England Netball
Adult Safeguarding

(Easy Read Guide)

What is Safeguarding?

Safeguarding means keeping you safe from abuse and neglect.

What is abuse and neglect?



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



Physical abuse includes hitting, kicking, burning, giving you the wrong medication or medication you don't need.



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.



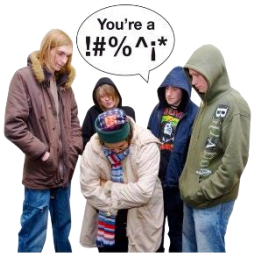
Financial abuse is about other people stealing money or things you own, not letting you have money or telling you what to spend it on.



Domestic abuse is any form of abuse from anyone that you live with, including ex-partners.



Sexual abuse is unwanted sexual contact such as touching or kissing, taking or sending sexual pictures.



Psychological/Emotional abuse is shouting, threats, or bullying. This could be to your face or on a phone or computer.



Organisational abuse is about poor care, neglect and not good enough help.



Discrimination is about any type of abuse because of disability, age, race, sex, religion, or sexuality.

Abuse or neglect can happen 1 time or more.

You can be abused by someone you know or someone working with you, or a stranger.

Most people are safe in netball but abuse can happen anywhere, including at your netball club.

Making Safeguarding Personal



If you tell someone about abuse they will ask you what you think and what you want to happen.



People should listen to you and take you seriously.



People should help you to make choices and your own decisions.



You can have someone to help with the safeguarding, called an advocate, if you need.

When there is a safeguarding concern



Someone at the netball club will contact you to ask what has happened and what you would like to do.



A safeguarding enquiry might happen to look into what has happened and make a plan to keep you safe. A social worker, police officer or nurse might be involved. They all work together to keep you safe.

If you do not want an enquiry, but other people could be at risk, the concerns may still be looked into, but you will be told what is happening.

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 not anybody, an Independent Mental Capacity Advocate will speak with you to listen to your views and feelings about what you want to happen.

What happens next

At the end of the enquiry these things could happen:



The abuse or neglect could stop



You should be safe and feel better.



You should be able to choose or control what happens.



You should know how to ask for help.



You might get an apology.



If there has been a crime the police could investigate and tell you what is happening.

Tell us about a safeguarding concern:



If you feel unsafe or are worried about abuse and neglect you need to **tell someone you trust**. You could tell a parent, carer or the netball club safeguarding officer

Or you could:

fill out this form online: Reporting a Safeguarding Concern

call the England Netball safeguarding officer on **01509 277850 (choose option 6)**

In an emergency dial 999