

## ST. CUTHBERT'S CHURCH, GREAT SALKELD.

We want everyone to be Welcome and Safe at St. Cuthbert's Church.

To ensure that we keep everyone safe, we have a Parish Safeguarding Officer, who does what is needed to keep children and vulnerable people safe. Also, all our volunteers and those involved in leading services receive regular training in safeguarding and are accountable to our leaders.

**Parish Safeguarding Officer:** Julia Downie

Telephone: 01768 898868 Email: juliadownie@hotmail.co.uk

We promise to do all we can to create a safe, happy environment for everyone.

So, if you are:

- Concerned about anyone who volunteers at St. Cuthbert's Church, or within the Benefice
  - Worried that a child or vulnerable person known to us might be the subject of abuse
- .....don't keep your concerns to yourself, please contact the Parish Safeguarding Officer.

### Who else can be contacted in an emergency?

**Church of England Carlisle Diocesan Safeguarding Officer - Joanna Van Lachterop,**

Diocese of Carlisle | Church House | 19-24 Friargate | Penrith | CA11 7XR

Telephone: 07458 016884 Email: [safeguarding.advisor@carlisediocese.org.uk](mailto:safeguarding.advisor@carlisediocese.org.uk)  
<https://www.carlisediocese.org.uk/safeguarding/>

- **If a child, young person or adult is at risk of immediate harm dial 999**

### Other Important Telephone Numbers

- **If you are concerned that an adult is being abused, or at risk**, you should report it by contacting **Adult Social Care, Westmoreland and Furness Council**. Daytime **0300 373 3301** Emergency Out of Hours - **01228 526690**.
- **If you are concerned about a child**, please contact the Westmoreland and Furness Safeguarding Hub on **0300 3732724**
- **NSPCC Child Protection Helpline:** 0808 800 5000 (lines free and open 24 hours). Phone if you are worried about a child and need advice or guidance on what to do.
- **Child-line:** 0800 1111 (lines free and open 24 hours). Phone if you are a child or young person and are worried about anything.
- **National Domestic Abuse Helpline:** 0808 2000 247 (lines free and open 24 hours). Phone if you are experiencing domestic abuse or need help to report.
- **Samaritans Helpline:** 116 123 (open 24 hours). Phone if you feel you are struggling to cope and need someone to talk to.
- **Action on Elder Abuse Helpline:** 0808 808 8141 (free phone Monday to Friday 9-5pm)
- **National Rape Crisis Helpline:** 0808 802 9999 and is open every day from 12-2.30pm and 7-9.30pm.
- **The Survivors Trust:** 0808 801 0818 and is open Monday to Wednesday 10-7.30pm, Thursday 10-6pm and Friday 10-2pm.
- **LGBT+ Domestic Abuse Helpline:** 0800 999 5428 [help@galop.org.uk](mailto:help@galop.org.uk)

- **Men's Advice Line:** 0808 801 0327 [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
- **Age UK Advice Line:** 0800 678 1602
- **Stop it Now:** [www.stopitnow.org.uk](http://www.stopitnow.org.uk) 0808 1000 900

A confidential helpline for people with concerns about child sexual abuse, which gives advice, support and information

- **The Bridgeway:** [www.thebridgeway.org.uk](http://www.thebridgeway.org.uk) 0808 118 6432

Based in Penrith, The Bridgeway is a dedicated service that helps men, women, children and young people in Cumbria who have been raped or sexually assaulted, either recently or in the past.