



**healthwatch**  
Kingston upon Thames

LONDON  
SAFEGUARDING  
VOICES  
'Our Voices Together Are Stronger'

# Adult safeguarding - keeping adults safe from abuse



**Everybody has a right to be safe from abuse.**

## Book 2. Speaking up about abuse

# What is this book about?

	<p>Everybody has a right to be safe from abuse. This book has been written to help you understand abuse and to stay safe.</p>
 	<p>It was made by Healthwatch Kingston through the London Safeguarding Voices (LSV) group.</p>
	<p>Safeguarding is about everyone working together to make sure people are safe.</p>
	<p>This book has information about how to speak up about abuse and report it. You can read it alone or with someone to support you.</p>

# Speaking up about abuse is hard

	<p>Abuse and neglect are <b>never</b> OK. If you or someone you know is being abused, tell someone you trust.</p>
	<p>Speaking up about abuse is not easy. You might feel:</p> <ul style="list-style-type: none"><li>• Scared or stressed</li><li>• Ashamed or embarrassed</li><li>• That no one will believe you</li><li>• Worried about getting into trouble or getting other people into trouble</li></ul>
	<p>Abuse is <b>never your fault</b>. It is always OK to speak up about abuse.</p>
	<p>If you feel scared or worried and are not sure if it is abuse, still tell someone.</p>

# What to do if you know the person who is abusing

	<p>Speaking up about abuse can be harder if you know the person doing the abuse.</p>
	<p>They might:</p> <ul style="list-style-type: none"><li>• Tell you to keep it a secret</li><li>• Tell you they will hurt you, your family, friends or your pets</li><li>• Tell you no one will believe you</li><li>• Tell you that you are confused</li><li>• Tell you that it is your fault</li></ul>
	<p>It is still important to speak up and get help. Tell someone that you trust.</p>

# Talk to someone you trust



Think about someone you trust and feel happy talking to.



This could be:

- Someone in your family
- A friend
- A carer or support worker
- A social worker
- An advocate
- The police
- A nurse or doctor
- Someone from a charity like Mencap, Age UK or Mind
- Someone from the Care Quality Commission
- Someone you work with



Tell them you have something important you want to talk about.

# Finding a time and place to talk

	<p>Think about when you might talk to someone.</p>
	<p>Think about where you could talk to someone.</p>
	<p>If possible</p> <ul style="list-style-type: none"><li>• Choose somewhere private where other people will not overhear you</li><li>• Choose a time and place where other people will not interrupt you</li><li>• Choose somewhere you feel safe and comfortable</li></ul>
	<p>It might feel like there is never a good time - but it is still important that you speak up and tell someone.</p>

# It is good to talk

	<p>Sometimes it can be good to just talk to someone.</p>
	<p>It can help you think about what is happening and you can hear what another person thinks.</p>
	<p>They might be able to help you sort out whatever is wrong.</p>
	<p>If you experience abuse it is important that you or someone you trust tells Royal Borough of Kingston Upon Thames Council.</p>

# If you do not have a person you can trust

	<p>If you are in danger, please call 999 to get help straight away.</p>
	<p>You can contact Royal Borough of Kingston Council and they can ask an advocacy organisation to support you.</p> <p>An advocate is an independent person who supports people to have a voice and may help a person to get the support they need.</p>
	<p>Anyone can report abuse if they are worried.</p>

# There are two other books in this ‘Keeping Safe from Abuse’ series.

 <p>Adult Safeguarding - keeping adults safe from abuse.</p> <p>Everybody has a right to be safe from abuse.</p> <p>Book 1. What is abuse?</p> <p>Adult safeguarding - keeping adults safe from abuse.</p> <p>Everybody has a right to be safe from abuse.</p> <p>Book 3. Reporting abuse</p>	<p><b>Book 1</b> ‘What is abuse?’ has information about different types of abuse.</p> <p><b>Book 3</b> ‘Reporting abuse’ has information about what happens when you report abuse.</p>
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## Contact details to report abuse

	<p><b>Royal Borough of Kingston Upon Thames Council</b></p> <p>Report your concern on the Kingston Council website by clicking <a href="#">here</a>.</p>
	<p><b>Or call the Access and Safeguarding Team</b></p> <ul style="list-style-type: none"> <li>• between 9.00am - 5.00pm on <b>020 8547 5005</b></li> <li>• after 5pm please call <b>020 8770 5000</b></li> </ul> <p><b>For emergencies call 999.</b></p>



## **Metropolitan Police**

For emergencies call 999.

To talk to someone, call 101.



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