

Adults ARE Abused TOO

Customer Information



Suffolk Adult Safeguarding Board




Adults are abused too ...

People can be vulnerable for lots of different reasons. They may be older; have a learning, sensory, or physical disability.

They may have a mental health problem, be lonely, feel ill or simply be overwhelmed by their responsibilities.

Vulnerable people unfortunately can become a target for abusive behaviour and practices. They are singled out because they are seen as easy targets; less able to defend themselves or speak up. Abuse can be done to anybody by anyone. Abuse can take many forms, these include: Physical, Financial, Emotional, Sexual, Racial, Neglect and Discrimination.

A woman with long blonde hair, wearing a light-colored cardigan over a white top and a brown belt, is looking down. She is in a pharmacy setting with shelves of products in the background.

Abuse can have a devastating impact. Remember, it can be carried out by anyone, anytime and anywhere.

Very often the victim will know their abuser.

Fact: Only 2% of reported abuse in Suffolk is carried out by strangers.

Fact: In Suffolk last year there were over 1000 reported cases of abuse.

Fact: 66% of abuse happens in the vulnerable person's home.


Fact: Only one case of abuse in 6 is reported.

A man and a woman in blue shirts are smiling and looking at each other. A black dog is in the foreground, looking up at the man. The background is a white lattice pattern.

Abuse thrives on secrecy

Please don't suffer in silence. The first step to stopping abuse is to speak up. It may not be easy but please try and tell someone that you trust what is happening to you.

If you, or if someone you know is being abused in any way then there are people who can help. Suffolk County Council want to put a stop to abuse in all its forms. They work closely with with colleagues in the Police, and can take the right steps to make people safer. We know it may be difficult to speak up but we will listen and take every report seriously.



All information received is treated with utmost confidentiality and sensitivity. Both the referrer and the person who is being abused will be included in the decision making process.

If you are being abused, or are worried about someone else being harmed, then either complete this form, or call **Suffolk County Council Customer First** on **08456 023023** or in an **emergency** call **999**.

We are here to help!



What is Physical Abuse?

This can be:

- Hitting
- Kicking
- Pulling hair
- Pinching or shaking
- Being given too much or too little medication

What is Emotional Abuse?

This can be:

- Name calling
- Being bullied
- Being treated like a child
- Being ignored
- Being blamed for things that you did not do
- Being shouted at
- Being threatened



What is Financial Abuse?

This can be:

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

What is Sexual Abuse?

This can be:

- Being touched
- Being forced to touch someone else
- Being made to have sex with someone when you don't want to
- Being forced to do sexual things against your will



What is Discriminatory Abuse?

This can be:

- When you are treated unfairly because of your race, age, gender, disability, sexuality or background

What is Neglect?

This can be when you do not get enough care or support to meet your needs, i.e. you may:

- Be hungry
- Be cold
- Not have clean clothes to wear
- Be denied access to things that you need



Useful numbers and websites

Customer First	0808 800 4005
Suffolk Adult Safeguarding Team	www.suffolkas.org
Victim Support	www.victimsupport.org 0845 3030900
Ipswich area	01473 231964
North Suffolk area	01502 584105
Western area	01284 717188
Suffolk Carers	Helpline 01473 232679 www.suffolk-carers.co.uk
Providing information, support and advocacy to Family Carers across Suffolk	
Suffolk Young Carers	Helpline 01473 232679 www.suffolk-carers.co.uk/suffolkcarers/ycarers/ycarers.htm www.safersuffolk.org.uk
Domestic Violence Helpline	0800 783 5121 www.suffolk.gov.uk/PolicingAndPublicSafety/CommunitySafety/ or www.breakthepattern.org.uk/
National Domestic Violence Helpline	0808 200 247
Bury St Edmunds Women's Centre	01284 753085
Ipswich Women's Aid	01473 745111
Waveney Women's Aid	0800 5877890 www.womensaid.org.uk 0808 2000 247 www.respect.uk.net 0845 122 8609
Mpower	0808 8084321
Supporting male survivors of sexual abuse and domestic violence	
Suffolk Rape Crisis	01473 715333

Age Concern

01473 257039
www.ageconcernsuffolk.org.uk

Action on Elder Abuse

Action on Elder Abuse (AEA) works to protect, and prevent the abuse of vulnerable older adults

0808 808 8141
www.elderabuse.org.uk/

Suffolk Bangladeshi Support Group

01473 400081

Citizens Advice Bureau

The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. 18 offices in Suffolk.

www.citizensadvice.org.uk
01284 753675 (Bury St Edmunds)
01473 219777 (Ipswich)
01502 717715 (N.E. Suffolk)

Norcas

We are an open access drug and alcohol charity operating from teams based throughout Norfolk and Suffolk.

www.norcas.org.uk/
01473 259382 (Ipswich)
01502 513444 (Lowestoft)

Mind

Mind is the leading mental health charity in England and Wales

0845 7660163
www.mind.org.uk

Suffolk Police

01473 613500 or 999 (Emergency)
www.suffolk.police.uk/

Age Advocacy Service

An independent citizen and self-advocacy project in Suffolk

01449 678088
www.onesufflk.co.uk/ACE/

For over twenty years, we've been providing information, support and counselling for men who have been raped or sexually abused

www.bbc.co.uk/health/hh
0845 122 1201
www.survivorsuk.org/

Suffolk Gay and Lesbian Helpline

0808 808 2322
www.suffolkgayandlesbianhelpline.co.uk
www.thehideout.org.uk

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Saxon House
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