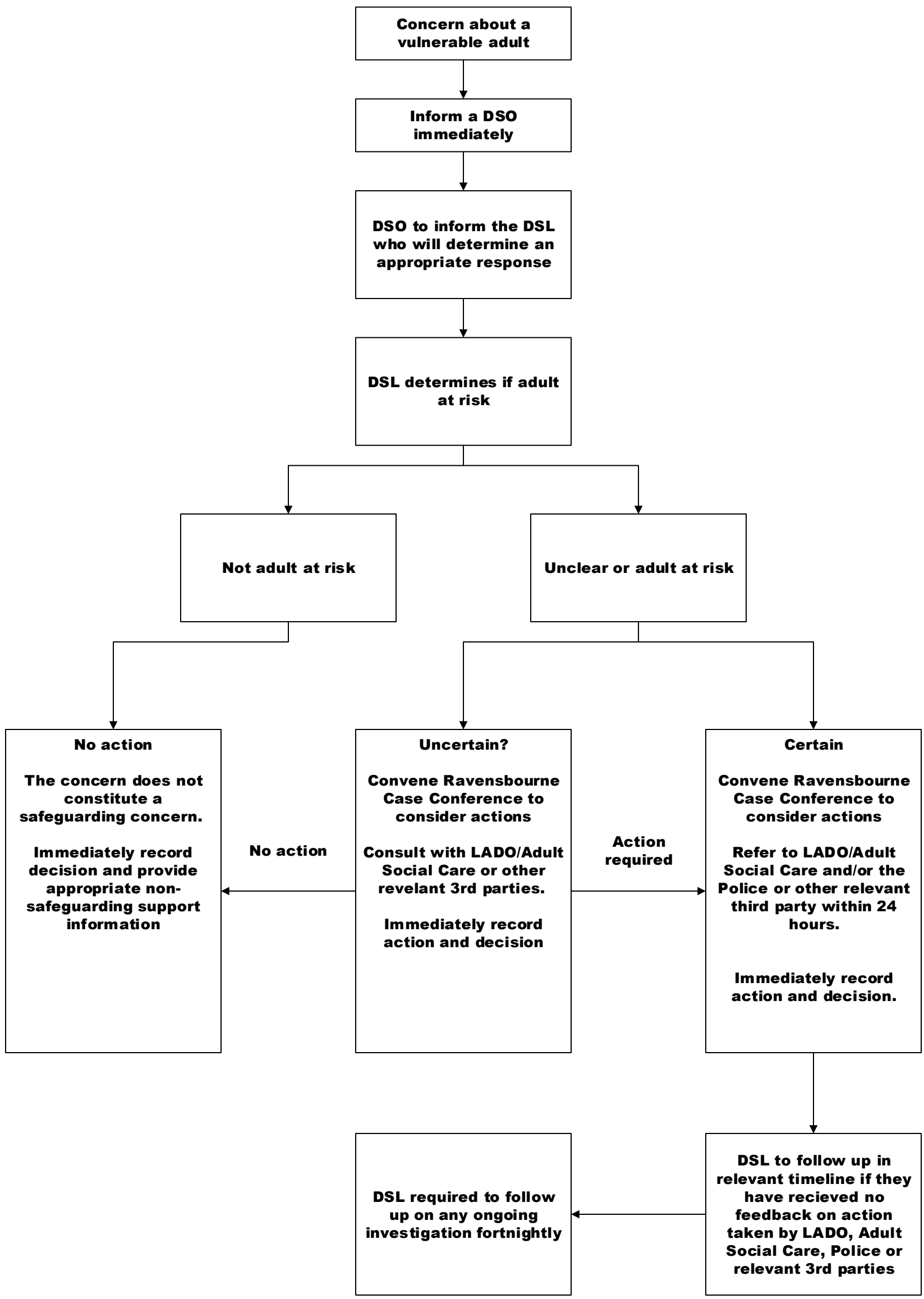What to do if you have safeguarding concerns about an adult?