Resources & Support:

carlislediocese.org.uk/safeguarding
Access to diocese safeguarding policy and details about training events.

www.nspcc.org.uk
Many useful resources including research studies and fact sheets.
NSPCC Helpline: 0800 800 5000

National Domestic Abuse Helpline:
0808 2000 247 (lines free and open 24 hours).

Age UK Advice Line:
Tel: 0800 678 1602

Men's Advice Line:
Tel: 0808 801 0327
Email: info@mensadviceline.org.uk

thirtyoneeight.org
Tel: 0303 003 1111
Advice & guidance regarding DBS checks

Useful Contacts:

Cumbria Adults Social Care Services:
Cumberland ASC *on* **0300 373 3732** (Allerdale, Carlisle or Copeland area) *OR,*
Westmorland and Furness Safeguarding ASC *on* **0300 373 3301** (Barrow, Eden or South Lakeland area).
Cumbria Children's Services:
Cumberland Safeguarding Hub *on* **0333 240 1727** (Allerdale, Carlisle or Copeland area)
Westmorland and Furness Safeguarding Hub *on* **0300 373 2724** (Barrow, Eden or South Lakeland area).
Samaritans:
Tel: 116123 (open 24 hours) for anyone struggling to cope and in need of help.
Local Police:
Tel: 101
Email: 101@cumbria.police.uk
If a child, young person or adult is at risk of immediate harm, call 999.

Carlisle Diocese

THE CHURCH OF ENGLAND

SAFEGUARDING

Carlisle Diocese

A quick reference guide for those working within The Church of England in Carlisle Diocese

What to do if:

You have concerns about possible abuse (including allegations):

1. In an emergency, respond immediately.
2. Consult the person to whom you are responsible.
3. Decide together whether to seek advice or to make an immediate referral.
4. Keep a record of what happened, your concerns and your actions.
5. Tell your vicar and/or safeguarding representative.
6. Only tell others who need to know.
7. Do not alert the possible perpetrator.

A child, young person or adult wishes to disclose they have been abused:

1. Listen. Keep listening. Do not question it or investigate it.
2. Do not promise confidentiality; tell them we need to share this.
3. Assure them they are not to blame.
4. Tell them what you are going to do and they will be told what happens.
5. Make careful notes of what is said, record dates, times, events and when you are told.
6. Report to the person to whom you are responsible and your vicar or safeguarding representative.
7. Only tell those who need to know.
8. Call the Diocese Safeguarding Adviser for further advice, or if not available inform social services and police and speak to the adviser later.

Things to remember:

- Treat everyone with respect, setting a positive example for others.
- Respect personal space and privacy.
- Ensure another adult is present or within sight or hearing of any activity.
- Ensure any actions cannot be misrepresented by someone else.
- Challenge unacceptable behaviour.
- Do not put anyone, including yourself, in vulnerable or compromising situation.
- Do not have inappropriate physical or verbal contact with others.
- For policy and good practice guidance refer to the Carlisle Diocese safeguarding policy (see over).

Contacts:

The person to whom you are responsible is:

Name:.....

Tel:.....

Your Vicar is:.....

Tel:.....

Your Church Safeguarding Officer is:

Name:.....

Tel:.....

Email:.....

Safeguarding Adviser for the Diocese:

Joanna Van Lachterop

Tel: 07458 016884

Email: safeguarding.adviser@carlilsediocese.org.uk