



*Safeguarding
is everybody's
business*

TELL SOMEONE AND BE SAFE FORM

This form is for you to fill out if you are worried that someone is harming you or someone else, and you would like some help with this and want it to stop

Name



Address



Home number



Mobile number



Email address



Are you or someone else being harmed?



Yes



No

Do you want it to stop?



Yes



No

Are you OK if someone came to see you to help?



Yes



No

What do you want to happen about this?



If it is someone else you are worried about

What is their name?



Do you think this person would be OK with someone going to see them to help?



Yes



No

What do you think they would like to happen about this?



A large empty rectangular box for writing an answer.



Thank you



Hand this form in to someone that you trust

This could be your



Doctor



**Care
Worker**

**EAST RIDING
LEISURE**



**East Riding
Leisure
Centre**

 **EAST RIDING**
OF YORKSHIRE COUNCIL



**Customer
Service
Centre**

For the person receiving this form ONLY:

If you receive this form, please scan the form onto a computer and email confidentially to: (please delete the form after emailing)

Email:

safeguardingadultsteam@eastriding.gov.uk

If you are an East Riding Leisure Centre, or GP Practice / Medical Centre please scan and email this form to the above address as per agreed process (GP Practices / Medical Centres as per agreement with the CCG Safeguarding Leads)

You can also call with the East Riding Safeguarding Adults Team with this information on:

Tel: (01482) 396940

Monday – Thursday 9am – 5pm

Friday 9am – 4.30pm

ABUSE IS WRONG

YOU MUST ALWAYS TELL SOMEONE

DO NOT IGNORE IT! REPORT IT!

East Riding Safeguarding Adults Board will, on request, provide this document in Braille, audio or large print format.

If English is not your first language and you would like a translation of this document into any other language please telephone (014820 396940)

East Riding Safeguarding Adults Board

The **East Riding Safeguarding Adults Board** aims to protect all adults living in the East Riding and is committed to stopping all forms of abuse.

Website: www.ersab.org.uk