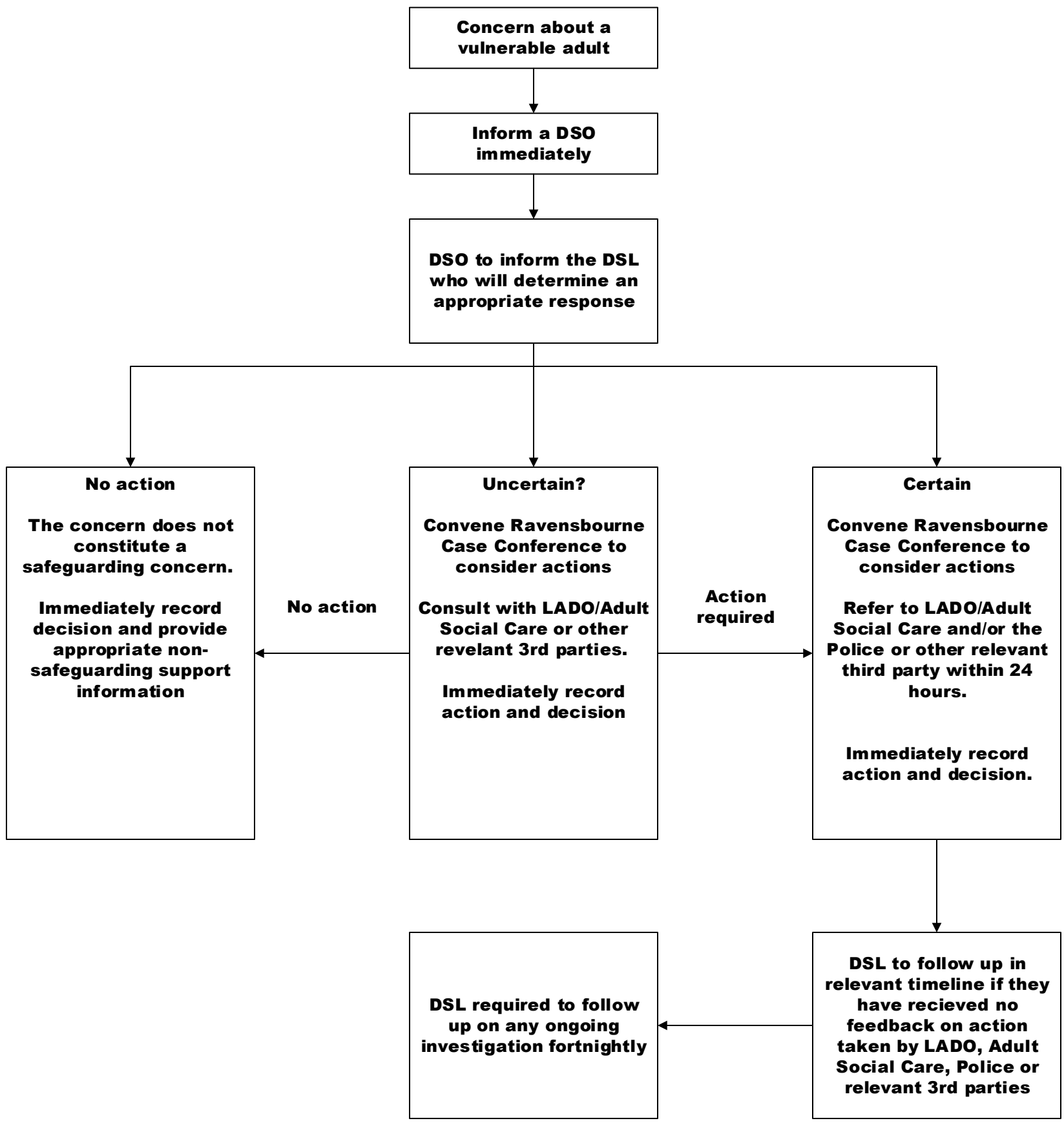What to do if you have safeguarding concerns about a vulnerable adult?