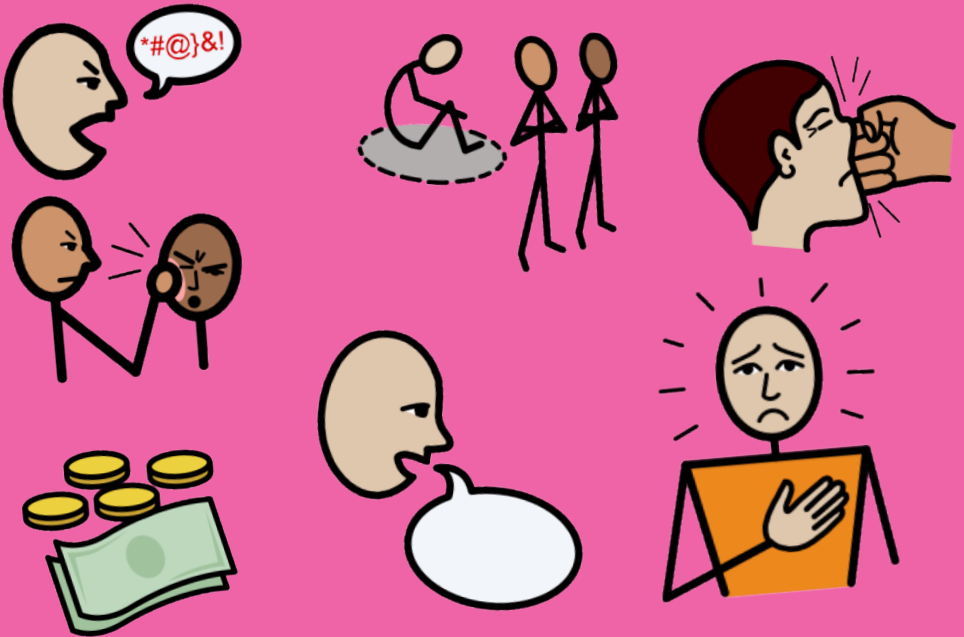




Diogelu Gwent
Gwent Safeguarding

What is Abuse?



Adult Safeguarding easy read guide

What is abuse and neglect?

Abuse and neglect is always bad. There are different kinds of abuse.



Physical abuse

includes hitting, kicking, burning or making a mistake with your medication.



Neglect

is about not getting the help, food, or healthcare you need.



Self-neglect

is when you are not looking after yourself, or not wanting help given to you.



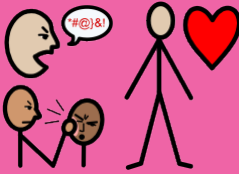
Financial abuse

is about other people stealing money or things you own, not letting you have money or telling you what to spend it on.



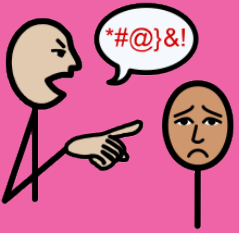
Domestic abuse

is any form of abuse from anyone that you live with, including boyfriend, girlfriend or ex's that you may not live with.



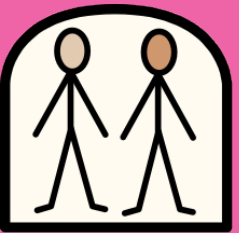
Sexual abuse

is when you do not want to take part in a sexual activity such as touching or kissing, taking or sending sexual pictures.



Psychological / Emotional abuse

is shouting, or threatening people in person or online and this could be bullying.



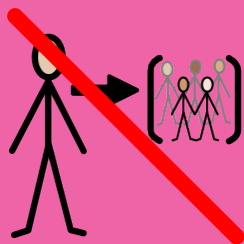
Organisational abuse

is about poor care, or neglect by the people who are there to support you. This can include other types of abuse too.



Modern Slavery

is working without being paid or not being paid enough and can include other types of abuse too.



Discrimination

is about any type of abuse because you are different.

Abuse or neglect can happen 1 or more times. You can be abused by someone you know or someone working with you or a stranger.

Abuse can happen in your own home, a care home, doctors or hospital or in a public place.

Abuse is not when

Sometimes things happen to all of us that we do not like.

Sometimes we get hurt by accident.

Sometimes we have arguments.

This is not abuse. **Abuse is worse than these things.**

Where does abuse happen?

We need to keep ourselves safe wherever we are. This is because abuse can happen anywhere.

It can happen:

- at home
- in a residential or nursing home
- in a public place or the community
- at the doctors
- in hospital
- at school, college or day services
- at work
- on the phone or online

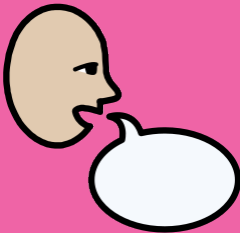
Abuse can be caused by anyone.

What can you do?

No one should have to live with abuse.



By **reporting abuse**, you can make it stop.



Abuse is always wrong. You can **speak to someone** who supports you.



If you are **worried about a friend or family member** you could talk to someone who supports you.

You can use the phone numbers on this leaflet to ask for help or report abuse.

When you report abuse, people will listen to you and take you seriously.

This is called Safeguarding

Safeguarding is helping you to keep safe from abuse and or neglect.

Tell us about a safeguarding concern:

Blaenau Gwent

01495 315700

DutyTeamAdults@blaenau-gwent.gov.uk

Caerphilly

0808 100 2500

IAAAdults@caerphilly.gov.uk

Torfaen

01495 762200

Socialcarecalltorfaen@torfaen.gov.uk

Newport

01633 656656

Firstcontact.adults@newport.gov.uk

pova.team@newport.gov.uk

Monmouthshire

01873 735492

MCCadultsafeguarding@monmouthshire.gov.uk

If it is urgent and you need to contact us outside of office hours please call our Emergency Duty Team on 0800 328 4432.

If you need an ambulance or the police you can call 999.

For more information about Gwent Adult Safeguarding Board

www.gwentsafeguarding.org.uk



[Twitter.com/GwentBoard](https://twitter.com/GwentBoard)



Gwentsafeguarding@caerphilly.gov.uk



01443 864617

