

Stop Abuse

Everyone has the right to live their life free from violence, fear, abuse or neglect.

Abusers must
recognise that being
abusive is a choice



Why are we telling you this?

Everyone has the right to live their life free from violence, fear, abuse or neglect. Some groups of people need help to keep themselves safe.

It is your responsibility to know what you can do about it!

What is abuse?

Abuse is any behaviour towards a person that deliberately or unknowingly causes him or her harm, endangers life or violates their rights. Abuse may be:

- **Physical:** hitting or kicking
- **Sexual:** assault or exposure
- **Psychological:** being made to feel unhappy or devalued
- **Financial or Material:** stealing or denying access to money or possessions
- **Neglect:** deliberate withholding or unintentional failures to provide appropriate and adequate care and support
- **Discrimination:** abuse motivated by discriminatory attitudes

Who is vulnerable?

A vulnerable child is anyone under 18 years. A vulnerable adult is a person whose ability to protect themselves from abuse or neglect is limited. This may be because of their age or because they have a disability or health problem.

Who abuses?

Anyone can abuse. An abuser can be known to the person such as a partner or family member. Abusers can also be people in positions of trust or power such as health or social care professionals, or paid or voluntary care workers.

Where does abuse happen?

Abuse can happen anywhere, for example: at home, in care homes, in day centres, at work, at college, in hospitals or other health centres / surgeries or public places in the community.

What should YOU do if you have concerns that someone may be at risk of abuse?

You may be concerned about someone, whether or not you know them well. They may tell you something that has happened to them or you may see or hear something happening to someone that makes you feel uneasy or uncomfortable.

You can help stop the abuse

Helping a vulnerable person is easy, all you need to do is share your concerns with us or your local authority's safeguarding team. Your call may just be the one bit of help that the vulnerable person needs to escape and be free from abuse. If you are being abused yourself we may be able to help stop it.



Who to call?

Talk to someone you can trust...

You can tell a member of staff at Bernicia in person or by contacting us in any of the following ways:

Telephone us on:

0344 800 3800

Email: info@bernicia.com

Website: www.bernicia.com

In writing to:

Bernicia

Oakwood Way

Ashwood Business Park

Ashington

Northumberland

NE63 0XF

You will be asked basic information about the person you are concerned about and what you have been told, heard, seen or suspect. All information will be dealt with in confidence so you don't need to worry.

In an emergency...

If someone is in immediate danger, you should contact emergency services by dialling **999**

Possible criminal nature...

You should contact Northumbria Police which covers Northumberland, Newcastle, Gateshead, South Tyneside, North Tyneside and Sunderland: Northumbria Police, **non emergency: 101**

All our publications can be made available on request in large print, braille, or audio and in other languages.

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Information provided by the Bernicia Group:

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