



# Keeping yourself safe in the community



Easy read version

August 2019

# Using services in your community



**Living Well** is a new approach to social care in Norfolk. It focuses on what people can do, rather than what they can't.



This way of working aims to give people who receive services the same opportunities as everyone else to use services in their community.

# Keeping safe



Most of the time people are safe and don't have any problems when they are out and about. However it is important to think about how much risk you are willing to take when you are out and about.

This document helps you to think about what could go wrong, how to keep yourself safe and what could be done if anything goes wrong when you use services in your community.

# Things to think about (1)



Ask yourself the questions below to help you stay safe when you are out and about in the community. This will also help you plan what to do if something goes wrong.

- Who could you speak to if you suffer **abuse**?
- Could you be at more risk of harm from any of the activities you have planned to do?
- What signs are there to show you or other people that you are starting to feel upset or uncomfortable?

# Things to think about (2)



- How will you keep your family (including any children) safe, if they will be with you?
- Who will you contact if you are worried that there is a problem and you need help?
- What would you do if the transport you planned to use did not arrive?
- How much money is a safe amount to take with you?
- How accessible is the venue you are going to? Could you find out more about it before you go?

# Glossary and more information (1)



**Abuse** is when someone hurts you or treats you badly. Abuse is always wrong and should not happen.



**Safeguarding** means making sure you are safe from abuse and neglect.

Here is a link to further information and what to do if you are concerned that you, or someone you know, has been abused:

<https://www.norfolksafeguardingadultsboard.info/assets/Uploads/Adult-Safeguarding-Easy-read-v2.pptx>



# Glossary and more information (2)



**Hate crime** is when someone does something to you because of who you are. For example, being mean to someone because they have a learning disability.



Here is a link to further information and what to do if you have are concerned that you have experienced a hate crime:

<https://www.norfolk.gov.uk/safety/hate-crime>

# Glossary and more information (3)



Here is a link to more information regarding **Living Well** on the Internet:

<https://www.norfolk.gov.uk/news/2017/08/new-approach-to-help-adults-live-independent-lives>



Here is a link to information regarding national programmes to help people to access their community:

<https://www.scie.org.uk/prevention/connecting>



# Glossary and more information (4)



Norfolk's Community Directory contains information on activities, services and groups that all Norfolk residents can access.



Here is a link to the online Directory:  
<https://communitydirectory.norfolk.gov.uk/>