



Version 3 – Updated: 04 April 2025

Safeguarding Lead: Dr Kalpesh Parmar : 0208 192 4672 admin@esps.london

City & Hackney Safeguarding Board: 020 7332 1224

Email: adultsduty@cityoflondon.gov.uk

Our Promise to You

At Elite Sports Professional Services (ESPS), we are committed to ensuring every patient is safe, respected, and treated with dignity. Safeguarding means protecting your right to live in safety, free from abuse, harm, or neglect.

Who We're Here to Support

We offer additional care and attention to adults who may find it hard to protect themselves due to age, illness, disability, or other challenges. If you're over 18 and feel at risk — or are concerned about someone else — we're here to help.

What Abuse Can Look Like

Abuse can take many forms. These include:

- **Neglect** – not having your basic needs met
- **Physical abuse** – hitting, pushing, rough treatment
- **Emotional abuse** – bullying, threats, or fear
- **Sexual abuse** – being touched or approached inappropriately
- **Financial abuse** – someone taking or controlling your money
- **Discrimination** – being treated unfairly due to age, race, gender, disability, etc.
- **Institutional abuse** – poor or unsafe care from services or carers

Abuse may happen once or repeatedly, and sometimes unintentionally. It can occur at home, in care settings, or in the community.

What to Look Out For

These signs might suggest someone is at risk:

- Unexplained bruises or injuries
 - Withdrawal or fearfulness
 - Poor hygiene or living conditions
 - Sudden changes in behaviour or personality
 - Being prevented from seeing visitors or going out
 - Not having access to their own money or mobility aids
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What We Do if There's a Concern

If we think someone is being harmed or at risk:

1. We put the person's safety first.
2. We speak to our Safeguarding Lead (Dr Kalpesh Parmar).
3. We may speak to the person affected and, where possible, get their permission to take further action.
4. If needed, we contact adult social care or the police.

In urgent cases where someone may be in immediate danger, we can act without consent to protect them.

What You Can Do

If you are worried about yourself or someone else, please talk to us. All concerns are taken seriously, and we will support you every step of the way.

You can also contact the **City and Hackney Safeguarding Board**:


- **Phone:** 020 7332 1224
- **Email:** adultsduty@cityoflondon.gov.uk

If the person lives outside London, we will help you find the correct local safeguarding team.

Contact Us for More Information

If you have any questions or concerns about safeguarding at ESPS, please get in touch:

 **Website:** <https://esps.london>

 **Phone:** 0208 129 4672

 **Email:** admin@esps.london

Working Safely at ESPS

All staff at ESPS are vetted and trained to spot and report safeguarding concerns. We use the **Disclosure and Barring Service (DBS)** to ensure no unsuitable individuals are allowed to work with vulnerable adults.

If any staff member is suspected of causing harm, they are immediately suspended while we investigate. We report serious issues to:

- **Care Quality Commission (CQC)**
 - **DBS**, if needed
 - **Police and Social Services**, if a crime or serious risk is suspected
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Safeguarding: Looking after vulnerable adults

Elite Sports Professional Services
<https://esps.london>



Want to Know More?

Ask us for:

- Our full Safeguarding Policy
- Our Advocacy and Complaints Procedures

We will be happy to talk you through any concerns in confidence.

Document Information

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