

WE ARE KEEPING SAFE.

WE ARE NEWHAM.



Stay safe from adult abuse

A guide to protecting yourself and reporting adult abuse
Say **NO** to abuse

Telephone: 020 3373 0440

What is abuse?

Abuse is when someone does something wrong to you that hurts you, frightens you or makes you unhappy. There are different kinds of abuse.

Physical abuse

This is when someone hurts your body. Some examples include slapping, pinching, choking, kicking or spitting.



Sexual abuse

This is when someone touches you in places you don't want them to, makes you touch them or have sex with them without consent.



Emotional abuse

This is when people say nasty things to you which hurt your feelings or shout at you. They might call you names, laugh at you, threaten you or even ignore you.



Stealing

This is when someone takes your money or belongings without asking or forces you to let them take things.

Neglect

This is when you are not being looked after properly. You may be hungry, cold or be wearing dirty clothes because you are not getting the support you need.



Self neglect

This is when you are unable to look after yourself and may refuse support to help you



Discrimination or hate crime

This is when people are mean to you because you are different. It might be because of the colour of your skin, a disability, your religion, your gender or your age.

Modern slavery

This is when someone forces you to work without pay or keeps you somewhere against your will.

Domestic abuse

This is when someone you live with or are close to hurts you or makes you do something you don't want to do. This includes forcing you to get married.

Organisational abuse

This is when an organisation like a care provider or a hospital does not provide the care that you need.

Mate crime

Mate crime is when people stay in your house when you don't want them to, or make you take part in a crime to be in a gang.

Who might abuse you?

Anyone could abuse you.

It might be a stranger or someone you know.



Where might abuse happen?

Abuse can happen anywhere, at any time.

- At home
- At a day centre or college
- At work
- In a hospital
- At a club





Who can I tell?

Tell someone you trust, as soon as you can.

What happens next?

If you tell the police or your social worker, they will:

- Listen to you
- Help you stay safe
- Find out more
- Give you help and support



Important contact information

NEWHAM COUNCIL

Safeguarding Newham

The council has a dedicated contact number for the public to report abuse and raise concerns at any time.

Telephone: 020 3373 0440 (24 hour reporting line)

Email: Accessto.AdultsSocialCareTeam@newham.gov.uk

Website: www.newham.gov.uk/safeguardingadults

HOURGLASS

(formerly Action on Elder Abuse)

0808 808 8141

POLICE

If you believe a crime may have been committed contact the Police Community Safety Unit:

Telephone: 101

If it is an emergency dial 999



For free translation phone

Për një përkthim falas telefononi

لترجمة المجانية الرجاء الاتصال هاتفياً

বিনাখরচে অনুবাদের জনস্ টেলিফোন করুন

Za besplatne prevode pozovite

欲索取免費譯本，請致電

Pour une traduction gratuite, téléphonez

Για δωρεάν μετάφραση, τηλεφωνήστε

મફત અનુવાદ માટે ફોન કરો

निःशुल्क अनुवाद के लिए कृपया फ़ोन कीजिए

بو ته رجومه كردنى به خورايى ته له فون بكه بو

Dël nemokamo vertimo skambinkite

സൗജന്യമായ തർജ്ജിമയ്ക്കായി ബന്ധപ്പെടുക

Po bezpłatne tłumaczenie prosimy dzwonic

Para uma tradução grátis, telefone

मूफ्त अनुवाद लयी होन वरे

Перевод – бесплатно. Звоните

Para obtener una traducción gratuita llame al

Turjubaan bilaash ah kala soo hadal telefoonka

இலவச மொழிபெயர்ப்புக்கு தொலைபேசி செய்யவும்

Ücretsiz çeviri için telefon edin

Để có bản dịch miễn phí hãy điện thoại

مفت ترجمے کے لئے فون کریں

Also for Audio, Large Print and Braille, phone

0800 952 0119