

your voice your rights your choice



Keeping safe

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The
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Keeping safe from abuse and neglect

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Abuse is when someone does or says something to scare, frighten or upset you.



It is also abuse when someone harms you or neglects you.



Anyone can abuse you.





Hospital



College



Cafe



Home



Social Club



Library

Abuse can happen anywhere.



Speak up even if you are not sure whether it is abuse.



Ring the police on 999 if it is an emergency.



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA



Brent

Ring your local council
And ask for adult social
care. Tell them what is
happening to you.

**The
Advocacy
Project**

Email
safeguarding@advocacy.org.uk
to speak with our safeline
service, or talk to your
advocate.



your voice your rights your choice



Contact us

Email:

info@advocacyproject.org.uk



Call: 020 3960 7920



Write:

The Advocacy Project
Stowe Centre,
258 Harrow Road,
London
W2 5ES