

## Safeguarding

***We take the safeguarding of children, young people and vulnerable adults very seriously in the Heart of Eden Benefice.***

### Church safeguarding advice

Every Parish has appointed a Safeguarding Officer. Dr Andrew Brittlebank is our lead Parish Safeguarding Officer for the Benefice, and he can be contacted for advice through [psappleby@icloud.com](mailto:psappleby@icloud.com). Our Incumbent Priests, Reverend Fran Parkinson and Reverend Andrew Burrell can be contacted through [reverend@heartofeden.org.uk](mailto:reverend@heartofeden.org.uk).

Our Diocesan Safeguarding Adviser Jo Van Lachterop is also available, and her phone number is 07458 016884, her email address is [safeguarding.adviser@carlisediocese.org.uk](mailto:safeguarding.adviser@carlisediocese.org.uk)

### Other useful contacts

If you are concerned that an adult is being abused, or at risk, you should report it by contacting **Adult Social Care, Cumberland Council. Emergency Out of Hours - 01228 526690.**

If you are concerned about a child, please contact:  
**Westmorland and Furness Safeguarding Hub on 0300 373 2724**

**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

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