



DH Safeguarding Adults Policy

This document sets out the Clubs policy regarding Adult Safeguarding.

The Management Committee of the Club

- *Fully endorse the contents of this document*
- *Will ensure any allegations or suspicions relating to vulnerable adults will be dealt with swiftly and appropriately*
- *Will work to promote good practice*

Adult Safeguarding is the term used to describe the function of protecting adults (aged 18 or over who appear to have health and social care needs) from abuse or neglect. It is a shared priority across a range of public services, but a key responsibility of the local authority.

An adult at risk may be a person who:

- *is elderly and frail due to ill health, physical disability or cognitive impairment*
- *has a learning disability*
- *has a physical disability and/or sensory impairment*
- *has mental health needs, including dementia or a personality disorder*
- *has a long-term illness/ condition*
- *misuses substances or alcohol*
- *is a carer such as a family member/ friend who provides personal assistance and care to adults and is subject to abuse*
- *is unable to demonstrate the capacity to make a decision and is in need of care and support*

What is abuse?

Abuse can include a single act, multiple acts, repeated acts or the failure to act. This can be emotionally, physically, financially, sexually and neglect. This list is not exhaustive.

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What should you look out for?

- Unexplained injury
- Signs of fear or distress
- Withdrawal

Concerns about the wellbeing and safety of vulnerable adults must always be taken seriously.

Raising Your Concerns

If you have a concern that a vulnerable adult may be at risk of harm or abuse, you must raise your concern. This is called an 'alert'. Alerts should be raised as soon as abuse or neglect is witnessed or suspected. This should always be the case if the adult remains in or is about to return to the place where the suspected/alleged abuse occurred, and the alleged abuser is likely to have access to the adult or others who might be at risk.

If you are concerned that a vulnerable adult is in an emergency situation you should contact the police urgently on 999.

To raise an alert, you need to report your concern to the Urgent Care Team of your local Adult Social Care Office. The details are below:

<https://legacy.cumberland.gov.uk/healthsocialcare/ccs/contact.asp>

Allerdale and Copeland

West Cumbria House

PO Box 100

CA14 9BW

Telephone: 0300 303 3589

Email: customerserviceswest@cumbria.gov.uk

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Barrow in Furness

4th Floor

Craven House

Michaelson Road

Barrow in Furness

LA14 1FD

Telephone: 0300 303 2704

Fax: 01229 404054

Email: customerservicesouth@cumbria.gov.uk

Carlisle

3rd Floor

Cumbria House

117 Botchergate

Carlisle

CA1 1RD

Telephone: 0300 303 3249

Fax: 01228 226655

Email: customerservicesnorth@cumbria.gov.uk

Eden

Adult Social Care

PO Box 435

Carlisle

CA1 9HU

Telephone: 0300 303 3249

Fax: 01768 812262

Email: customerservicesnorth@cumbria.gov.uk

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South Lakes

County Offices

Kendal

LA9 4RQ

Telephone: 0300 303 2704

Fax: 01539 713354

Email: customerservicessouth@cumbria.gov.uk

Please inform the Club Welfare Officers of any concerns as soon as reasonably possible. They will be able to support you to raise your concern or raise it on your behalf.

Club Welfare Officers

The Club Welfare Officer can be contacted e-mail: welfare@dhrunners.org

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Reviewed by: *Simon Dolman (Chair & Welfare Officer)*

Lindsay Graham (Welfare Officer)