



Abuse is:

- Someone hurts you
- You don't have enough food or clean clothes
- Someone makes you fearful, nervous or over anxious
- Someone touches you in a private area
- Someone makes you feel bad
- Someone takes your money or keeps it from you

If you are worried its important to act, contact the Appleby Trust on **02837 518211** and we can report on concerns or contact the Gateway safeguarding teams in social services on the following numbers:

**Children:**

Craigavon and Banbridge area-  
**02838 343011**

Newry and Mourne area-  
**02830 825120**

Armagh-  
**02837 415285**

Dungannon-  
**02887 713506**



**Adults:**

Working hours (9-5)

**028 37 564423**

Out of Hours:

**028-95-049999**



Southern Health  
and Social Care Trust

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the  
**appleby**  
trust

**SAFEGUARDING  
ADVICE  
FOR TRAINEES  
AND CARERS**

