

## Safeguarding: Useful Information & Links

Safeguarding is everyone's responsibility. Safeguarding is about much more than the child and adult protection systems. It is about preventing harm to children and adults wherever possible- sometimes this results in needing to use the child and adult protection systems to address concerns, make someone safer and bring an offender to justice.

This section helps you respond to some of the most common safeguarding situations that you might encounter. Each section gives some links that you can follow to seek further help or to make a report.

What is important to remember is that acting on your concerns and seeking help or advice is hardly ever a bad idea. People sometimes hesitate because they think "What if I'm wrong?" The response to that is simply to ask, "What if you're right?" If you are unsure - seek advice from the Benefice Safeguarding Officer.

### I HAVE BEEN ABUSED

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If you either have been abused or are being abused now, the first thing to know is that the abuse is not your fault. No-one deserves to be abused, although it is very common for victims of all types of abuse to blame themselves.

The second thing for you to know is that there are sources of help available. It is important for you to tell someone what is going on, so that the abuse can stop and you can be safe. You may choose to tell a friend or family member, but you may feel that it would be better to talk to a person in a specialist role. These people have a lot of experience in helping people in your situation, and will not dismiss what you have to say, or be so shocked by it that they won't know how to help. These people work in these roles to help people in your situation; they will be compassionate, but also practical, and talk through with you how best to respond to what you have told them.

The police take reports of abuse very seriously, and you should feel encouraged to report what is happening to them. Telephone either 999 or the non-emergency number, 101.

There are also a number of national organisations providing support to those who have been abused:

- Rape Crisis National Helpline - Freephone **0808 802 9999** ( 12 noon – 2.30pm and 7 – 9.30pm every day of the year)
  - New Swindon Sanctuary SARC – **0808 168 0024** (24 hour) for emergency help or advice
  - The Phoenix Project – **01225 775 276** (see leaflet on this website)
  - The Survivor's Trust Free, confidential helpline: **08088 010 818**  
(*Mon-Thurs 10am-4pm & 6pm-8pm/Fri 10am-4pm*) [www.thesurvivorstrust.org](http://www.thesurvivorstrust.org)
  - NAPAC (National Association for People Abused in Childhood) – **0808 801 0331** Free from landlines and mobiles (calls will not show on your bill) – Mon – Thurs 10am-9pm and Friday 10am-6pm [www.napac.org.uk](http://www.napac.org.uk)
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## I AM WORRIED ABOUT THE SAFETY OF A CHILD

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- If you think a crime has been committed, contact the police on 101 or, in an emergency, 999
- Contact Wiltshire MASH (Multi Agency Safeguarding Hub): **0300 456 0108**

(Wiltshire out of hours Emergency Duty Service **0300 456 0100**)

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- Childline – 24 hour Freephone **0800 1111** [www.childline.org.uk](http://www.childline.org.uk)
  - NSPCC – 24 hour Freephone **0808 800 5000** [www.nspcc.org.uk](http://www.nspcc.org.uk)
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## I AM WORRIED ABOUT THE SAFETY OF AN ADULT

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- If you, or the person you are concerned about, are injured, call an ambulance or a doctor
- If you think a crime has been committed, contact the police on **101** or, in an emergency, **999**

Contact Wiltshire Social Care Helpdesk **0300 456 0111**

(Wiltshire out of hours Emergency Duty Service **0300 456 0100**)

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- Age UK Wiltshire **01380 727767** [www.AgeUKwiltshire.org.uk](http://www.AgeUKwiltshire.org.uk)
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## I AM WORRIED ABOUT A SITUATION INVOLVING DOMESTIC ABUSE

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- If you are in immediate danger, phone 999
  - Phone National Domestic Violence Helpline 24 hour Freephone **0808 2000 247**
  - Splitz Support Service (Wiltshire) **01225 775276** [www.splitz.org.uk](http://www.splitz.org.uk)
  - General advice, information and support can be found at [www.wiltshire.gov.uk/community-safety-domestic-abuse](http://www.wiltshire.gov.uk/community-safety-domestic-abuse)
  - If you are worried about someone and want to help a useful website is [www.thisisnotanexcuse.org/friends-and-family](http://www.thisisnotanexcuse.org/friends-and-family)
  - If you are concerned about your own behaviour and you want to change contact Respect **0808 802 4040** [www.respect.uk.net](http://www.respect.uk.net)
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## I AM WORRIED THAT THE BEHAVIOUR OF AN ADULT IN MY CHURCH MAY CAUSE SOMEONE HARM

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Firstly, safeguarding is everyone's responsibility, and the welfare of the child or vulnerable adult is paramount. If you are concerned about the behaviour or intentions of someone in our parish churches towards children or vulnerable adults, please do not hesitate to communicate those concerns. You

can discuss them locally with our Rector and/or benefice safeguarding officer. However, if your concerns are about them you should approach the Diocese Safeguarding Advisor **0117 9060100 (Out of Hours Help line - 0303 003 11 11)** to discuss your concerns.

Concerns are dealt with confidentially, fairly, and in an open-minded way, but we will always place the welfare of children and adults over all other concerns. The benefice follows the process outlined in the Diocese of Bristol's guidance on 'How to Make an Alert' and the 'Allegations Management Procedure', which can be found on the Bristol Diocese website [www.bristol.anglican.org/safeguarding-resources](http://www.bristol.anglican.org/safeguarding-resources) and in the 'green folder' in each church.

## I AM WORRIED ABOUT THE MENTAL HEALTH OF SOMEONE IN MY CHURCH

If you are reading this section, you will probably be concerned that someone is either a risk to themselves or to someone else. You may know someone who is suicidal, or who has an eating disorder, or you may know someone whose behaviour appears to place others at risk. This can be a very difficult situation but there are organisations that can help in these situation:

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- Mind Infoline **0300 123 3393** Lines are open 9am to 6pm, Monday to Friday (except for bank holidays) [www.mind.org.uk](http://www.mind.org.uk) or text **86463**
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If you are concerned that the person you are worried about is suicidal, you can advise them to contact their GP or to attend their local Accident and Emergency department.

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- North Wiltshire Intensive Team (Avon and Wiltshire Mental Health Partnership NHS Trust) Telephone **01380 731292** (365 days of the year and 24 hours a day)
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- Samaritans - 24 hour Freephone **116 123** (the number does not show up on bills)
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[www.samaritans.org/how-we-can-help-you/contact-us](http://www.samaritans.org/how-we-can-help-you/contact-us)

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- Young people and mental health [www.onyourmind.org.uk](http://www.onyourmind.org.uk)
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## I AM WORRIED THAT MY CHURCH ISN'T FOLLOWING PROPER SAFEGUARDING PRACTICES

Safeguarding is everyone's responsibility and the welfare of the child or vulnerable adult is paramount. If you are concerned that our churches are not following correct safeguarding practice, you must raise these concerns so that they can be addressed. You may choose to raise them initially within the church itself - either to the Rector, the PCC or (more likely) the Benefice Safeguarding Officer.

If you have:

- 1) already raised your concerns within our churches and failed to receive an adequate answer, or
- 2) feel you cannot raise these concerns as you are concerned about reprisals, you can and should contact the Diocesan Safeguarding Team directly. **0117 9060100 (Out of Hours – 0303 003 11 11)**

In this instance, you would effectively be 'whistleblowing' regarding your concerns, and it is important that you know that this is the right thing to do. The process that will be followed is outlined in the Diocese of Bristol's guidance on 'How to Make an Alert' and the 'Allegations Management Procedure', which can be found on the Bristol Diocese website [www.bristol.anglican.org/safeguarding-resources](http://www.bristol.anglican.org/safeguarding-resources) and in the 'green folder' in each church.

## I AM WORRIED ABOUT MY OWN THOUGHTS AND BEHAVIOUR TOWARDS CHILDREN

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You may be aware that you have sexual thoughts, feelings, fantasies or desires that involve children. You may find this extremely disturbing and feel very guilty, but you may also recognise that at times you indulge in these fantasies and spend time thinking about what it would be like to abuse a child. You may be scared of what you might do, or you may already be aware that you have come close to committing an offence against a child or children. Additionally, you may have spent time on the internet looking at indecent images of children.

**If you know that this describes you, please decide now to take action.**

- Contact the Stop It Now! Helpline - **0 8 0 8 1 0 0 0 9 0 0**. This helpline is confidential, and run by experts in this field. [www.stopitnow.org.uk](http://www.stopitnow.org.uk)
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## A SEX OFFENDER JOINS OR ASKS TO JOIN MY CHURCH

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If you become aware that a sex offender wishes to join your church, please contact the Diocesan Safeguarding Team **immediately** who will help you with this process. This is not an uncommon situation and in fact many churches throughout the country have welcomed convicted offenders into their fellowship, and have worked with their own safeguarding advisers, the police and the probation service to ensure that the offender's attendance is safe, whilst allowing them to participate as fully as possible in the life of the church community.

- Bristol Diocese Safeguarding Team – **0117 906 0100 (Out of hours – 0303 003 11 11)**
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## ONLINE SAFETY & Support for Young People

The Thinkuknow website provides a huge amount of information, for both children and adults, across many aspects of online (and offline) child protection. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Parents Protect is a website which aims to prevent child sexual abuse through raising awareness and encouraging early recognition and response. [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

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Stop it Now! A confidential, freephone helpline on **0808 1000 900** (9am-9pm Monday to Thursday and 9am-5pm Fridays)

NSPCC Net Aware [www.net-aware.org.uk](http://www.net-aware.org.uk) and NSPCC Share Aware [www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware) are useful sites for parents to understand more of what their children do online and how to help them stay safe.

Kidscape focuses on the issue of bullying. It provides very useful information for young people, parents, carers and those who work with young people Parent Advice Line call **020 7823 5430** (Mon-Thurs, 9am-1pm – not open on bank holidays) [www.kidscape.org.uk](http://www.kidscape.org.uk)

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