SAFEGUARDING AT NOTTINGHAM FOREST FOOTBALL CLUB

An explanation for adults in an easy-to-read document

SAFEGUARDING IS NOT JUST ABOUT CHILDREN AND YOUNG PEOPLE

At Nottingham Forest Football Club (NFFC) we also take looking after adults who may be at risk, seriously.

Everyone has the right to enjoy all Forest's activities in a safe, happy and secure environment.

This guide lets you know what we are doing to help keep you safe from harm. We will also explain what we will do if you share a concern with us or if we feel that you need some help and support.

You have the right to feel safe and happy – the right to feel valued and respected.

You are all part of our Forest Family, which includes Nottingham Forest in the Community, NFFC Men's and Women's Academies, Forest Netball and matchdays at the City Ground. It is important that you feel safe and supported.

We do have a more detailed safeguarding policy which can be viewed here:
Safeguarding | Nottingham Forest FC

WHAT IS SAFEGUARDING FOR ADULTS?

Safeguarding is what we do to promote the welfare of adults who may be at risk of harm or abuse, when they may be unable to protect themselves.

We want you to be protected and make choices about how you want to be treated.

WHICH ADULTS MAY BE AT RISK?

- Anyone who is aged 18 or over who may be in need of community care services by reason of mental or other disability, age, or illness; and who is or may be unable to take care of him or herself, or unable to protect him or herself against significant harm or exploitation.
- Some differences or vulnerabilities that people have aren't visible.
- There are many reasons why we may feel unsafe or in need of extra support.
- Anyone can find themselves feeling vulnerable at different times in their life.

'NOTTINGHAM FOREST'S AIM IS TO DEVELOP A POSITIVE AND PROACTIVE APPROACH TO SAFEGUARDING IN ORDER TO BEST PROTECT ALL CHILDREN, YOUNG PEOPLE AND ADULTS AT RISK WHO PLAY FOOTBALL OR ENGAGE IN ASSOCIATED ACTIVITIES, ENABLING THEM TO PARTICIPATE AND ACHIEVE IN AN ENJOYABLE AND SAFE ENVIRONMENT.'

WHAT IS ABUSE?

Below are some example types of abuse and what they mean. There are other kinds that can be found in our safeguarding policy.

Example	What it Means
Physical Abuse	When you have been hurt by things like hitting, smacking, kicking, biting, punching, pinching, slapping etc. It also includes when objects have been used like slippers, sticks, belts etc.
Sexual Abuse	When someone touches you somewhere private on your body, when someone makes you touch them or someone else somewhere private on their body or if someone makes you watch things that make you uncomfortable.
Emotional Abuse	When someone makes you feel sad or bad about yourself. If someone is aggressive or mean towards you or to someone else in front of you. You may hear arguments but not see them and they make you feel uncomfortable. Someone may constantly call you names or consistently ignore you. This can be done in person or online.
Bullying	When someone calls you names, threatens you or may leave you out of things. This can be done by one person or a group of people or a gang. This can be in person or on-line.
Financial Abuse/ Theft	When someone is taking your money, either cash or from your bank account and you are not happy that they are doing this. It may be that you do not realise this is happening until later. Someone may also be taking things from you without your permission.
Neglect	When someone is supposed to be looking after you and they do not do it properly. To include, not having enough food, not having clean clothing, not having the right clothing for the weather conditions, being left outside in the cold, not getting medical care or not being sent to school. You may not be protected from other people who may cause you harm or put you in danger. This can happen at home or somewhere where adults are caring for you or supervising you.

WHAT IS ABUSE? (CONTINUED)

Example	What it Means
Organisational Abuse	When your care providers give you a poor service. This can be things like ignoring you, not treating you properly or when they are hurting you or are rough with you.
Discriminatory Abuse	When you are treated differently because of your needs and because of things like your race, religious beliefs, sex, sexual orientation, gender etc.
Self-Neglect	When you do not look after yourself by not eating properly, not keeping yourself clean and not keeping where you live clean.
Domestic Abuse	When things are being done to you by a member of your family who is 16 or over, or someone you are in a relationship with and they: make you feel uncomfortable, bully you, coerce and control you, constantly criticise you, belittle you, or assault you physically or sexually. It is not just women who can be victims of domestic abuse. Children in the family may also be subject to abuse within the family or witness this type of abuse.

Abuse can happen anywhere. At home, in care homes, at school, at football matches, online, in the street, socialising, out shopping – **ANYWHERE**.

ABUSE IS NOT ACCEPTABLE

WHAT IF I HAVE BEEN ABUSED OR NEED TO TALK?

Find the right person to talk to – this could be a member of our staff, a member of your family, a friend, a social or support worker, a teacher or tutor or a GP are some of the people you may choose to speak with.

If you speak to a friend or member of your family, you or they may then need to share this with a trained professional.

- You can talk about anything that is: worrying you, making you feel ill, making you feel uncomfortable. This might be about something that is happening to you or to someone else.
- Talking about it may be difficult and you may not find the right words. You may not remember everything. That is fine – take your time, you will be given the time and the space to talk at your pace. Talk in your words and there is no rush – getting started is the first step and a brave one to take.
- If you choose to talk to a member of NFFC staff, NFCT staff, a teacher, tutor or a GP, or a trained professional, they will listen. They may ask some simple questions to be clear in what you have shared with them, making sure they have got everything right. They may make notes about what you have shared, to make sure that they have heard exactly what you have said. They will also explain what will happen next.
- The person you speak with may need to share this information with people that can help. If this is the case, then they will let you know and explain why this needs to be shared.

WHAT DO WE DO TO HELP KEEP YOU SAFE?

- We recruit staff into their roles safely – making sure we have the right people working with you while you are with us.
- We check what they have told in their application form, checking this with references and complete criminal checks.
- We train all everyone in our club in safeguarding, giving them knowledge to keep you safe.
- We always check our activity locations making sure they are safe for you to use.
- We encourage an open environment, with no secrets.
- We maintain professional relationships and boundaries.
- We care about online safety, and we stop people from accessing inappropriate material on our network.
- We implement the Premiers Leagues Safeguarding Standards to help keep you safe.
- We always use appropriate language and behaviours at all times, and challenge others who don't.
- We make sure that when staff are with you it is in an open environment where you can be seen.
- We do not tolerate any form of bullying.

We expect all our staff to adopt the highest standards of behaviour at all times. Including:

- Behaviour outside of work that may impact upon their suitability to work with you.
- Where our safeguarding processes are not being followed by members of staff, this may result in disciplinary action being taken against them.

WHAT YOU CAN EXPECT FROM US

Anyone who comes forward to disclose abuse or raise a concern can expect the following from our safeguarding team:

- We will listen to your experience with compassion and empathy.
- We will explain our safeguarding processes to you and give you information to enable you to understand it.
- We will help you to understand the choices available to you and ask you what you think might help.
- We will keep you updated on the progress of the case and will agree together how often we will be in contact.
- We will follow through on actions in an agreed time frame.
- We will keep your information confidential and gain your consent around sharing information.
- We will help you understand the choices you have and explore what is right for you.
- We will discuss with you types of support which are available and help you access the support you would like.

WE ARE HERE TO HELP YOU

At matches, we have a dedicated Welfare Team and Safeguarding Officers who can help you. The Welfare Team wears the florescent pink tabards, if you see them say hello!

Stewards who wear yellow or orange jackets at matches can also help or provide assistance.

SAFEGUARDING CONTACTS

We are always interested in your thoughts on how we could do things better.
Please let us know your ideas by contacting any of the Safeguarding Team.

General NFFC Safeguarding
Safeguarding@nottinghamforest.co.uk

Head of Safeguarding
Louise.Gibson@nottinghamforest.co.uk

Confidential Text
Text **SAFE** to **80800**

Scan here to raise a concern

Safeguarding & Risk Manager
Chloe.Bingham@nottinghamforest.co.uk

Academy Safeguarding Manager
Zofia.campbell@nottinghamforest.co.uk

Women Sport & Event Safeguarding Lead
Reece.stevenson@nottinghamforest.co.uk

Equality, Diversity, Inclusion and Disability Access Officer
Ericka.williams@nottinghamforest.co.uk

OTHER CONTACTS:

SENSE - National Disability Charity
www.sense.org.uk

Samaritans
116 123
www.samaritans.org

Premier League
Safeguarding@premierleague.com

The FA
Safeguarding@thefa.com

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Please let us know your ideas by contacting any of the Safeguarding Team.**

FOREST FOR EVERYONE

BE SAFE, STAY SAFE.