Northumberland Adult Safeguarding  
Northumbria Healthcare NHS Foundation Trust  
Foundry House  
Bedlington  
Northumberland

04.12.2017

**Safeguarding alert: XX**

Dear Safeguarding Team,

I am writing to make a safeguarding alert about a vulnerable adult, XX (D.O.B: XX/XX/XXXX) who currently lives at XX Hospital operated by Northumberland, Tyne and Wear NHS Foundation Trust (Full address: Northgate Hospital, Morpeth, Northumberland NE61 3BP). XX is a vulnerable adult as he has autism and learning disabilities.

I am Specialist Caseworker at the Royal Mencap Society (registered charity). I have been supporting XX, mother of XX, with concerns around XX’s placement at Northgate Hospital.

**Use of Prone (face down) restraint**

On Saturday 2nd December, XX was informed by hospital staff that XX had been prone restrained 5 times during the course of the day and was in seclusion for more than two hours.

I understand that XX (mother) was informed that xx displayed challenging behaviour prior to each restraint. She believes this may have been triggered by XX becoming distressed after hearing in an unplanned way that he would be discharged into a supported living service rather than to the family home and learning that his home leave had been cancelled. It is XX’s wish to be discharged to his family home and a transition plan was being developed to explain that he would be discharged into a supported living service but this plan has not been completed.

I am making this referral as national guidance is very clear that there must be no deliberate use of prone (face down) restraint. It is therefore very concerning to hear that prone restraint was used 5 times in one day.

The national guidance states:

*“Staff must not deliberately restrain people in a way that impacts on their airway, breathing or circulation, such as face down restraint on any surface, not just on the floor.”* [Para 70] Positive & Proactive Care: reducing the need for restrictive interventions Department of Health.

I also understand that the local guidance *Adult Social Services North East Safeguarding Threshold Guidance*, categorises inappropriate restraint under ‘very significant harm’ and that ‘treatment that undermines dignity and damages esteem,’ is an indicator of psychological abuse.

Xx (mother) has consented to me sharing this information with you.

If you require any further information, please do not hesitate to contact me. Please acknowledge receipt of this referral. I would be grateful if you can inform me as to what action you will be taking in response to the concerns I have outlined above.

Yours sincerely,

Specialist Caseworker

Email

Telephone number

Copy to:

Mother, Commissioner, NHS England Lead