

# Safeguarding children, young people and adults



**CHURCH LANE MEDICAL CENTRE**

# What is safeguarding?

## Safeguarding

This is defined as protecting people's health, wellbeing and human rights, enabling them to live free from harm, abuse, and neglect. It is fundamental to high-quality health and social care.

## Adult at risk

This is a person aged 18 or over in need of care and support, or someone already receiving care and support and who, as a result, is unable to protect himself/herself from harm, abuse or neglect.

## Child or young person

This is any person, male or female, under the age of 18 in need of care and support, or someone already receiving care and support and who, as a result, is unable to protect himself/herself from harm, abuse or neglect.

## Who can abuse?

Abuse can occur anywhere such as at home, in a care setting, hospital, college, school, in public places. It could be from:

- Family members or friends
- Other patients or those at risk
- Young people
- Care workers or volunteers
- Professionals
- Strangers

Do not delay. If you suspect or know that someone is at risk of harm, abuse or neglect, report it immediately!

**Safeguarding is the  
responsibility of everybody**

## Types of abuse

There are many types of abuse, such as:

Type	Examples
Physical	Hitting, biting, shaking, pushing
Sexual	Any sexual contact which is non-consensual
Emotional	Humiliation, intimidation, verbal abuse
Neglect	Ignoring or refusing basic care needs
Self-neglect	Inability to care for oneself
Discriminatory	Values, beliefs or culture results in a misuse of power
Institutional	Misuse of power and lack of respect by professionals, poor practice
Financial	Use of an individual's funds without consent or authorisation
Modern slavery	Includes human trafficking, servitude and forced labour

These are just some examples of how people can be abused or neglected through actions directed towards them that cause harm, endanger them or violate their rights.

## **What to do**

If you are being abused, know of someone who is being abused or think someone may be at risk, it is important that you inform the right people.

We want to reassure you that the people who you talk to will take your concerns seriously and can provide support, guidance and take action to ensure the safety of everyone.

Please speak to a member of staff who will help you get the help you need. All our staff are trained in confidentiality and safeguarding.

## **We will support you**

## **Organisation leads**

Dr Sadia Javaid, Adult Safeguarding Lead

Dr Sadia Javaid, Child Safeguarding Lead

Julia Steers, Deputy Safeguarding Lead

Faith Woodcock, Administrative Safeguarding  
Lead

The team will ensure that you receive the appropriate level of support.

## **Who to contact?**

Adult Protection Team: 01724 297000

Child Services: 01724 296500, 08081 689667  
(free phone), 01724 296555 (answerphone  
out of office hours/weekend)

Care Quality Commission: 03000 616161

Childline: 0800 1111

Single Point of Contact Team: 01724 296500

Age UK: 0800 1696565