

What to Do if You Feel Unsafe or Uncomfortable

If you or someone else feels unsafe, worried, or something doesn't feel right, please take action — you will be listened to and supported.

Speak to a Leeds United Foundation staff member

Look for someone wearing a Foundation uniform or ID badge.

Contact us

foundationsafeguarding@leedsunited.com

In an emergency, call 999

You don't need to be certain — if you're worried, it's always okay to speak up.

Our Commitment to You

We aim to:

- Provide a welcoming, inclusive and respectful environment
- Treat all adults with fairness and dignity
- Respond to any safeguarding concerns promptly and appropriately
- Promote wellbeing and independence
- Train our staff and volunteers in safeguarding procedures

You have the right to feel safe — always.



LEEDS UNITED FOUNDATION

Safeguarding Guide for Participants



About Us & Safeguarding

At Leeds United Foundation, we use the power of football to support and inspire our community.

Safeguarding is central to our work. We believe every adult has the right to feel safe, respected, and included in all our programmes.

Our team is trained to handle concerns, follow clear policies, and promote wellbeing at every level.

What is safeguarding?

Safeguarding means protecting your right to live in safety, free from abuse, neglect, and exploitation.

At Leeds United Foundation, we are committed to ensuring every adult who engages with our programmes feels safe.

Why does safeguarding matter?

Safeguarding is about more than protection – it's about respecting each person's rights, promoting wellbeing, and making sure everyone feels safe, included, and valued.

At Leeds United Foundation, many of our participants come from different backgrounds, experiences, and abilities. Some may face additional challenges or vulnerabilities.

Types of Abuse You Should Report:

- **Physical Abuse** – e.g. hitting, pushing, misuse of medication
- **Emotional Abuse** – e.g. threats, humiliation, isolation
- **Sexual Abuse** – any unwanted sexual activity
- **Neglect** – not meeting your basic needs
- **Financial Abuse** – theft, fraud, misuse of money
- **Discriminatory Abuse** – unfair treatment based on age, disability, race, gender, etc.
- **Organisational Abuse** – poor care practices within services