



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.

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.

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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://www.cumberland.gov.uk/health-and-social-care/adult-social-care/contact-adult-social-care>

Allerdale and Copeland

West Cumbria House, PO Box 100, CA14 9BW

Telephone: 0300 373 3732

Email: customerservicesASC@cumberland.gov.uk

Carlisle

3rd Floor, Cumbria House, 117 Botchergate, Carlisle, CA1 1RD

Telephone: 0300 373 3732

Email: customerservicesASC@cumberland.gov.uk

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Club Welfare Officers

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.

The Club Welfare Officers are:

Simon Dolman

Lindsay Graham

They can be contacted e-mail: welfare@dhrunners.org

Date of Last Review: 29/11/24

Issue: 4

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

Lindsay Graham (Welfare Officer)