***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 psoappleby@icloud.com. Our Incumbent Priest is the Reverend Andrew Burrell who can be contacted through 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@carlislediocese.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.**](https://legacy.cumberland.gov.uk/healthsocialcare/ccc/contact.asp)**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**](https://www.samaritans.org/how-we-can-help-you/contact-us): 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**](https://thesurvivorstrust.eu.rit.org.uk/contact): 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

**Men’s Advice Line**: 0808 801 0327 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.**