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| Safeguarding children, young people and adults |
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| **ESSEX WAY SURGERY** |

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| **What to do** If you are being abused, know of someone who is being abused or think someone may be at risk, it is important that you inform the right people.We want to reassure you that the people who you talk to will take your concerns seriously and are able to provide support, guidance and take action to ensure the safety of everyone.Please speak to a member of staff who will help you get the help you need. All our staff are trained in safeguarding. **They will support you!**  |  |  | **Who to contact?**24 hour protection line for children and vulnerable adults: 0345 603 7634Essex Safeguarding Adult Board: <https://www.essexsab.org.uk/>Concerned about an adult? Essex social care direct: 0345 603 7630Essex Safeguarding Children Board: <https://www.escb.co.uk/>Report a concern about a child to the Children and Families Hub on 0345 603 7627Emergency Duty Team:  escb@essex.gov.ukFor children:Daytime help:-Monday to Thursday 9.00am – 5.30pmFridays & Bank Holidays 9.00am – 5.30pmTelephone: 0345 603 7634E-mail: initialresponseteam@essex.gcsx.gov.ukNight-time help:-Monday to Thursday 5.30pm – 9.00amFriday & Bank Holidays 4.30pm – 9.00amTelephone: 0345 606 1212E-mail: initialresponseteam@essex.gcsx.gov.ukNSPCC Child Protection Helpline – 0808 800 5000Child line  – 0800 1111 (Free)Care Quality Commission: 03000 616161Police Investigation Unit If you suspect someone is in immediate danger, call 999 now. If you're deaf or hard of hearing, use our text phone service 18000 or text us on 999 if you’ve pre-registered with the [emergencySMS service](https://www.relayuk.bt.com/how-to-use-relay-uk/contact-999-using-relay-uk.html%22%20%5Co%20%22emergencySMS%20service).If it isn’t an emergency, please get in touch in any of these other ways:* Call our non-emergency, 24/7 number: 101. If you're deaf or hard of hearing, use our text phone service on 18001 101
* visit a police station to speak to an officer in person

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| **Types of abuse**There are many types of abuse such as:**Physical** – hitting, biting, shaking, pushing**Sexual** – any sexual contact which is non-consensual **Emotional** – humiliation, intimidation, verbal abuse**Neglect** – ignoring or refusing basic care needs**Self-neglect** – inability to care for oneself**Discriminatory** – values, beliefs or culture results in a misuse of power**Institutional** – misuse of power and lack of respect by professionals, poor practice**Financial** – use of an individual’s funds without consent or authorisation**Modern slavery** – includes human trafficking, servitude and forced labour These are just some examples of how people can be abused or neglected through actions directed towards them that cause harm, endanger them or violate their rights. |  |  | **What is safeguarding?** SafeguardingThis is defined as protecting people’s health, wellbeing and human rights, enabling them to live free from harm, abuse and neglect. It is fundamental to high-quality health and social care.Adult at riskThis is a person aged 18 or over in need of care and support, or someone already receiving care and support and, as a result, is unable to protect himself/herself from harm, abuse or neglect. Child or young personThis is any person, male or female, under the age of 18 in need of care and support, or someone already receiving care and support and, as a result, is unable to protect himself/herself from harm, abuse or neglect |
| **Organisation leads****Dr S Khalil, Adult Safeguarding Lead****Dr S Khalil, Child Safeguarding Lead****Practice Nurse Sharron Pettit, Deputy Safeguarding Lead****Practice Manager Miranda Rumble, Administrative Safeguarding Lead****The team will ensure that you receive the appropriate level of support**.  |  |  | **Who can abuse?**Abuse can occur anywhere such as at home, in a care setting, hospital, college, school, in public places. It could be from:Family members or friendsOther patients or those at risk Young peopleCare workers or volunteersProfessionals StrangersDon’t delay. If you suspect or know that someone is at risk of harm, abuse or neglect, report it immediately! **Safeguarding is the responsibility of everybody** |