect their rights if they are being abused

The Salvation Army
United Kingdom Territory with the Republic of Ireland
Registered Charity No 214779, and in Scotland SC009359

Most people will NOT abuse you and most places are safe.

BUT

Who could abuse you?

ANYONE

Where could abuse happen?

- At home
- At a day centre
- At work
- In a hospital
- In a care home
- At a club
- Outside
- On the telephone
- On the internet
- Anywhere

And be careful who you let into your home.

Who can I tell if someone is abusing me?

- A police officer
- A nurse/doctor
- A social worker
- A minister/officer

What will happen next?

- The person you tell will listen carefully
- The person you tell will make sure an official person knows and who will take action

Abuse happens when someone does or says something to you which makes you scared or takes away your rights.

There are different types of abuse:

Physical

When someone physically hurts you:

- hitting
- kicking
- pulling hair
- pinching, scratching, shaking
- giving you too much or not enough medicine

Spiritual Abuse

- Forcing you to accept religious ideas or values
- Misusing the authority of leadership against you
- Compelling you to engage in some deliverance ministries
- The denial of your faith
- Urging you to forgive unconditionally
- Oppressive spiritual disciplines
- Not supporting you to attend worship or activities linked to your faith

Emotional

When someone says things to hurt your feelings or scare you:

- Calling you names
- Threatening you
- Laughing at you
- Ignoring you

Sexual

When someone makes you do sexual things which make you sad, angry or frightened:

- Being touched where you do not want to be touched
- Being made to touch others when you do not want to
- Undressing or having sex when you do not want to
- Being made to watch or say sexual things when you do not want to

Financial

When someone takes your money or your things

- Making you buy something you do not want to buy
- Using your money to pay for their things
- When you cannot choose how your money is spent
- When someone makes you give them your money or your home

Neglect

Not getting the things you need:

- Medicine or a visit to the doctors
- Food and drink
- Clean clothes
- Warm environment
- Glasses, hearing aid