

Keeping Adults Safe from Abuse



What is abuse and where can I go for help?



This leaflet is produced with the support of CLASP



WOKINGHAM
BOROUGH COUNCIL

What is abuse?

You can suffer from more than one type of abuse.



Physical - things like hitting, kicking, biting or burning.



Emotional or mental - when someone says something that makes you feel sad or scared, or they make fun of you.



Financial - when someone takes your money or things that belong to you. Or if someone does not let you choose how to spend your money.



Discrimination - being treated unfairly because of the colour of your skin, your age, your beliefs or your disability. Sometimes this can be called **Hate Crime**.



Mate Crime - when people who you think are your friends take advantage of you. For example, they may get you to pay for everything.



Sexual - when someone touches you where you do not want to be touched, without your permission.



Neglect - when you are not given the things you need, like food, clean clothes, medication and help when you need it.



Institutional - when you are not treated properly by people who are paid to look after you. For example, they open your post for you without asking you first.



Cyber bullying - being sent unkind or threatening messages by email, text or social media.

I think I'm being abused, what should I do?

Tell someone you trust straight away and ask them to help you.

Tell the truth and give as much information as possible.

It is not your fault.

Who can I speak to?

You can tell you support worker, carer or staff. You can also tell us or the Police.

Contact us:



Wokingham Borough Council, Civic Offices
Shute End, Wokingham, RG40 1BN



(0118) 974 6772 (Adult Social Care)



customerservice@wokingham.gov.uk



Police 101 anytime



In an emergency ring 999



Safer Places (shops and businesses with this logo in the window.)

