

ADULT SAFEGUARDING – EASY READ

This Easy Read document accompanies PD84 Safeguarding Adults Policy

Keeping Adults Safe in Angling

Everyone has the right to feel **safe, respected, and listened to.**

Safeguarding means:

- Protecting adults from harm
- Helping people feel safe
- Taking concerns seriously

Who is this for?

This is for:

- Adults aged **18 and over**
- Anyone involved in angling
- People who may need **extra support**

This includes people who are:

- Neurodivergent
- Disabled
- Living with mental health needs
- Older adults
- Anyone who feels unsafe

What is harm or abuse?

Harm or abuse is **never OK.**

It can be:

- Being shouted at or bullied
- Being touched when you do not want it
- Being controlled or threatened
- Money being taken without permission
- Being ignored when asking for help

If something does not feel right, **trust your feelings.**

Your voice matters

Adult Safeguarding Easy Read

April 2026

- You have the right to be **heard**
- You can say **yes** or **no**
- You can change your mind
- You can ask for help at any time

Nothing about you should happen **without you**.

Making decisions

Most adults can make their own choices.

Sometimes people need:

- More time
- Clear explanations
- Support from someone they trust

Even if a choice seems unusual, it is still **your choice**, unless you are not safe.

If you are worried or feel unsafe

You can:

- Tell someone you trust
- Speak to a Welfare Officer
- Contact the Angling Trust Safeguarding Team

You do **not** need proof. You will be taken seriously.

Angling Trust Safeguarding

Designated Safeguarding Lead - Di Murray

Email: safeguarding@anglingtrust.net

Call: 07730 765714

If it is an **emergency**: Call **999** or contact adult social care in your area

Remember

- You are not alone
- Help is available
- It is OK to speak up



- You deserve to feel safe