

## **ADULT SAFEGUARDING AND CONTACTS**

It means protecting an adult's right to live in safety, free from abuse and neglect. The aims of adult safeguarding are to: prevent harm and reduce the risk of abuse or neglect to adults with care and support needs. stop abuse or neglect wherever possible.

Abuse can include:

- Physical abuse, Sexual abuse, Psychological or emotional abuse
- Financial or material abuse, Discriminatory abuse
- Neglect and acts of omission, Domestic violence
- Organisational or institutional abuse, Self-neglect
- Modern slavery

### **Speak Up on Adult Abuse - Who to contact?**

Are you concerned about an adult or yourself?

- Safeguarding referrals can be made via the **online portal** - [Adult Social Care Safeguarding Referral Form - Nottingham City Council](#)
- If you live in **Nottingham City** call **Adult Social Care** on **0115 8763330**.  
Lines are open 9am to 5pm
- If you live in **Nottinghamshire**, call **Nottinghamshire County Council** on **0300 500 8080**

**If any form of abuse is putting your own or someone else's immediate safety at risk, please call 999 straight away**

**WOLLATON u3a HAVE ADOPTED A SAFEGUARDING POLICY WHICH IS AVAILABLE ON THE WEB SITE <https://wollaton.u3asite.uk/documents/> OR AVAILABLE AT THE MAIN MEETINGS.  
IF YOU HAVE ANY CONCERNS INVOLVING WOLLATON u3a; ITS MEMBERS, GROUPS ETC., PLEASE INFORM THE COMMITTEE BY LEAVING A MESSAGE ON 07563965968.  
A RISK ASSESSMENT WILL NEED TO BE COMPLETED AND ANY ACTIONS FOLLOWED UP.**