



EASY READ ADULTS AT RISK POLICY





Cardiff City Football Club Easy Read Safeguarding Adults Policy

Our belief

- Your safety is very important to us
- You and all adults have equal rights to protection

Our aim

- To provide a safe environment – free from harm, discrimination and bullying

Please read

We want you to be safe and to know:

- What you can do to keep yourself or others safe; and
- how you can get help and advice in the community.

What is safeguarding?

Safeguarding helps vulnerable people to live free from abuse. This includes children (Under 18s) and adults at risk.

Sometimes we may see or hear things and need to take action to keep someone safe.

Who is vulnerable?

Some adults may be at a higher risk of abuse because of their age, disability or illness. We use the term adult at risk (also sometimes called a vulnerable adult).

An adult at risk of harm is someone who is 18 years or older who:

- has care and support needs due to their age, disability, mental health needs, drug or alcohol misuse or other conditions: and
- is unable to protect themselves.

What is abuse?

Abuse is when someone does or says something to make someone else feel upset, scared or frightened. Someone has been treated badly by someone else.

Where abuse can happen?

Abuse can happen anywhere and at any time.

Anyone can abuse

A stranger or someone you know - this could be a friend or neighbour, a partner or relative, a carer, other service users or someone you think you can trust.

Abuse happens in many ways



Physical Abuse

Being hit, slapped or kicked or being hurt in another way



Sexual Abuse

When someone touches your body in ways you do not like or want.

When someone makes you do sexual things that make you sad, angry or frightened.



Emotional Abuse

When someone says bad things to hurt your feeling, shouts or threatens you.



Financial / Material Abuse

When people take your money or belongings without asking or make you give them things.



Neglect

When you do not get the help you need, such as medication, care needs or enough food.



Discriminatory Abuse (Sometimes called Hate Crime)

When people treat you badly or unfairly because you are different. It could be because of your age or gender, sexuality or disability, race or religious belief.



Domestic Violence or Abuse

When abuse occurs between partners or family members.



Institutional / Organisational Abuse

Abuse is caused by an organisation and how they work. They will work in a way that suits them and not the adult at risk.

Modern Slavery

Someone is forced to work with little or no pay or threatened with violence to work.

Self Neglect

Someone might come to harm because they do not look after themselves, such as not eating or taking their medication or looking after their personal hygiene.

Abuse is always wrong

What to do if you think abuse has happened

To keep you and others safe, report abuse straightaway (within 24 hours).

By reporting abuse, you can help to make it stop.

- You make the person aware of the support available and what to do
- You can report abuse and/or seek advice.

What you can do

- If someone is injured, you may need to help them to a doctor or call an ambulance (999)
- If you think a crime has occurred, you can call the police (999)
- You can get advice and you can do this without anyone knowing it is you.

What happens when you report abuse?

People will:

- Listen to you
- Take your concerns seriously
- Respond sensitively
- Talk to you about your concerns
- Consider the wishes of the adult at risk

What happens next?

Someone will:

- Talk to the police if it is a crime
- Support the adult at risk to achieve the changes they want
- Develop a plan with the adult at risk to keep them safe
- Consider if anyone else is at risk

To report a crime

- In an emergency, call the police on 999
- If the person is not in danger, contact South Wales Police on 101

To report a safeguarding concern

- Contact a member of the Safeguarding Team, Cardiff Adult Safeguarding Team or a Helpline – see Contacts on Page 4

Not sure what to do

- Call a Helpline – see Contacts on Page 4

Feedback

If you want to tell us something, please speak to a member of the Safeguarding Team.

CONTACTS

Safeguarding at Cardiff City

Head of Safeguarding: **Rob Cronick**

Tel: **02920 643652**

Mobile: **07872 147351**

Email: safeguarding@cardiffcityfc.co.uk

Disability Access Officer: **Adam Gilliatt**

Tel: **02920 643609**

Mobile: **07522 321389**

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Safeguarding Development Manager: **Roxanne Williams**

Mobile: **07487 846778**

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Academy Player Care Manager: **Matthew Griffiths**

Mobile: **07872 147436**

Email: matt.griffiths@cardiffcityfc.co.uk

Cardiff Adult Safeguarding Team

Tel: **02922 330888** (office hours)

Tel: **02920 788570** (out of office hours)

Email: safeguardingadults@cardiff.gov.uk

Emergency Services - Police/Ambulance/Fire – in an emergency call **999**

Police (non-emergency) – Call **101** to report a crime to local police

Helplines

SAMARITANS

Samaritans: Samaritans is available around the clock, every single day of the year. Talk to us anytime you like in your own way and off the record, about whatever is getting to you.

Call us free at anytime on **116 123** or email jo@samaritans.org

Visit us – find your nearest branch at www.samaritans.org

VS VICTIM SUPPORT

Victim Support: Victim Support provides free, confidential advice and practical help to anyone affected by any crime, no matter how long ago it took place, or whether it was reported to the police or not. Call free on the VS Supportline **08 08 16 89 111** or visit www.victimsupport.org.uk



The Silver Line: The Silver Line Helpline is the only national, free and confidential helpline for lonely and isolated older people; offering information, advice and friendship.

Call **0800 4 70 80 90** (24 hours/free)

R N I B

RNIB: RNIB is one of the UK's leading sight loss charities and the largest community of blind and partially sighted people. For advice and signposting to services call **0303 123 9999**.



Mind: Mind provides advice and support to empower anyone experiencing a mental health problem. Call Infoline: **0300 123 3393** Mon-Fri 9am-6pm or email: info@mind.org.uk



Alzheimer's Society: Alzheimer's Society's dementia advisers can support you directly by phone or face to face, as well as connect you to a range of local services. Call **0333 150 3456** or visit alzheimers.org.uk



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