

# Carers and Safeguarding

Are you a carer who cares for a vulnerable child or an adult?

Are you a carer who has witnessed a child or an adult being harmed or exploited by someone who you may know or by a stranger?

Are you a carer who has accidentally or intentionally harmed a child or a vulnerable adult? This could be due to stress, not able to cope in the caring role or you do not have any support from agencies.

Are you a carer who is frightened or have been harmed by the person you are caring for and need help and support?

## What is Safeguarding?

Safeguarding is preventative and involves promoting the welfare of children and adults by protecting them from harm and recognising the risks to their safety and security.

If it's an emergency and you think someone is at imminent risk of serious harm, contact the police by ringing 999.

If you are concerned that someone may be involved in terrorist activity call the national Anti-Terrorist Hotline below.

Anti-Terrorist Hotline 0800 789 321  
or the Text Phone Service 0800 032 4539

Did you know **a child could be at risk** and harmed in many ways? This could be due to:

Physical, Emotional, Sexual, Neglect Exploitation, Radicalisation, Trafficking, Female Genital Mutilation and the use of the Internet.

Did you know **a vulnerable adult could be at risk** in many ways? This could be due to:

Physical, Domestic Abuse, Sexual, Psychological Abuse, Financial & Material Abuse, Modern Slavery, Neglect & Acts of Omission, Discrimination Abuse, Organisation Abuse and Self-neglect.

If you believe an Adult or Child may be at risk or have any concerns about an adult or child being harmed or exploited or you need support yourself contact your local authority Safeguarding Teams on:

**Adult Social Care on 01204 337 000**

(Monday to Friday 9am to 5pm)

**Children's Social Care on 01204 331 500**

(Monday to Friday 9am to 5pm)

**Emergency Duty Team on 01204 337 777**

If you are worried about a child or an adult who may be at risk in the evening or at a weekend call the social care Emergency Duty Team.