

# COVID-19 Safeguarding Basics



## Fact Sheet

You may be volunteering in your neighbourhood or for a small informal group helping others. It is good to have an understanding of safeguarding and what you can do if you think something is wrong.

There are 10 categories of abuse of adults in the UK:

- **Physical:** punching, hitting, kicking
- **Sexual:** sexual harassment, unwanted sexual contact of any sort including innuendo
- **Psychological:** controlling, threats, intimidation, harassment, bullying, even online
- **Financial:** any theft or fraud in relation to money or property
- **Neglect:** not being given medicine, adequate nutrition or heating
- **Discriminatory:** harassment based on things like sex, gender, disability, race
- **Self-neglect:** failure to take care of own needs, causing serious harm to self
- **Organisational:** neglect and poor care practice in institutions
- **Modern Slavery:** human trafficking, forced labour, domestic servitude
- **Domestic abuse:** intimidation, threats or violence between intimate partners

If you spot any of these things whilst chatting to your neighbours or other people, it is important that you take action even if you're not sure as those you are helping may be more vulnerable and less able to protect themselves than others.

If the adult tells you that something is happening to them, stay calm, reassure them that you will help and that it's not their fault.

In an emergency please call 999. For all non-emergency reports of abuse, there is a dedicated safeguarding team and they can be contacted here:

**Children:** First Response Team (FRT) - **0800 131 3126**  
(Between 8am and 5.30pm and 4.30pm on a Friday)  
Or Emergency Duty Service (EDS) - **0845 6042 886**  
(Outside of 8am and 5.30pm)

**Adults:** Vulnerable Adult Referral **0345 604 2719**

