

So you can be  
**you**

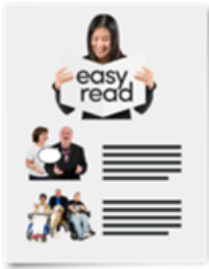
How Dimensions  
Listen when people  
Whistleblowing  
(speak out)



easy read



# This booklet is all about How Dimensions listen when people whistleblow (Speak out)



This booklet has information in easy read words and pictures and is linked to a **policy**.  
**Dimensions Whistleblowing Policy.**



**Policy:** An important document that tells support teams about the rules to do their jobs well and to keep people safe.



This booklet is for **you and your support team**; to help you understand the rules.



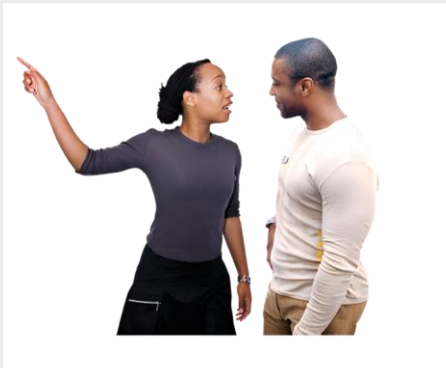
If support teams are not following the rules, you can tell your locality manager, a family member or a friend, who can **speak up with or for you**.



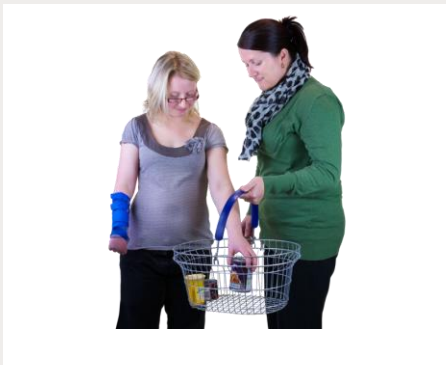
Or you can make a complaint.  
To find out how to make a complaint, please ask for the; **How Dimensions support you to make a complaint or raise a concern.**



# What is Whistleblowing (speaking out)



**Whistleblowing** is when someone reports something wrong or harmful to someone in charge.



Often, it is a member of a support team who is doing something wrong or harmful.

It may be a manager involved in a person's support.



We want everybody who works for Dimensions to know that it's good to **speak out** when something wrong or harmful is going on.



The person who **speaks out** is called a **whistleblower**.



# Who can be a Whistleblower (person who speaks out)



The person who is being harmed.



Other people who are supported.



A family member, friend or carer.



A support worker.



Neighbours or other people in your local area.



# How to Whistleblow (speak out)



We know it's not always easy to **speak out**.  
So, we have a **whistleblowing hotline**.

This is a **free phone number** you can call  
any time of day or night.



The number is: **0800 915 1571**



You can email: [dimensions@safecall.co.uk](mailto:dimensions@safecall.co.uk)



You can write a letter.

**Dimensions UK Ltd**

Building 1230

Arlington Business Park

Theale

Reading

RG7 4SA



You can tell someone and together you can  
**whistleblow (speak out)**



This service is **confidential**.

That means that you do not have to give your name, but sharing it can be helpful.



The person you speak to will tell the **Chief Quality Governance & Lived Experience Officer**.



They will make sure the wrong or harmful action is **investigated**.

**Investigated:** Find out what has happened.



If you have given your name, the **investigating manager** will tell you as much as they can about what they have found out.



They may have to keep some details **private and confidential** to protect other people.



It is important that you **Speak Out** if you see someone doing something wrong or harmful. It will help you and others to keep safe.



Sometimes we will have to tell other people about the wrong and harmful action.

**We might have to tell:**



The local **Safeguarding Team**.

There is one in every area where people live.



The Care Quality Commission.



Care Inspectorate Wales.



The Police.



The Office for Standards in Education, Children's Services and Skills.



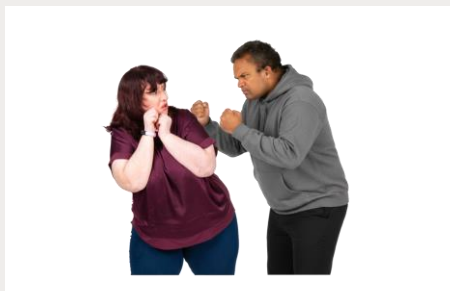
Homes England and Regulator of Social Housing.



# Here are some examples of when to Whistleblow (speak out)



Someone drinking alcohol, when they are supporting somebody.



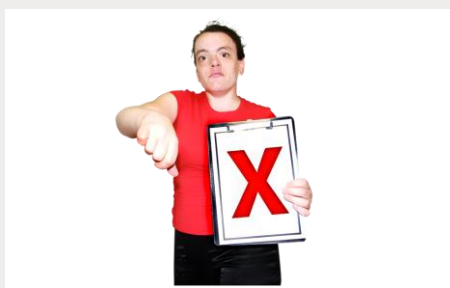
You might see a fight, or someone being physically hurt.



Someone stealing a persons money, personal belongings.



Someone being verbally abusive or aggressive towards a person.



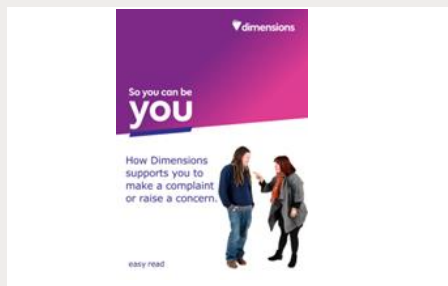
All of these are wrong and should not happen to anybody.



# If you are worried about Whistleblowing – (Speaking out)



It is very important that you know that you can **Whistleblow (speak out)** at anytime.

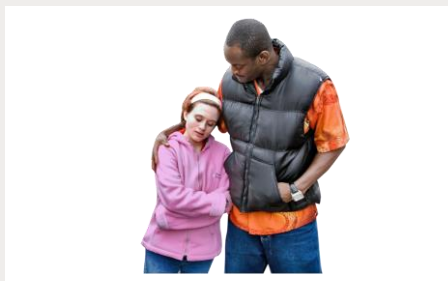


Dimensions want people supported and their loved ones to raise a concern or make a complaint.

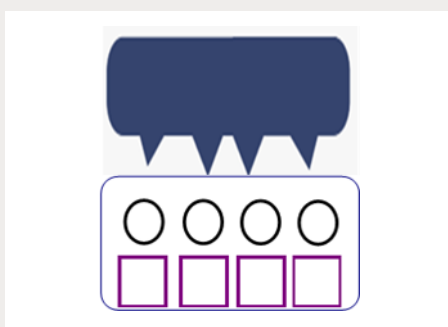
There is a booklet to support you to do that.



Sometimes we are worried that if we **speak out** people will not believe us or we might get in trouble.



Sometimes we have to be brave and **speak out**, your support team will be there for you.



This booklet has been updated and redesigned, by **Dimensions Easy Read Readers Panel**. Co-produced by Quality Consultants who are experts by experience.

*Version one: 12.05.2025*

## **Better Lives** for More People

Dimensions supports adults with learning disabilities, autistic people, individuals with complex health or forensic needs, and those with a history of behaviours of distress.

The people we support and their families are at the heart of everything we do. We want every person we support to have a great, ordinary, active life as part of their local community.

Find out more  
[dimensions-uk.org](https://dimensions-uk.org)

T 0300 303 9001

E [enquiries@dimensions-uk.org](mailto:enquiries@dimensions-uk.org)

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