

# Be safe from abuse form

The **Understanding and Reporting Abuse** Easy Read guide will tell you what abuse is and the types of abuse.



Easy  
Read



# Contents

Introduction.....3

About you .....4

What do you want to tell us?.....5

What you should do now.....8

What happens next.....10



In this Easy Read document, hard words are in **bold**. We explain what these words mean in the sentence after we have used them.



Some words are [blue and underlined](#).

These are links that will go to another website which has more information.

# Introduction



This form is from Safeguarding Adults Boards in Essex, Thurrock and Southend.



Safeguarding Adults Boards work to:

- Keep adults safe from harm.



- Support adults who have been treated badly or not looked after properly.



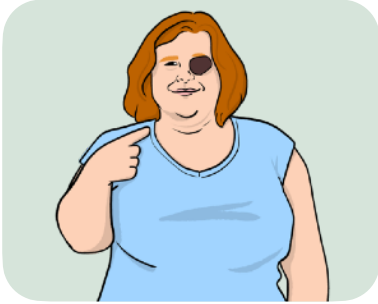
This form is for you to fill in if:

- You are worried that someone is harming you or someone else.



- You would like some help with this and want it to stop.

# About you



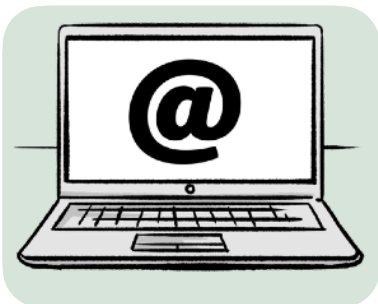
**Question 1:** What is your name?



**Question 2:** What is your address?



**Question 3:** What is your phone number?



**Question 4:** What is your email address?

# What do you want to tell us?



**Question 5:** Are you being harmed?

Yes

No



**Question 6:** Is someone else being harmed?

Yes

No

If you said yes, what is their name?



**Question 7:** Do you want it to stop?

Yes

No



**Question 8:** Would it be OK for someone to come and see you to help?

Yes

No

If you said no, can you tell us why?



**Question 9:** What do you want to happen?

A large, empty rectangular box with a thin black border, intended for the user to write their answer to the question.

# What you should do now



Thank you for filling in this form.



Please give this to someone you trust. This could be:

- A family member.



- A doctor or nurse.



- A care worker.



- A social worker.





If you don't have anyone to give this form to, you can contact your local council using these details.

## Southend



- Email: [accessteam@southend.gov.uk](mailto:accessteam@southend.gov.uk)
- Phone: 01702 215 008

## Essex



- Email: [businesssupport.adultsovas@essex.gov.uk](mailto:businesssupport.adultsovas@essex.gov.uk)
- Phone: 0345 603 7630

## Thurrock



- Email: [thurrock.first@thurrock.gov.uk](mailto:thurrock.first@thurrock.gov.uk)
- Phone: 01375 511 000

# What happens next



When we have got your information from this form, we will speak to you and ask you what you want to happen.



If you do not have anyone to support you, we will talk about finding an **advocate**.

An **advocate** is someone who helps you to speak up, or speaks up for you.



We might have to talk to other organisations about how we can best help you.



Some of the people we might talk to are:

- The police.
- Nurses or doctors.
- Anyone that has been working with you or helping you already.

This Easy Read information has been produced by [easy-read-online.co.uk](http://easy-read-online.co.uk)