



SHOUT OUT
FOR
SAFEGUARDING

The important things you need to remember about SOS

What is SOS?

SOS stands for “**Shout Out for Safeguarding**” and it’s BCHG’s way of safeguarding, preventing and raising awareness of abuse. If you suspect someone is a victim of abuse or at risk of abuse, you need to SOS.

What is abuse?

Abuse is an action that causes emotional and / or physical harm to a person. Abuse can also be the misuse of a person’s money and belongings. Abuse can also occur when a person knowingly fails or neglects to prevent harm occurring.

Abusive acts may happen just once or repeatedly over a period of time.

Abuse may also take place against more than just one person – for example, a couple or a family or a particular group of people.

Where does abuse occur?

Abuse can take place anywhere: in the victim’s own home, in residential care home, in sheltered housing. Abuse can even happen in more public places such as a surgery, day centre or at work. Abuse can take place at anytime and anywhere the victim is vulnerable.

Who are the abusers?

Victims of abuse often know their abuser well – the abuser might be known to the victim as their partner, relative or friend or work colleague. They might be someone that the victim trusts such as a carer, a professional worker or a volunteer.

Abusers can even be strangers. Abusers can be anyone who has or is able to gain power over their victim and then misuses that power.

How to report abuse

Even if you are not sure, even if it’s just a gut feeling or something just isn’t right or something that you think needs to be looked in to more...please SOS it to us!

Anna Gillespie, Head of Health and Care, is **BCHG’s Safeguarding Officer**. You can report any concerns to Anna via: Email: anna.gillespie@bchg.co.uk Telephone: 07907 765 843

You can also report any concerns to the other members of our **Safeguarding Panel**:
Janette Beckett, Richard Causer, Ramesh Malhan, Carrie Thomas, Peter Hoarle

You can also report directly to the statutory services such as Police, NHS and the local authority health and social care teams – details can be found on agency websites.

What are the different types of abuse? How do you spot the signs?

<p>Physical</p> <ul style="list-style-type: none"> • Unexplained bruises or burn marks. • Finger marks, teeth marks, pinching marks • Unexplained lacerations or abrasions. • Unexplained fractures. • Dehydration. • Unexplained hair loss. • Evidence of past injuries 	<p>Domestic Violence</p> <ul style="list-style-type: none"> • Avoiding discussing certain subjects or people. • Demeanour may alter when a certain person is present or their name mentioned. • Chronic indecisiveness and inability to trust own judgment 	<p>Sexual</p> <ul style="list-style-type: none"> • Full or partial disclosure or hints about sexual abuse • Sexually transmitted disease, urinary tract infection & vaginal infection • Significant changes in sexual behaviour or outlook. • Obsession with washing. • Bruising to thighs and/or upper arms
<p>Neglect & Acts of Omission</p> <ul style="list-style-type: none"> • Over/under use of medication. • Consistent hunger • Poor hygiene • Inappropriate dress including soiled clothing • Unexplained weight loss 	<p>Psychological</p> <ul style="list-style-type: none"> • Loss of interest, emotional withdrawal and symptoms of depression • Self harm. • Fearful, may avoid eye contact/ unexplained fear or defensiveness. • Low self esteem. 	<p>Financial</p> <ul style="list-style-type: none"> • Unexplained or inappropriate bank activity • Person claiming to have power of attorney but no documentary evidence of this • Refusal to produce bank statements/books or to allow holder to access them • A person managing financial affairs is evasive or uncooperative • A person lacking goods or services which they can afford • A person living in poorer circumstances than others in the household
<p>Modern Slavery</p> <ul style="list-style-type: none"> • Poor living conditions • Lack of personal effects • Isolation • Restricted freedom of movement • Unusual travel times • Unwillingness to engage with local agencies 	<p>Discriminatory</p> <ul style="list-style-type: none"> • Acceptance of racist language or language which denigrates someone's disability • Hunger due to not receiving appropriate food • Loss of interest, emotional withdrawal or signs of depression • Self harm 	<p>Organisational / Institutional</p> <ul style="list-style-type: none"> • Inflexible and non-negotiable systems and routines • Lack of consideration of dietary requirements • Name calling; inappropriate ways of addressing people • Lack of adequate physical care – an unkempt appearance
<p>Self neglect</p> <ul style="list-style-type: none"> • Poor hygiene • Inappropriate dress including soiled clothing • Unexplained weight loss • Constant fatigue or listlessness, unexplained or increased confusion 	<p>New technologies / Cyber-bullying</p> <ul style="list-style-type: none"> • Withdrawal. • Increasingly secretive behaviour • Long periods of 'online time' • Crying and periods of unexplained distress 	<p>If you spot any of these signs, you need to SOS</p> 