

## Keep Safe Be Happy

This is an accessible safeguarding training programme designed for people with a learning disability. We will use a variety of activities to deliver the training which will include: matching phrases to photos, quizzes, interactive DVD, general discussion, role play.

### **We will look at:**

The different types of abuse that can happen to people:

- Hate/Mate Crime
- Physical
- Sexual
- Emotional
- Financial
- Neglect
- Grooming
- Cyber bullying

We will talk about what each of these mean, how they would make us feel.

### **Who will help?**

We will talk through the different ways in which people can help and support you if you experience or see abuse, to make sure things are put right and do not happen again.

These people could be:

- Friends
- Family
- Social Worker
- Police
- Support Worker
- Personal Assistant
- Or anybody who you know and trust

This training programme offers people the opportunity to take part in open discussions about a sensitive subject in a safe place whilst being fully supported by experienced staff.

There is **no charge** to attend this training as it is currently funded by North Somerset Council and North Somerset Clinical Commissioning Group.

Enquire about this training session by calling us on **01934 426086** or by email at [info@nspf.co.uk](mailto:info@nspf.co.uk).