

# Safeguarding

## IF YOU ARE CONCERNED

That someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.

**Local contacts available to speak to if you have any concerns:**

Dr Susi Wood  
Chaplain to the Youth Centre  
07831 224901  
[Susi.wood@aol.co.uk](mailto:Susi.wood@aol.co.uk)

Lisa Farren  
St John's in the Vale Centre  
Centre Manager  
07422 942457  
[carlisledyc@gmail.com](mailto:carlisledyc@gmail.com)

Diocesan Safeguarding Officer  
Charles Proctor  
07458 016840  
[Safeguarding.adviser@carlisle-diocese.org.uk](mailto:Safeguarding.adviser@carlisle-diocese.org.uk)

*Local Authority:*

Children's Services  
0333 240 1727

Vulnerable Adults  
01228 5266690

***The care and protection of children, young people and adults***

## OUR COMMITMENTS

- Promoting a safer environment and culture
- Safely recruiting and supporting all those with any responsibility related to children and vulnerable adults
- Responding promptly to every safeguarding concern or allegation
- Caring pastorally for victims/survivors of abuse or other affected persons
- Caring pastorally for those who are the subject of concerns/allegations of abuse and other affected persons
- Responding to those that may pose a present risk

## HELPLINES

- NSPCC: 0808 800 5000
- Childline: 0800 1111
- Stop It Now: 0808 801 0331
- NAPAC: 0808 801 0331
- Samaritans: 116 123
- Family Lives: 0808 800 2222
- National Domestic Violence: 0808 2000 247
- Action on Elder Abuse: 080 8808 8141