

# **Snowsport England**

# **SnowSafe Adults**

# Safeguarding Adults' Procedures

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SnowSafe Adults Procedures





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## Introduction

Snowsport England is committed to providing a safe environment for everyone to participate in our organisation and its activities. These procedures must be followed in any circumstances where an adult is at risk of harm.

The procedure should be implemented with reference to Snowsport England's **SnowSafe Adults -** Safeguarding Adults Policy and supporting information.

This procedure details the steps to be taken in responding to any concern that an adult involved in Snowsport England or its activities, is at risk of, or is experiencing harm.

The procedures have two main sections:

Section 1: Reporting concerns- For everyone

Section 2: What happens next - For Safeguarding Lead and organisational response

The information is presented in flow charts with accompanying text. Please refer to both as the text contains more detail.

# Glossary

For more details please see the additional information sections of Snowsport England's **SnowSafe -** Safeguarding Adults Policy.

Adult	A person aged 18 or over		
Adult at risk	Definition used in legislation (different in each home		
	nation) for adults who the Local Authority has a		
	responsibility to support to prevent them from		
	experiencing (further) harm caused by abuse and		
	neglect.		
Abuse	A violation of a person's physical, emotional or mental		
	integrity by any other person.		
Case Management Group	A group created by Snowsport England to ensure the		
	organisation carries out its role/s in individual cases of		
	abuse or neglect.		
Harm	Damage done to a person's well-being.		
MASH	Multi-Agency Safeguarding Hubs are used as a one		
	point of contact/safeguarding referrals in some areas.		
	Where they exist a referral to MASH benefits from the		
	information held by and the expertise of various		
	agencies e.g. Local Authority, Police and Health.		
Mental Capacity	The ability to consider relevant information, make and		
	communicate a decision.		
Safeguarding	Work to prevent and to stop abuse and neglect.		
Safeguarding Adults Board	A statutory body set up in line with national		
(SAB)	legislation. Statutory membership includes the Local		
(England and Wales)	Authority, Police and NHS. Representatives from the		
	voluntary sector and of 'citizens' e.g. a representative		
	from a disabled people's forum are often also		
	included. Their role is to coordinate safeguarding		
	work across the Local Authority district.		
Safeguarding Committee	Snowsport England's Committee appointed to maintain		
	an overview of the implementation of the		
	organisation's safeguarding functions.		

# Section 1: Reporting Concerns (for Everyone)

#### Reporting Concerns About Yourself

If you are experiencing harm within Snowsport England contact

Snowsport England Safeguarding Lead 
welfare@snowsportengland.org.uk

If you are in immediate danger or need immediate medical assistance contact the emergency services 999.

Please contact the Safeguarding Lead- Bridget Owen - <u>welfare@snowsportengland.org.uk</u>. If you would prefer, please contact another member of staff who will help you raise the issue to the Safeguarding Lead.

If the Safeguarding Lead is implicated or you think has a conflict of interest, then report to the Snowsport England Chief Executive.

You can also contact the Police, Social Services, your doctor or other organisations that can provide information and give help and support (see Appendix 2 - Other sources of support).

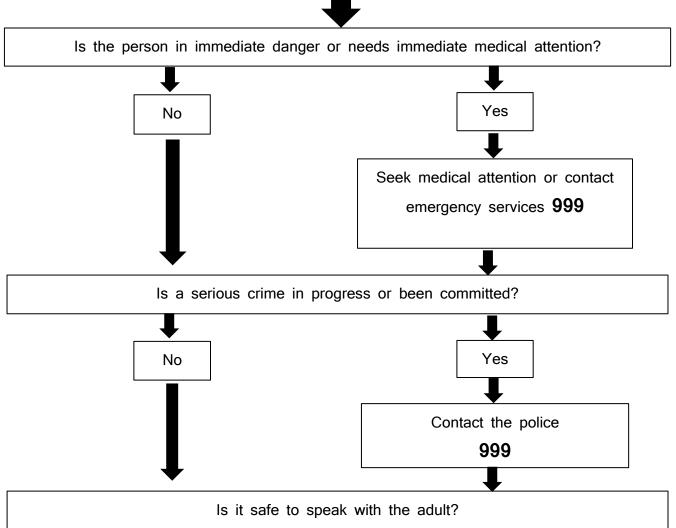
Snowsport England will follow the procedure in this document. If you do not think your concerns are being addressed in the way that they should be please contact the Chief Executive.

At all stages you are welcome to have someone who you trust to support you and help you to explain what happened and what you want to happen.

It is of upmost importance to Snowsport England that you can take part in our activities safely and we will take every step to support you to do that.

#### Reporting Concerns About Others (Flowchart 1)

You have a concern, or have been told about, possible abuse of someone else, poor practice or wider welfare issues.



Is it safe to speak with the adult?

If you can't speak to the adult, ring Social Services or Snowsport England for advice

What does the adult want to happen?



Speak to your Club Welfare Officer, Adult Social Services or Snowsport England Safeguarding Lead (01509 232323) and report your concerns without delay.

If you have concerns that they are implicated or may not act appropriately contact Snowsport England's CEO



Make notes and complete a Safeguarding Adults Concerns Report Form (see Appendix 1), submit to Club Welfare Officer or National Governing Body Safeguarding Lead/CEO

#### **Reporting Concerns About Others**

You may be concerned about harm to another person because of something you have seen or heard, information you have been told by others or because someone has confided in you about things that are happening or have happened to them.

You should not keep safeguarding concerns to yourself. If you have concerns and/or you are told about possible or alleged abuse, poor practice or wider welfare issues you must contact the Snowsport England Safeguarding Lead as soon as you can. welfare@snowsportengland.org.uk Tel: 01509 232323.

If the Safeguarding Lead is implicated or you think has a conflict of interest, then report to the Snowsport England Chief Executive Officer.

If you are concerned about harm being caused to someone else, please follow the guidance below.

- It is not your responsibility to prove or decide whether an adult has been harmed or abused. It is however, everyone's responsibility to respond to and report concerns they have.
- If someone has a need for immediate medical attention call an ambulance on 999.
- If you are concerned someone is in immediate danger or a serious crime is being committed contact the police on 999 straight away. Where you suspect that a crime is being committed, you must involve the police.
- Remember to be person centred and make safeguarding personal. If it will not
  put them or you at further risk, discuss your safeguarding concerns with the adult
  and ask them what they would like to happen next. Inform them that you have to
  pass on your concerns to the Snowsport England Safeguarding Lead or Club
  Welfare Officer. Do not contact the adult before talking to the Snowsport England
  Safeguarding Lead or Club Welfare Officer if the person allegedly causing the
  harm is likely to find out.
- Remember not to confront the person thought to be causing the harm.

#### Responding to a Direct Disclosure

If an adult indicates that they are being harmed or abused, or information is received which gives rise to concern, the person receiving the information should:

- Take it seriously.
- · Stay calm.
- Listen carefully to what is said, allowing the adult to continue at their own pace,
- Be sensitive.
- Keep questions to a minimum, only ask questions if you need to identify/ clarify what the person is telling you.
- Reassure the person that they have done the right thing in revealing the information.
- Ask them what they would like to happen next.
- Explain what you would like to do next.
- Explain that you will have to share the information with Snowsport England Safeguarding Lead or Club Welfare Officer.
- Ask for their consent for the information to be shared outside the organisation.
- Make an arrangement as to how you/the Safeguarding Lead can contact them safely.
- Help them to contact other organisations for advice and support (e.g. Police,
   Domestic Abuse helpline, Victim Support -see Appendix 6).
- Act swiftly to report and carry out any relevant actions.
- Record in writing what was said using the adult's own words as soon as possible.

#### It is important **not** to:

- · Dismiss or ignore the concern.
- Panic or allow shock or distaste to show.
- Make negative comments about the alleged perpetrator.
- Make assumptions or speculate.
- Come to your own conclusions.
- Probe for more information than is offered.
- Promise to keep the information secret.
- Make promises that cannot be kept.

- · Conduct an investigation of the case.
- Confront the person thought to be causing harm.
- Take sole responsibility.
- Tell everyone.

#### **Record Keeping**

- Complete a Safeguarding Adults Report Form (see Appendix 1) and submit to the Snowsport England Safeguarding Lead or your Club Welfare Officer without delay.
- Describe the circumstances in which the concern came about and what action you took/advice you gave.
- It is important to distinguish between things that are facts, things that have been observed or over-heard and opinions, in order to ensure that information is as accurate as possible.
- If someone has told you about the harm or abuse, use the words the person themselves used. If someone has written to you (including by email, message) include a copy with the form.

Be mindful of the need to be confidential at all times.

This information must only be shared with the Snowsport England Safeguarding

Lead or Club Welfare Officer and others that have a need to know - e.g. to keep

the person safe whilst waiting for action to be taken.

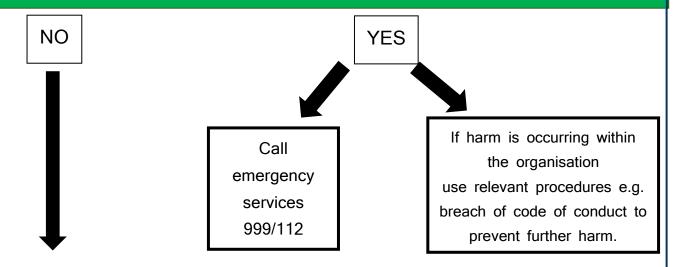
If shared with the Club Welfare Officer - they MUST also share with the Snowsport England Safeguarding Lead as soon as possible

# Section 2: What Happens Next? Safeguarding Lead and Organisational Response

#### Procedure for Safeguarding Lead\* (Flowchart 2)

Steps 1-5 **Initial response** (as soon as you receive the Safeguarding referral)

Step 1: Is someone at immediate risk of harm/ danger or in need of immediate medical attention?



#### Step 2 - Safeguarding Report Details

If you have been sent a Safeguarding Adults Report Form check that you can understand what is written and that all the necessary parts have been completed

If you are being contacted directly request a completed Safeguarding Adults Report Form (staff and volunteers) or fill in the form with the person making the report (public/adult themselves)

#### Step 3- Person Making the Report

Inform, reassure and advise the person making the report e.g. what to do/what not to do. Explain what will happen next. Reinforce the need for confidentiality.

#### Step 4- Person at Risk

What are the risks? What are the views of the adult? Are they an adult at risk? Do they need support to make decisions about their safety?

Do you need to contact the adult directly? Is it safe for you to do so?

#### Step 5 - Person at Risk

If it is safe to do so - ensure the person at risk has information about what will happen next.

Make sure they have been given information about other organisations that can support them (see Appendix 2).

#### Steps 6- 14 Taking Action

#### Step 6 - Consult and Decide

As needed consult Safeguarding Committee or Case Management Group, Local Authority/the Police and decide which one or more of the following actions need to be taken.

#### Step 7

If a serious crime is suspected contact the police

Criminal enquiry, investigation, proceedings

#### Step 8

If you believe there is an 'adult at risk' make a safeguarding adults report to the Local Authority

Safeguarding adults process led by Local Authority

#### Step 9

If harm is suspected of being caused within Snowsport England e.g. by an employee, contracted worker, volunteer or member report to relevant person

Organisation takes **short term steps** within relevant
policy to **prevent harm** e.g.
suspend employee, coach,
volunteer or member

#### Step 10

Consult with and inform the adult

Organisation decides who will maintain regular contact with the adult/s who have been at risk of harm

#### Step 11

Take advice from and coordinate actions taken by Snowsport England with those of other agencies. Attend and contribute to Safeguarding Adults strategy meetings

#### Step 12

Hold Case Management Group meeting to coordinate actions by Snowsport England.

#### Possible outcomes: e.g.

- Criminal Caution or Conviction
- Police referral back to organisation
- Referral to Independent Barring Board
- Unsubstantiated- no further action

#### Possible outcomes e.g.

- LA enquiries triggered
- Adult supported to 'make safeguarding personal'
- Other adults at risk identified
- Multi-agency meetings to coordinate actions
- New/changed care and support and protection plan for any adult at risk
- NOT an adult at risk information and advice provided

#### Possible outcomes: e.g.

- Informal resolution
- Education and training
- Formal warning/ disciplinary process
- Dismissal
- Role conditions applied
- Contract ended
- Referred to DBS
- Unsubstantiated no further action

#### Possible Outcomes: e.g.

- Adult receives information about the process
- Adult supported to have their views and experience heard
- Adult supported to gain support from other agencies
- Adult continues to participate in snowsport

#### **Steps 13 and 14**

Recording and reporting

Ensure decisions made, actions taken, and outcomes logged and reported

Once a concern has been passed to the Snowsport England Safeguarding Lead, they will coordinate the Snowsport England Safeguarding Adults Procedure (see Flowchart 2 below).

The Safeguarding Lead will keep clear records of decision making, actions taken, and the outcomes achieved. They will also collect feedback from the adult.

The Safeguarding Lead, where appropriate, in consultation with the Safeguarding Committee, or Case Management Group, will take the following actions:

#### Immediate Response

1. Ensure any **immediate actions** necessary to safeguard anyone at risk have been taken.

If the risk is said to be due to the behaviour of an employee or other person involved in the organisation/activities use the relevant procedures (e.g. breach of code of conduct, breach of contract, disciplinary or grievance procedures) to prevent that person making contact with the adult being harmed.

2. If you have been sent a Safeguarding Adults Report Form check that you can understand what is written and that all the necessary parts have been completed.

If you are being contacted directly by a member of staff or a volunteer request that they complete a Safeguarding Adults Report Form if they have not already done so (see Appendix 1) as soon as possible.

If the report is being made by the adult themselves or a member of the public fill in the safeguarding report form yourself gaining the details with the person contacting you.

- 3. Inform, reassure, and advise the **person making the report** e.g. what to do/what not to do. Explain what will happen next. Reinforce the need for confidentiality.
- **4.** Consider what is known about the situation, what the risks are, what is known of **the views of the adult**, whether they have given their consent to the report being made and whether they might be considered to be an 'adult at risk'.

Find out whether the person making the report believes the adult has the mental capacity to make decisions about what safeguarding actions they want to be taken (they are not expected to assess this, only provide their opinion).

Decide if you need to **contact the adult** to get more information, determine their wishes, or explain what actions you need to take.

5. Ensure that the adult has been given information about the process and what will happen next. Ensure that they have been provided with information about other organisations that can support them (see Appendix 2).

ONLY do this if you have a known safe way of contacting them.

#### **Taking Action**

In all situations you should ensure those in your organisation who can act (within their remit) to prevent further harm have the information to do so. This includes supporting the person at risk. Depending on the situation you may need to pass information to and work together with other organisations such as the Police and the Local Authority safeguarding team.

#### 6. Consult and Decide

If necessary, consult with Safeguarding Committee or Case Management Group and with the Local Authority/the Police and decide which of the following actions need to be taken.

- 7. Contact the police (where the crime took place) If:
  - a serious crime has been committed.
  - a crime has been committed against someone without the mental capacity to contact the police themselves.
  - the adult has asked you to make a report to the Police on their behalf because they are unable to themselves.
- 8. Make a referral/report to the Local Authority Safeguarding Adults Team or Multi-Agency Safeguarding Hub (MASH) (where the adult lives) if you believe they may be

#### an adult at risk

#### AND

- the adult appears not to have the mental capacity to make decisions about their own safety and well-being.
- the risk is from a person employed or volunteering in work with adults with care and support needs (including within a sports organisation).
- there are other 'adults at risk' (e.g. another family member, another club member or other people using a service).
- the adult at risk lives in Wales or Northern Ireland (no consent required).
- the adult at risk lives in England or Scotland and they have asked you to make a report or have given their informed consent to you making it.

If a child is at risk you must also make a child safeguarding referral to the Local Authority. This includes all situations where there is domestic abuse within the household where the child lives.

If you are unsure whether or not to make a referral/report you can ask for advice by contacting the Local Authority Safeguarding Adults Team/Multi-agency Safeguarding Hub and discuss the situation with them without disclosing the identity of the adult or the person who may be causing harm, or contact the Snowsport England Safeguarding Lead.

9. Use policy and procedures to stop harm within the organisation.

If the person who may be causing harm is a person involved in Snowsport England in whatever capacity inform the Safeguarding Lead or CEO immediately.

Decide what policy and procedures the organisation will use to decide which actions will be taken e.g. breach of code of conduct, disciplinary procedures, breach of contract.

Agree what short term arrangements can be put in place to enable the adult, who may be being harmed, to be able to continue participating in snowsport.

The arrangements made must respect the rights of the person who may be causing harm and must be consistent with the relevant policy and procedures.

10. If statutory agencies are involved work together with them to agree the next steps.
E.g. the Police may need to interview an employee before a disciplinary investigation is conducted.

Attend and contribute to any safeguarding adults strategy or case meetings that are called by the Local Authority.

If statutory agencies say that they will not be taking any action in relation to a referral this will not stop Snowsport England taking internal steps to safeguard the adult. E.g. the Police may decide not to pursue a criminal investigation where there is an allegation against an employee, but Snowsport England will still follow its disciplinary procedure.

11. Decide who in the organisation will maintain contact with the adult to consult with them, keep them informed and make sure they are receiving the support they need.

Unless advised not to by the Police or Local Authority, and only if there is a safe way to do so, contact the adult to let them know about the actions you have taken and the outcomes so far. Find out if the actions taken are working, what matters to them, what they would like to happen next and what outcomes they want to achieve.

- **12.** Convene a **Case Management Group meeting** to coordinate actions internally to your organisation:
  - share information about what has happened with those within Snowsport England who have a role in safeguarding the adult.
  - share the views of the adult.
  - share any actions being taken by the Police/Local Authority.
  - agree who will coordinate between Snowsport England and other agencies.
  - decide what actions Snowsport England will take.
  - Coordinate action by Snowsport England.

#### These actions can include:

- Use of internal procedures such as breach of code of conduct/disciplinary procedures to address any behaviour that may have caused harm.
- Reporting any employee or volunteer found to have caused harm to the Disclosure and Barring Service.
- Communication with the adult about the safeguarding process,
   offering support to the adult and making any arrangements needed for them to continue their involvement with snowsport.
- Offering support to staff, volunteers and members affected by the circumstances.
- Ensuring senior managers are updated as appropriate.
- 13. Case Management Group meeting must be recorded so that decision making is transparent, and actions agreed are followed. Follow up meetings should be held as necessary until the actions needed are complete.
- 14. Ensure records are complete and stored securely. Collate monitoring information, including feedback from the person who was at risk of harm and report to Safeguarding Committee and the Board as requested.

#### **Further Information and Useful Contacts**

Policies, procedures and supporting information are available on the Snowsport England website: <a href="https://www.snowsportengland.org.uk/safeguarding">www.snowsportengland.org.uk/safeguarding</a> .

#### Safeguarding Lead:

Mark Vaughan

Welfare@snowsportengland.org.uk

01509 232323

07462 156784

#### Local Authority Safeguarding Adults

This is the Local Authority in which the person you are concerned about lives. Search via google.

Ann Craft Trust- Safeguarding Adults in Sport and Activity

Website: www.anncrafttrust.org

Email: Ann-Craft-Trust@nottingham.ac.uk

Telephone: 0115 951 5400

# **Section 3: Appendices**

## Appendix 1 - Safeguarding Adults Report Form

#### **Snowsport England**

To be completed as fully as possible if you have concerns regarding an adult.

If it is safe to do so, it is important to inform the adult about your concerns and that you have a duty to pass the information onto the safeguarding lead. The Safeguarding Lead will then look at the information and start to plan a course of action.

Section 1 - Details of adult (you have concerns about)		
Name of adult		
Address		
Date of Birth/ Age		
Contact number		
Emergency contact if known		
Consent to share information		
with emergency contact?		
Section 2 - Details of the person	son completing this form/ Your details	
Name		
Contact phone number(s)		
Email address		
Line manager or alternative		
contact		
Name of organisation / club		
Your Role in organisation		
Section 3 - Details of concern		

Please explain why you are concerned. Please give details about what you have			
seen/been told/other that makes you believe the adult is at risk of harm or is being			
abused or neglected (include	dates/times/evidence from records/photos etc.)		
Date/ Time	What happened		
Section 5 - Details of the person	son thought to be causing harm (if known)		
Name			
Address			
Date of Birth/Age			
Relationship/connection to			
adult			
Role in organisation			
Do they have contact with			
other adults at risk in			

another capacity? E.g. in		
their work/family/as a		
volunteer		
Section 6 - Have you discuss	ed your concerns with the adult you have concerns about	?
What are their views.		
What have they stated about what they want to happen and what outcomes they want?		
-		
0 11 04 D		
Section 6A - Reasons for not discussing with the adult		
Discussion would put the adul	It or others at risk. Please explain:	
Adult appears to lack mental	capacity Please explain:	
radic appears to lask montain	sapasity. Thouse explain.	
Adult unable to communicate	their views. Please explain:	
Section 7 - Risk to others		
Are any other adults at risk	Yes/No/Not known - delete as appropriate	
If yes please fill in another fo	rm answering guestions 1-6	
, ,		

Are any children at risk Yes	/No/Not known	Delete as appropriate	
If yes please fill in a safeguarding children referral form and attach to this.			
Section 8 - What action have y	ou taken if ar	y /agreed with the adult to reduce the risks?	
Actions by club: e.g. person causing harm suspended, session times changed.			
Section 9: Other agencies	Who contacte	d/reference number/contact details/advice	
contacted	gained/action	being taken	
Police			
Ambulance			
Other - please state who and	why:		
Section 10: Contact with Welfare Officer/others within the club/Snowsport England			
Who else has been informed of this issue? - and what was the reason for information			
sharing			
Consultation with Snowsport England Dates and times			
Safeguarding Lead			

Completed Form copied to Safeguarding Lead; Date and time
Signed:
Date:
OFFICE USE ONLY
Section 11 - Sharing the concerns (To be completed by Safeguarding Lead)
Details of your contact with the adult at risk of harm. Have they consented to information
being shared outside of Snowsport England?
Details of contact with the Local Authority Safeguarding Team/MASH where the adult at
risk of harm lives - advice can be still sought without giving personal details if you do not
have consent for a referral.
Details of any other agencies contacted:
Details of the outcome of this concern:

#### Appendix 2 - Sources of Information and Support

#### Action on Elder Abuse

A national organisation based in London. It aims to prevent the abuse of older people by raising awareness, encouraging education, promoting research and collecting and disseminating information.

Tel: 020 8765 7000

Email: enquiries@elderabuse.org.uk

www.elderabuse.org.uk

#### Ann Craft Trust (ACT)

A national organisation providing information and advice about adult safeguarding. ACT have a specialist Safeguarding Adults in Sport and Activity team to support the sector.

Tel: 0115 951 5400

Email: Ann-Craft-Trust@nottingham.ac.uk

www.anncrafttrust.org

#### Men's Advice Line

For male domestic abuse survivors

Tel: 0808 801 0327

#### National LGBT+ Domestic Abuse Helpline

Tel: 0800 999 5428

#### National 24Hour Freephone Domestic Abuse Helplines

England	Northern Ireland	
Tel: 0808 2000 247	Tel: 0808 802 1414	
www.nationaldahelpline.org.uk/Contact-	www.dsahelpline.org	
<u>us</u>	Twitter: www.twitter.com/dsahelpline	
	Facebook: www.facebook.com/dsahelpline	
Scotland	Wales	

Tel: 0800 027 1234

Email: <u>helpline@sdafmh.org.uk</u>

Web chat: sdafmh.org.uk

Llinell Gymorth Byw HebOfn/ Live free from fear

helpline

Tel: 0808 8010 800

Type Talk: 18001 0808 801 0800

Text: 078600 77 333

#### Rape Crisis Federation of England and Wales

Rape Crisis was launched in 1996 and exists to provide a range of facilities and resources to enable the continuance and development of Rape Crisis Groups throughout Wales and England.

Email: info@rapecrisis.co.uk

www.rapecrisis.co.uk

#### Respond

Respond provides a range of services to victims and perpetrators of sexual abuse who have learning disabilities and training and support to those working with them.

Tel: 020 7383 0700 or 0808 808 0700 (Helpline)

Email: <a href="mailto:services@respond.org.uk">services@respond.org.uk</a>

www.respond.org.uk

#### Stop Hate Crime

Works to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.

24 hours service:

Telephone: 0800 138 1625

Web Chat: www.stophateuk.org/talk-to-us/

E mail: talk@stophateuk.org

Text: 07717 989 025

Text relay: 18001 0800 138 1625

By post: PO Box 851, Leeds LS1 9QS

#### Susy Lamplugh Trust

The Trust is a leading authority on personal safety. Its role is to minimise the damage caused to individuals and to society by aggression in all its forms - physical, verbal and psychological.

Tel: 020 83921839

Fax: 020 8392 1830

Email: info@suzylamplugh.org

www.suzylamplugh.org

#### Victim Support

Provides practical advice and help, emotional support and reassurance to those who have suffered the effects of a crime.

Tel: 0808 168 9111

www.victimsupport.com

#### Women's Aid Federation of England and Wales

Women's Aid is a national domestic violence charity. It also runs a domestic violence online help service.

www.womensaid.org.uk/information-support

#### **Snowsport England**

Suite 3, Waterside Business Centre, Canal Street, Leigh

WN7 4DB

E: welfare@snowsportengland.org.uk

T: 01509 232323

W: snowsportengland.org.uk



### **Useful Contact Details for Event Welfare Officers**

Snowsports Contacts for Safeguarding (please comple	Snowsports Contacts for Safeguarding (please complete local details)		
Event Welfare Officer	Name:		
Snowsport England Safeguarding Lead	Name: Mark Vaughan  welfare@snowsportengland.org.uk		
Police – Emergency Police – Non emergency local Office Local Police Child Protection Team	999 (or 112 - emergency EU no) 101		
Submit a safeguarding concern	Form		
National Contacts for Safeguarding	1		
ChildLine UK – 24 hour helpline for children		+44 (0) 800 1111	
Child Exploitation and Online Protection Centre		+44 (0)870 000 3344	
Child Protection in Sport Unit (CPSU)		+44 (0)116 234 7278	
Kidscape – helpline for adults concerned about bullying		+44 (0)8451 205 204	
NSPCC Freephone – 24 hour helpline for adults concerned about a child		+44 (0) 808 800 5000	
The Samaritans		+44 (0) 8457 909090	
Ann Craft Trust (Adult Safeguarding)		+44 (0) 115 951 5400	
MIND – Mental Health Concerns		+ 44 (0) 300 123 3393	
SANELine – helpline 365 days of the year between 1630-2230 hours		+ 44 (0) 300 304 7000	