

# Abuse is wrong



# What are my rights?



You have the same rights as everyone else including



You have the right to be safe while we are supporting you



You have the right to choices in your life.



You have the right to spend your money the way you want to



You have the right to choose where you live



You have the right to say NO!

# What is abuse?

## Physical Abuse



Hitting

Punching

Scratching

Biting

Slapping



Kicking

Burning

Flicking

Pulling hair / clothes and parts of the body

Pushing

Spitting

Poking



# Sexual Abuse



Touching your  
Breasts  
Lips and/or mouth



Ears  
Neck  
Penis  
Bum  
Vagina  
Thighs



Taking photographs of you undressed



Someone asking you to touch them or showing you their naked bodies (a Flasher)



Someone undressing you without your permission



Someone having sex with you when you don't want them to. This is called Rape



Someone touching themselves (private parts) and making you watch



Someone making you look at pornography / rude pictures



# Emotional Abuse



They don't listen to you



They ignore you



They threaten you



They give you money or things so you keep secrets about them hurting you



They laugh about you



They shout at you

## Financial Abuse



Taking your money or things without your permission



Someone else telling you what you can spend your money on and you don't have any choice



Using your money to buy things for themselves



Borrowing your money and not paying you back



# Neglect



Leaving you without food and drink



Leaving you cold



Leaving you in danger



Leaving you to live in a home that is dirty and unhygienic



Ignoring your health needs



Not doing the tasks that are in your plan



Not supporting you with medication properly

# Discrimination



Doing bad things to you because you are different to them. Such as...

Colour of your skin

Your beliefs



Because you speak a different language



Your age

Your sexuality



Because you are a man or a woman

Because you have a disability

# Anyone might abuse you



A stranger



A friend or family member



A member of staff or someone else who is paid to support you

# What can you do?



Say NO!



Tell someone as soon as you can

# Who can you tell



An organisation who is there to protect you



A police officer



Someone in the council



Someone in CQC  
(the Care Quality Commission)





# You have the right to complain



If someone has hurt you or you are scared you have the right to complain



You can contact the following people



The Westminster  
Society for people  
with learning  
disabilities  
(LDN London)

020 8420 2300

16a Croxley Road  
London  
W9 3HL



The Care Quality  
Commission  
  
030 0061 6161

Finsbury Tower  
103–105 Bunhill Row  
London  
EC1Y 8TG

# Contact details - Camden



Advocate

020 7424 1601

Elfrida Rathbone

Camden 7

Dowdney Close, off  
Bartholomew Road  
London NW5 2BP



Camden Learning  
Disability Services

Tel: 020 7974 4000

Out of office hours:

Emergency Duty  
Team

Tel: 020 7974 4444.

5Pancreas Way  
Camden

Email:  
[adultsocialcare@  
camden.gov.uk](mailto:adultsocialcare@camden.gov.uk)

# Contact details - RBKC



Advocate

020 8962 8695

Advocacy Project  
Unit 215 Buspace  
Studios  
Conlan Street  
London  
W10 5AP



THE ROYAL BOROUGH OF  
**KENSINGTON  
AND CHELSEA**

RBKC

020 7361 3013

Out of office-  
emergency duty  
social worker  
020 7373 2227

1-9 St Marks Road  
W11 1RG

Email:  
socialservices@  
rbkc.gov.uk

# Contact details - Westminster



Advocate

020 8962 8695

Advocacy Project  
Unit 215 Buspace  
Studios  
Conlan Street  
London  
W10 5AP



City of Westminster

Learning Disability  
Partnership  
020 7641 741  
Westminster  
Safeguarding  
Adults Helpline  
02076412176

215 -219 Lisson  
Grove London  
NW8 8LW

[www.westminster.gov.uk/safeguarding](http://www.westminster.gov.uk/safeguarding)