

Useful contacts

Police: 0845 4567000
B&NES Social Services: 01225 477000
Victim Support: 0845 30 30 900
Samaritans: 08457 90 90 90
Childline: 0800 1111
NSPCC: 0808 800 5000

Remember you can speak to any worker that you currently receive support from. If you would like to talk about any issues you may have or if you would like a copy of Shape Housing Association's Protection from Abuse Policy, please ask staff at the project you are in or you can call us on 01225 366000.

Contact us

Shape Housing Association
The Maltings
River Place
Lower Bristol Road
Bath
BA2 1EP

Tel: 01225 366000



Help with this leaflet

Please contact us if you need large print, audio, Braille or a translation on 01225 366040.

If English is not your first language, and you need a translation of this leaflet, we can get one for you.

HADII AANU LUQADA INGIRIISIDU AFKAAGA KOOWAAD AHAYN, AANAD U BAAHAN TAHAY TURJUMAAD BUUGA YAR, WAANU KUU HELI KARNAA QOF

ਜੇਕਰ ਅੰਗਰੇਜ਼ੀ ਤੁਹਾਡੀ ਮੁੱਢਲੀ ਭਾਸ਼ਾ ਨਹੀਂ ਹੈ, ਅਤੇ ਤੁਹਾਨੂੰ ਇਹ ਪਰਚਾ ਤੁਹਾਡੀ ਜ਼ਬਾਨ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ, ਅਸੀਂ ਤੁਹਾਡੇ ਵਸਤੇ ਭੇਜ ਸਕਦੇ ਹਾਂ।

اگر انگریزی آپ کی مادری زبان نہیں ہے اور اس پرچے کا ترجمہ کرنا چاہیں تو ہم میاں کر سکتے ہیں

જો અંગ્રેજી તમારી પહેલી ભાષા ના હોય, અને તમને આ પત્રકના ભાષાન્તરની જરૂર પડે, તો અમે તે કરાવી શકીશું.

अगर अंग्रेज़ी आपकी प्रथम भाषा नहीं है, और आपको इस पत्रक के भाषांतर की आवश्यकता हो, तो हम यह आपके लिये के सकते हैं।

如果英語不是您的第一語言，而且您需要這份簡章的翻譯本，我們可以隨時提供您。

NEU ANH VẪN KHÔNG PHẢI LÀ TIẾNG ME ĐỂ CỦA BẠN VÀ NẾU BẠN MUỐN CÓ MỘT BẢN DỊCH CỦA TẬP GIẤY NÀY BẰNG TIẾNG CỦA BẠN THÌ CHÚNG TÔI CÓ THỂ CUNG CẤP MỘT BẢN CHO BẠN

ইংরেজী আপনার মাতৃভাষা না হলে এবং আপনার কোন অনুবাদের প্রয়োজন হলে আমরা তা প্রদান করতে সক্ষম।

Se l'inglese non e la vostra prima lingua e vi occorre una traduzione, noi te ne possiamo fornire una

Jeżeli angielski nie jest twoim podstawowym językiem i wymagasz interpretacji, skorzystaj z naszych usług

Protection from Abuse

We all have the right to live without fear of violence or abuse.



Protection from abuse

We take protection from abuse very seriously and have designed this leaflet so that you can be aware of the signs of abuse and will know what to do if you have any concerns.

What is abuse?

Abuse occurs when your rights as a human being are not respected. Abuse can be an intentional act or neglect, or it can be the unintended result of a person's actions.

Anyone can experience abuse or violence regardless of who they are.



There are five main kinds of abuse. When we think of abuse we usually think of:

- Physical abuse – hitting, kicking, biting, burning, and hair pulling.
- Sexual abuse – inappropriate or unwanted touching, rape, being forced to watch or do things you don't want to do.

Other types of abuse we may not at first consider, but are just as harmful, include:

- Mental or emotional abuse – threats of harm, abandonment, humiliation, ridicule, verbal or racial abuse and withdrawal of affection from a parent or carer. Being made to feel bad about yourself.
- Financial abuse – theft, fraud, misuse or withholding of income or benefits. Someone taking your money or not giving you what you are entitled to.
- Neglect – denying access to support agencies, medication, food, dignity and privacy, inadequate heating or light. People ignoring you or not giving you what you need.

What can you do if you or someone you know is experiencing abuse?

If you are suffering from abuse:

- Most importantly, make sure that you are safe.
- Recognise that it is happening.
- Accept that you are not to blame.
- Get help and support.
- Let staff know – we are here to help.

If it is someone you know:

- Most importantly, make sure that they are safe.
- Be understanding.
- Report your concerns to staff.
- Do not criticise the abuser.
- Get help for them.

On the back of this leaflet is advice about how to get help and support.