



Bracknell Forest




SAFEGUARDING BOARD

Keeping safe from abuse



3. Reporting abuse

What is this book about?

 <p>Keeping Safe</p>	<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>North Yorkshire Safeguarding Adults Board</p>	<p>A thank you to the North Yorkshire Safeguarding Adults Board who have allowed us to adapt this book.</p>
	<p>Safeguarding is about everyone working together to make sure people are safe.</p>
	<p>This book has information about what happens when you report abuse.</p> <p>You can read it alone or ask someone to support you.</p>

You are not on your own

	<p>You can report abuse yourself.</p>
	<p>You can report abuse if you think it is happening to someone else.</p>
	<p>You can ask someone you trust to report abuse for you.</p>
	<p>You can ask an advocate to help you report abuse.</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>

If you tell Bracknell Forest Council that abuse is happening

 A woman in a grey sweater and blue trousers is talking to a man in a dark sweater and trousers. In the background, there is a large blue and white logo for Bracknell Forest Council, which features a stylized 'b' and a rose.	<p>They will listen to you.</p>
 A man in a dark sweater and a woman in a white sweater and blue trousers are sitting on blue chairs. The man is touching the woman's shoulder, and she has her hand to her face, appearing distressed.	<p>They will take you seriously.</p>
 Two men are sitting at a small table. One man is wearing a blue jacket and glasses, and the other is wearing a teal shirt. A speech bubble is above the man in the blue jacket, indicating he is speaking.	<p>They will ask questions to make sure that you or the person you are worried about are safe.</p>
 Two men are sitting at a table, looking at a document together. One man is wearing a red sweater and the other is wearing a dark sweater. They appear to be in a meeting or a consultation.	<p>They will ask questions to help everyone decide what needs to happen next.</p>

Making safeguarding personal for you



Some things you might say to the Council are:

- I want to feel safe
- I want the abuse to stop
- I want help to protect myself
- I want the abuser to stay away
- I want to feel more confident
- I want to be involved in what happens next

Is this a safeguarding issue?



The information you give will help the Council to know if this is a safeguarding issue.









If it is a safeguarding issue they will ask you what you want to happen next.







If it isn't a safeguarding issue, the Council will still listen to you and help you.

What happens next?

	<p>Once the Council has enough information they may start an enquiry.</p>
	<p>An enquiry is about:</p> <ul style="list-style-type: none">• finding out what happened• looking for information and evidence• talking to people involved
	<p>The enquiry helps the Council decide if anything can be done to support you and who will do it.</p>
	<p>The Council will ask if it is okay to talk to other people about what has happened.</p>
	<p>They may talk to other people without asking you if it is okay if they are worried that other people may be unsafe.</p>
	<p>They might speak to the police and ask them for their help.</p>

Being involved in what happens next

 <p>The image shows a woman with a thoughtful expression, her hand to her chin. To her left is a small icon of a meeting with the word 'Meeting' above it, depicting several people sitting around a table.</p>	<p>You decide how much you want to be involved in talking to people or going to meetings.</p>
 <p>The image shows a man in a grey suit being supported by two other men. One man is wearing a blue beanie and a dark jacket, and the other is wearing a dark suit. They appear to be walking together.</p>	<p>You can bring someone with you – this could be someone from your family, or a friend or an advocate.</p> <p>www.bracknell-forest.gov.uk/advocacy-adults</p>
 <p>The image shows a man in a white t-shirt with a large blue question mark on it. He has a confused expression and his hands are outstretched.</p>	<p>You can ask at any time if you don't understand something.</p>
 <p>The image shows a man in a blue and white jacket shaking hands with a woman in a tan jacket. A speech bubble is positioned between them, indicating communication.</p>	<p>You can ask someone you trust to go to meetings instead of you.</p>

Who else is involved?



There may be other people there whose job it is to help you stay safe.








This might include a social worker, a support worker, an advocate, or a police officer.



Everyone will listen to you.

Your Keeping Safe Plan

	<p>When everyone agrees what needs to happen next it will be written down in a Keeping Safe Plan.</p>
<p>Keeping Safe</p> 	<p>This is a list of things you would like to happen to help keep you safe.</p>
<p>Keeping Safe Plan</p> 	<p>The Keeping Safe Plan lets everyone else know what you want to happen and make sure it is working.</p>
	<p>It should be in a format you can use and understand.</p>
	<p>You will be asked if you want to speak to someone about the support you are getting or might need.</p>

The end of the Enquiry



When everything that was agreed has been done, the enquiry will finish.



You can say if you are happy and feel safer, or if you think something else needs to happen.



If you have been abused the Council may also give you information and advice about other people and organisations who can help you.




This might include talking to counsellors, doctors and other people so you feel better.

Your information is Private

	<p>Information about you is kept private and will not be shared with anyone who doesn't need to know.</p>
	<p>If the Council does have to share private information with others to keep you safe they will ask you if it is okay first.</p>
	<p>Other 'Keeping Safe from Abuse' books:</p> <ul style="list-style-type: none">• Book 1 'What is abuse?' advice about different types of abuse.• Book 2 'Speaking up about abuse' how to tell someone about abuse.

Contact details

 <p>Bracknell Forest Council</p>	<p>Bracknell Forest Council</p> <p>Telephone: 01344 351500 (or 01344 351999 for the Out of Hours Team)</p>
	<p>Thames Valley Police</p> <p>For emergencies call 999.</p> <p>To talk to someone call 101.</p>

Thank you!

Thank you to North Yorkshire Safeguarding Adult Board for allowing us to adapt this book and everyone who helped them including:

 <p>KeyRing ... We're Life Changing</p>	<p>KeyRing self-advocates from the North Yorkshire Learning Disability Partnership Board.</p>
 <p>inclusion north</p>	<p>Inclusion North www.inclusionnorth.org</p>
 <p>NORTH YORKSHIRE COUNCIL</p>	<p>North Yorkshire Council Health and Adult Services.</p>

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