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| **Organisation leads**Dr Lucy Dolman, Adult Safeguarding LeadDr Lucy Dolman, Child Safeguarding LeadDr Karen Pardy, Deputy Safeguarding LeadMrs Amanda Berry Administrative Safeguarding LeadThe team will ensure that you receive the appropriate level of support. **Who to contact?****ADULTS** Cardiff Multi-Agency Safeguarding Hub (MASH):02922 330888Out of Hours: 02920 788570**CHILDREN** Child Services: 029 2053 6490Out of Hours: 029 2078 8570If someone is in immediate risk of harm or danger call **999** and speak to the police.Don’t assume that someone else will take responsibility. You could help to save someone’s life. If you are worried, report it. |
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| Safeguarding children, young people and adults | Safeguarding children, young people and adults |
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| **Meddygfa Lansdowne Surgery** | **[insert ORGANISATION name]** |

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| **What to do** If you are being abused, know of someone who is being abused or think someone may be at risk, it is important that you inform the right people.We want to reassure you that the people who you talk to will take your concerns seriously and can provide support, guidance and take action to ensure the safety of everyone.Please speak to a member of staff who will help you get the help you need. All our staff are trained in confidentiality and safeguarding. **We will support you**  |  |  | **What is safeguarding?** SafeguardingThis is defined as protecting people’s health, wellbeing and human rights, enabling them to live free from harm, abuse, and neglect. It is fundamental to high-quality health and social care.Adult at riskThis is a person aged 18 or over in need of care and support, or someone already receiving care and support and, as a result, is unable to protect himself/herself from harm, abuse or neglect.Child or young personThis is any person, male or female, under the age of 18 in need of care and support, or someone already receiving care and support and, as a result, is unable to protect himself/herself from harm, abuse or neglect.  |
| **Types of abuse**There are many types of abuse such as:

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| **Type** | **Examples** |
| Physical | Hitting, biting, shaking, pushing |
| Sexual | Any sexual contact which is non-consensual |
| Emotional | Humiliation, intimidation, verbal abuse |
| Neglect | Ignoring or refusing basic care needs |
| Self-neglect | Inability to care for oneself |
| Discriminatory | Values, beliefs or culture results in a misuse of power |
| Institutional | Misuse of power and lack of respect by professionals, poor practice |
| Financial | Use of an individual’s funds without consent or authorisation |
| Modern slavery | Includes human trafficking, servitude and forced labour  |

These are just some examples of how people can be abused or neglected through actions directed towards them that cause harm, endanger them or violate their rights. |  |  | **Who can abuse?**Abuse can occur anywhere such as at home, in a care setting, hospital, college, school, in public places. It could be from:* Family members or friends
* Other patients or those at risk
* Young people
* Care workers or volunteers
* Professionals
* Strangers

Do not delay. If you suspect or know that someone is at risk of harm, abuse or neglect, report it immediately! **Safeguarding is the responsibility of everybody** |