



Diogelu Gwent
Gwent Safeguarding

What is Safeguarding?

**No Decision About Me,
Without Me**



Adult Safeguarding easy read guide

What is Safeguarding?

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

No one should have to live with abuse and by reporting it you can make it stop.

What happens when you report abuse?



You will be **listened to**.

Your **report** will be taken seriously.

You will be kept **informed** about what is happening.

Steps will be made to make you **safe**.

Professionals will talk to you to find out what is happening.



You can use an **advocate** if you need to. An advocate is someone who helps you speak up for yourself.

Where needed the **police** can be called to investigate reports of abuse.

We will do all we can to **stop** any abuse happening again.



You will be given **advice** and helped through the process.



Support for you

If you need help, it could be someone in your family or friend or advocate.

An advocate is someone who helps you to say what you think and what you want.

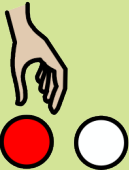
Making Safeguarding personal



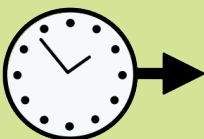
Asking you what you think and what you want to happen.



Listening to you and taking you seriously.



Helping you to make choices and your own decisions.



Keeping you involved and telling you what will happen next.

Mental Capacity

Mental capacity means being able to make your own decisions. An assessment may be done to check this.

If the assessment shows you need help, you will be asked if there is anyone you would like to speak for you.

If there is nobody, an Independent Mental Capacity Advocate will speak with you to listen to your views and feelings about what you want to happen.



What do you want to happen?

We call these Safeguarding enquiry outcomes. These could be:



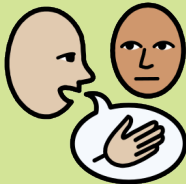
Stopping or avoiding the abuse or neglect.



Being safe or feeling better.



Being able to choose or control what happens.



Knowing how to ask for help.



Having an apology.



Support from the police if there has been a crime.

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](tel:08003284432) 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



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