



ISLINGTON



Say **NO**
to abuse



Adults can be abused, as well as children. People who appear vulnerable may be at greater risk of being abused.

This is why a booklet called **No Secrets** was written by the Dept of Health. It encourages all of us to know what to do, if we come across any form of abuse towards vulnerable people.

In Islington, some organisations have got together in order to produce this booklet for distribution to the public. Please read it and use the phone numbers on page 14 if you have concerns for a vulnerable adult who may be at risk of harm.

Say **NO** to **abuse** is based on an original design by Barnet Council and is reproduced with their kind permission. The illustrations are by Teresa Dodgson.

© Islington Council 2006.

What is abuse?

Abuse is when someone does or says things to you to make you upset or frightened.

You may be scared to speak out or to stop them.

You may be abused on purpose, or by someone who may not realise that what they are doing is abusive.

It's when someone has power over you, and you do not agree to what is happening.

There are different types of abuse.

Physical abuse

This is when someone physically hurts you.



Physical abuse can be:

- Hitting
- Kicking
- Pulling hair
- Pinching or shaking
- Or giving someone too much medication so they find things difficult to do.

Sexual abuse

This is when someone makes you do sexual things that make you sad, angry or frightened.



Sexual abuse is being touched where you do not want to be touched

- your private parts
- your bum
- your breasts
- your penis or vagina

or being made to touch other people in these places.

Emotional abuse

This is when **people say bad things** to hurt your feelings, **shout** at you or **threaten** you.



Examples of emotional abuse are:

- calling you names
- laughing at you
- blaming you for things when it's not your fault
- treating you like a child
- ignoring you

Financial abuse

This is when someone **takes your money or belongings without asking.**

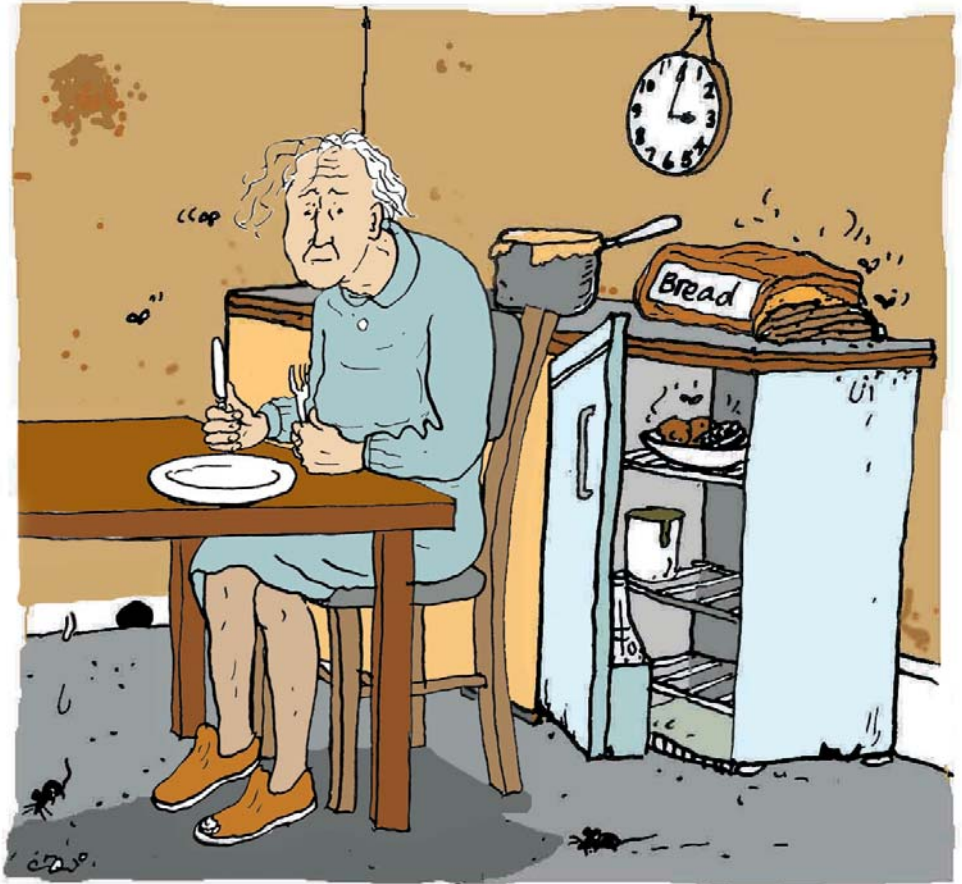


Financial abuse can be:

- stealing your money
- being forced to pay for other people's things
- when you don't have a say in how your money is spent

Neglect

Neglect is when **your care or support is not enough to meet your needs.**



Neglect can be:

- being cold much of the time
- being hungry much of the time
- having only dirty clothes to wear
- being put in danger

Discriminatory abuse

This is when people say or do bad things to you, or treat you unfairly because you are different.



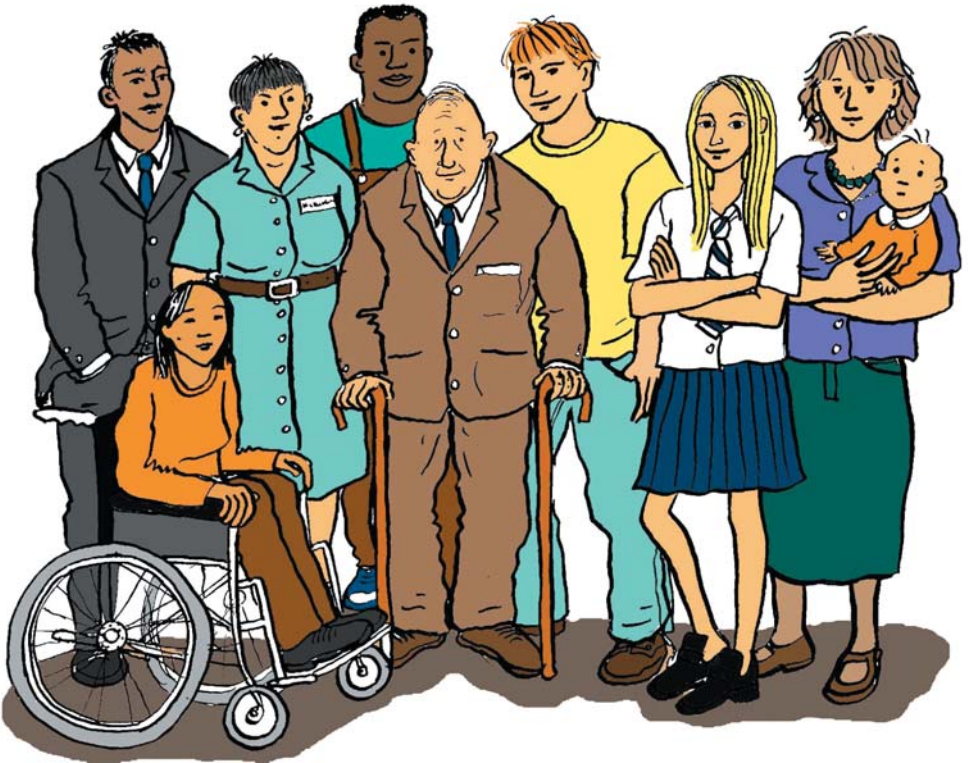
Discriminatory abuse is being treated unfairly because you:

- have different colour skin
- have a different religion
- are disabled
- are lesbian or gay
- speak a different language.

Who might abuse you ?

Anyone could abuse you.

It might be someone you know or a stranger.



Where might this happen ?

Abuse can happen anywhere, at any time



In a **house**



At a **day centre** or **college**



At **work**



In a **hospital**



At a **club**

Who can I tell ?

Tell someone you trust. Do this as soon as you can.

My family



The Police



A social worker



A friend



A nurse



A care inspector



Staff who support you



A doctor



What happens next?

If you tell the police, or someone in the social services:



They will listen to you



They will help you to stay safe



They will find out more



They will give you help and support

Useful contact numbers



Police

Islington Police Station

Telephone 020 7704 1212

(But in an **emergency** call 999)



Social Services - Office Hours

The **Information and Access team**

Telephone 020 7527 2299

(9AM to 5PM - Mon to Fri)



Social Services - Out of Hours

The **Emergency Duty Team**

Telephone 020 7226 0992

(5PM to 9AM - weekdays)

24hrs - weekends and bank holidays)



An inspector at the Commission for Social Care Inspection

Telephone 020 7225 9540



NottinghillHousing



ISLINGTON

in partnership with

Islington **NHS**
Primary Care Trust

The Whittington Hospital **NHS**
NHS Trust



Working together for a safer London



EPIC Trust
Empowering People through
Independence and Choice

University College **NHS**
London Hospitals
NHS Foundation Trust

AGE
Concern
Islington



improving housing through partnership


Victim Support in London
Islington

Camden and Islington **NHS**
Mental Health and Social Care Trust



Free & Confidential National Helplines

- **Action on Elder Abuse**
Telephone 0808 8088141
- **Voice UK**
(for people with learning difficulties)
Telephone 0845 1228695
- **Public Concern at Work**
(advice re whistleblowing)
Telephone 020 7404 6609

If you would like this document in large print or Braille, audiotape or in another language, please contact 020 7527 2000.

Contact Islington

222 Upper Street

London N1 1XR

E contact@islington.gov.uk

T 020 7527 2000

F 020 7527 5001

Minicom 020 7527 1900

W www.islington.gov.uk

