



Dover Channel Training

Safeguarding Policy

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June 2022

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Policy Owner: Emma France

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Section 1: Safeguarding Policy

Introduction

Open water swimming can leave swimmers in a potentially vulnerable position where clothing is minimal and changing takes place in the open. Furthermore, the impact that cold water can have on swimmers can leave them in need of significant support to get warm and dry. Dover Channel Training place the safety and wellbeing of swimmers above all else and aim to provide a safe and enjoyable environment for all to enjoy their sport.

Dover Channel Training is committed to Safeguarding all participants in line with national legislation and relevant national and local guidelines.

We will safeguard all participants by ensuring that our activities are delivered in a way which keeps all participants safe.

Dover Channel Training is committed to creating a culture of zero-tolerance of harm to adults and children which necessitates: the recognition of individuals who may be at risk and the circumstances which may increase risk; knowing how abuse, exploitation, or neglect manifests itself; and being willing, trained and prepared to report safeguarding concerns.

This extends to recognising and reporting harm experienced anywhere, including within our activities, within other organised community or voluntary activities, in the community, in the person's own home and in any care setting.

Dover Channel Training is committed to best safeguarding practice and to uphold the rights of all to live a life free from harm from abuse, exploitation and neglect.

Policy Statement

Dover Channel Training believes everyone has the right to live free from abuse or neglect regardless of age, ability or disability, sex, race, religion, ethnic origin, sexual orientation, marital or gender status.

Dover Channel Training is committed to creating and maintaining a safe and positive environment and an open, listening culture where people feel able to share concerns without fear of retribution.

Dover Channel Training acknowledges that safeguarding and protection from abuse is everybody's responsibility and is committed to prevent abuse and neglect through safeguarding the welfare of all adults and children involved.

Dover Channel Training recognises that health, well-being, ability, disability and need for care and support can affect a person's resilience. We recognise that some people experience barriers, for example, to communication in raising concerns or seeking help. We recognise that these factors can vary at different points in people's lives and in different circumstances.

Dover Channel Training recognises that there is a legal framework within which sports need to work to safeguard participants who have needs for care and support and for protecting those who are unable to take action to protect themselves and will act in accordance with the relevant safeguarding legislation and with local statutory safeguarding procedures for both adults and children.

Actions taken by **Dover Channel Training** will be consistent with the principles of safeguarding ensuring that any action taken is prompt, proportionate and that it includes and respects the voice of the adult concerned.

Purpose

The purpose of this policy is to demonstrate the commitment of [Dover Channel Training](#) to safeguarding and protecting adults and children, and to ensure that everyone involved in [Dover Channel Training](#) is aware of:

- The legislation, policy and procedures for safeguarding and protection.
- Their role and responsibility for safeguarding.
- What to do or who to speak to if they have a concern relating to the welfare or wellbeing of an individual either within the organisation, participating in activities provided by the organisation, or in close contact with either of those groups.

Scope

This safeguarding policy and associated procedures apply to all individuals involved in [Dover Channel Training](#) including Directors, Staff, Volunteers and Members and to all concerns about the safety of participants whilst taking part in our organisation, its activities and in the wider community. This concern extends to any individual known to the participant, Directors, Staff, Volunteer or Member where such legislation or guidance exists for that concern.

Commitments

In order to implement this policy [Dover Channel Training](#) will ensure that:

- Everyone involved with [Dover Channel Training](#) is aware of the safeguarding procedures and knows what to do and who to contact if they have a concern relating to the welfare or wellbeing of any individual.
- Any concern that a child or adult is not safe is taken seriously, responded to promptly, and followed up in line with [Dover Channel Training](#) Safeguarding Policy and Procedures.
- The well-being of those at risk of harm will be put first and, where possible, the person actively supported to communicate their views and the outcomes they want to achieve. Those views and wishes will be respected and supported unless there are overriding reasons not to (see the Safeguarding Procedures).
- Any actions taken will respect the rights and dignity of all those involved and be proportionate to the risk of harm and within legislation and guidance.

- Confidential, detailed and accurate records of all safeguarding concerns are maintained and securely stored in line with our Data Protection Policy and Procedures.
- [Dover Channel Training](#) acts in accordance with best practice advice, for example, from UK Sport, Sport England, National Governing Bodies, NSPCC, Ann Craft Trust.
- [Dover Channel Training](#) will cooperate with the Police and the relevant Local Authorities in taking action to safeguard a participant.
- All Directors, staff and volunteers understand their role and responsibility for safeguarding and have completed and are up to date with safeguarding training and learning opportunities appropriate for their role.
- [Dover Channel Training](#) uses safe recruitment practices and continually assesses the suitability of volunteers and staff to prevent the employment of unsuitable individuals in this organisation and within the sporting community.
- [Dover Channel Training](#) shares information about anyone found to be a risk to any individual with the appropriate bodies. For example: Disclosure and Barring Service, Services, Police, Local Authority/Social Care.
- Actions taken under this policy are reviewed by the Senior Leadership Team on an annual basis.
- This policy, related policies (see below) and the Safeguarding Procedures are reviewed no less than on a two yearly basis and whenever there are changes in relevant legislation and/or government guidance as required by the Local Safeguarding Board, UK Sport and Sport England or as a result of any other significant change or event.

Implementation

[Dover Channel Training](#) is committed to developing and maintaining its capability to implement this policy and procedures.

In order to do so the following will be in place:

- A clear line of accountability within the organisation for the safety and welfare of all adults and children.
- Regular Senior Leadership Team reports detailing how risks to safeguarding are being addressed and how any reports have been addressed.
- Safeguarding procedures that deal effectively with any concerns of abuse or neglect, including those caused through poor practice.
- A Safeguarding Lead (see Appendix 1).
- Codes of conduct for Directors, Staff, Volunteers and Members and other relevant individuals that specify zero tolerance of abuse in any form.
- Risk assessments that specifically include safeguarding of adults and children.
- Policies and procedures that address the following areas and which are consistent with this Safeguarding policy.

Section 2: Supporting Information

Key Points

- The safeguarding legislation applies **to all forms of abuse** that harm a person's well-being.
- The law provides a framework for good practice in safeguarding that makes the overall **well-being** of the individual at risk a priority of any intervention.
- The law in all four home nations emphasises the importance of **person-centred safeguarding**, (referred to as **'Making Safeguarding Personal'** in England).
- The law provides a framework for making decisions on behalf of adults who can't make decisions for themselves (**Mental Capacity**).
- The law provides a framework for sports organisations to **share concerns** they have about adults and children at risk with the local authority.
- The law provides a framework for all organisations to **share information and cooperate** to protect adults and children at risk.

Safeguarding Legislation

Safeguarding in all home nations is compliant with United Nations directives on the rights of disabled people and commitments to the rights of older people. It is covered by:

- The Human Rights Act 1998
- The Data Protection Act 2018
- General Data Protection Regulations 2018

The practices and procedures within this policy are based on the relevant legislation and government guidance, including but not exhaustively:

- England – The Care Act 2014
- The Children Acts 1989 & 2014
- Care and Support Statutory Guidance (especially chapter 14) 2014
- Wales – Social Services and Well Being Act 2014
Wales Safeguarding Procedures 2019
- Scotland – Adult Support and Protection Act 2007
Adult Support and Protection (Scotland) Act 2007 Code of Practice 2014
- Northern Ireland – Adult Safeguarding Prevention and Protection in Partnership 2015

Many other pieces of UK and home nation legislation also affect safeguarding and protection. These include legislation about different forms of abuse and those that govern information sharing. For example, legislation dealing with:

- | | |
|-----------------------------------|--|
| • Murder/attempted murder | • Modern slavery and Human exploitation |
| • Physical Assault | • Hate crime |
| • Sexual Offences | • Harassment |
| • Domestic Abuse/Coercive control | • Listing and Barring of those unsuitable to work with adults with care and support needs and/or children. |
| • Theft and Fraud | |
| • County Lines | |

Each home nation also has legislation about the circumstances in which decisions can be made on behalf of an adult who is unable to make decisions for themselves:

- England and Wales – Mental Capacity Act 2005
- There are specific offences applying to the mistreatment of and sexual offences against adults who do not have Mental Capacity.

Abuse and Neglect

Abuse is a violation of an individual's human and civil rights by another person or persons. It can occur in any relationship and may result in significant harm to, or exploitation of, the person subjected to it. Any or all of the following types of abuse may be perpetrated as the result of deliberate intent, negligence, omission or ignorance.

There are different types and patterns of abuse and neglect and different circumstances in which they may take place.

Safeguarding legislation in each home nation lists categories of abuse differently however, they all include the following types of abuse:

- Physical
- Sexual
- Psychological
- Neglect
- Financial

Abuse can take place in any relationship and there are many contexts in which abuse might take place; e.g. Familial abuse, Institutional abuse, Domestic Abuse, Forced Marriage, Human Trafficking, Modern Slavery, Sexual Exploitation, County Lines, Radicalisation, Hate Crime, Mate Crime, Cyber bullying, Scams. Some of these are named specifically within home nation legislations.

Abuse can take place within a sporting context and the person causing harm might be any other person. For example: a member of staff, a coach, a volunteer, a participant or a fan.

Some examples of abuse within sport include:

- Harassment of a participant because of their (perceived) disability or other protected characteristics.
- Not meeting the needs of the participant e.g. training without a necessary break.
- A coach intentionally striking an athlete
- One elite participant controlling another athlete with threats of withdrawal from their partnership
- An official who sends unwanted sexually explicit text messages to a participant with learning disabilities, or a child.
- A participant threatens another participant with physical harm and persistently blames them for poor performance.

Abuse or neglect outside sport could be carried out by:

- A spouse, partner or family member
- Neighbours or residents
- Friends, acquaintances or strangers
- People who deliberately exploit adults they perceive as vulnerable, or children.
- Paid staff, professionals or volunteers providing care and support

Often the perpetrator is known to the adult and may be in a position of trust and/or power.

Signs and Indicators of Abuse and Neglect

A child or an adult may confide to a member of staff, coach, volunteer or another participant that they are experiencing abuse inside or outside of the organisation's setting. Similarly, others may suspect that this is the case.

There are many signs and indicators that may suggest someone is being abused or neglected. There may be other explanations, but they should not be ignored. The signs and symptoms include but are not limited to:

- Unexplained bruises or injuries – or lack of medical attention when an injury is present.
- Person has belongings or money going missing.
- Person is not attending / no longer enjoying their sessions. You may notice that a participant in a team has been missing from practice sessions and is not responding to reminders from team members or coaches.
- Someone losing or gaining weight / an unkempt appearance. This could be a player whose appearance becomes unkempt, does not wear suitable sports kit and there is a deterioration in hygiene.
- A change in the behaviour or confidence of a person. For example, a participant may be looking quiet and withdrawn when their brother comes to collect them from sessions in contrast to their personal assistant whom they greet with a smile.
- Self-harm.
- A fear of a particular group of people or individual.
- A parent/carer always speaks for the person and doesn't allow them to make their own choices
- They may tell you / another person they are being abused – i.e. a disclosure

Wellbeing Principle

The success of sport, in terms of helping people achieve their potential, making the most of existing talent, and attracting new people to sport relies on putting people – their safety, wellbeing and welfare – at the centre of what sport does.

Duty of Care in Sport Independent Report to Government Baroness Tanni Grey-Thompson DBE, DL.

The concept of 'well-being' is threaded throughout UK legislation and is part of the Law about how health and social care is provided. Our well-being includes our mental and physical health, our relationships, our connection with our communities and our

contribution to society.

Being able to live free from abuse and neglect is a key element of well-being.

The legislation for children and adults is different. In respect of adults there is recognition that statutory agencies have sometimes acted disproportionately in the past. For example, removing an adult at risk from their own home when there were other ways of preventing harm. In the words of Justice Mumby *'What good is it making someone safe when we merely make them miserable?'* What Price Dignity? (2010)

For that reason any actions taken to safeguard an adult must take their whole well-being into account and be proportionate to the risk of harm.

In respect of children, action is taken when there is a risk of harm. Decisions are made within a Court setting and must be very strongly evidenced against a number of criteria. It is only the Court that can make decisions and the role of the Local Authority/Social Care to make enquiries and provide the facts to the Court. The role of anyone else, including Directors, Staff, Volunteers, and any member of the public is a duty to report any significant harm, or likelihood of significant harm (concerns) to the Local Authority.

If there is immediate harm to a child, or they may be placed in a position of harm being returned for example if an adult is significantly under the influence when picking up a child, then the police must be called to manage the situation.

However, we have a duty to safeguard children as well as to protect them. In summary, for children, safeguarding is what we do to prevent harm, while child protection is the way in which we respond to harm.

Person Centred Safeguarding/ Making Safeguarding Personal

The legislation also recognises that adults make choices that may mean that one part of our well-being suffers at the expense of another – for example we move away from friends and family to take a better job. Similarly, adults can choose to risk their personal safety; for example, to provide care to a partner with dementia who becomes abusive when they are disorientated and anxious.

None of us can make these choices for another adult. If we are supporting someone to

make choices about their own safety we need to understand ‘What matters’ to them and what outcomes they want to achieve from any actions agencies take to help them to protect themselves.

The concept of ‘Person Centred Safeguarding’/‘Making Safeguarding Personal’ means engaging the person in a conversation about how best to respond to their situation in a way that enhances their involvement, choice and control, as well as improving their quality of life, well-being and safety. Organisations work to support adults to achieve the outcomes they want for themselves. The adult’s views, wishes, feelings and beliefs must be taken into account when decisions are made about how to support them to be safe. There may be many different ways to prevent further harm. Working with the person will mean that actions taken help them to find the solution that is right for them. Treating people with respect, enhancing their dignity and supporting their ability to make decisions also helps promote people's sense of self-worth and supports recovery from abuse.

If someone has difficulty making their views and wishes known, then they can be supported or represented by an advocate. This might be a safe family member or friend of their choice or a professional advocate (usually from a third sector organisation).

Table 1 The Principles of Adult Safeguarding

England (Care Act 2014)
<p>The Act’s principles are:</p> <ul style="list-style-type: none"> ● Empowerment – People being supported and encouraged to make their own decisions and informed consent. ● Prevention – It is better to take action before harm occurs. ● Proportionality – The least intrusive response appropriate to the risk presented. ● Protection – Support and representation for those in greatest need. ● Partnership – Local solutions through services working with their communities. Communities have a part to play in preventing, detecting and reporting neglect and abuse ● Accountability – Accountability and transparency in delivering safeguarding.

Table 2 The Principles of Child Safeguarding

England (Children Acts 1989 & 2014)
<p>The Act's principles are:</p> <ul style="list-style-type: none"> ● Prevention – The general duty to safeguard and promote the welfare of the child/ren. Build resilience, open communication, and self-esteem. ● Paramountcy – The child's best interest and welfare is the first and paramount consideration in any decision made. ● Partnership –Communities have a part to play in preventing, detecting, and reporting neglect and abuse. Any concerns must be reported to the Local Authority in line with local procedures. ● Protection – Complying with the duty to protect individual children who any adult believes is suffering or likely to suffer abuse or neglect. This is an immediate need and would be contacting the police to deal with any arising issues. ● Parental Responsibility – This is a legal definition that identifies what should be expected of a parent, and would not be relevant outside of the Local Authority, police or Courts.

Mental Capacity and Decision Making

We make many decisions every day, often without realising. UK Law assumes that all people over the age of 16 have the ability to make their own decisions, unless it has been proved that they can't. It also gives us the right to make any decision that we need to make and gives us the right to make our own decisions even if others consider them to be unwise.

We make so many decisions that it is easy to take this ability for granted. The Law says that to make a decision we need to:

- Understand information
- Remember it for long enough
- Think about the information
- Communicate our decision

A person's ability to do this may be affected by things such as learning disability, dementia, mental health needs, acquired brain injury and physical ill health.

Most adults have the ability to make their own decisions given the right support

however, some adults with care and support needs have the experience of other people making decisions about them and for them.

Some people can only make simple decisions like which colour T-shirt to wear or can only make decisions if a lot of time is spent supporting them to understand the options. If someone has a disability that means they need support to understand or make a decision this must be provided. A small number of people cannot make any decisions. Being unable to make a decision is called “lacking mental capacity”.

Mental capacity refers to the ability to make a decision at the time that decision is needed. A person’s mental capacity can change. If it is safe/possible to wait until they are able to be involved in decision making or to make the decision themselves.

For example:

- A person with epilepsy may not be able to make a decision following a seizure.
- Someone who is anxious may not be able to make a decision at that point.
- A person may not be able to respond as quickly if they have just taken some medication that causes fatigue.

Mental Capacity is important for safeguarding for several reasons.

Not being allowed to make decisions that one is capable of making is abuse. For example, a disabled adult may want to take part in an activity but their parent who is their carer won’t allow them to and will not provide the support they would need. Conversely the adult may not seem to be benefiting from an activity other people are insisting they do.

Another situation is where an adult is being abused and they are scared of the consequences of going against the views of the person abusing them. It is recognised in the law as coercion and a person can be seen not to have mental capacity because they cannot make ‘free and informed decisions’.

Mental Capacity must also be considered when we believe abuse or neglect might be taking place. It is important to make sure an ‘adult at risk’ has choices in the actions taken to safeguard them, including whether or not they want other people informed about what has happened, however, in some situations the adult may not have the mental capacity to understand the choice or to tell you their views.

Each home nation has legislation that describes when and how we can make decisions for people who are unable to make decisions for themselves. The principles are the same.

- We can only make decisions for other people if they cannot do that for themselves at the time the decision is needed.

- If the decision can wait, wait – e.g. to get help to help the person make their decision or until they can make it themselves.
- If we have to make a decision for someone else then we must make the decision in their best interests (for their benefit) and take into account what we know about their preferences and wishes.
- If the action we are taking to keep people safe will restrict them then we must think of the way to do that which restricts to their freedom and rights as little as possible.

Many potential difficulties with making decisions can be overcome with preparation. A person needing support to help them make decisions whilst taking part in a sports organisation will ordinarily be accompanied by someone e.g. a family member or formal carer whose role includes supporting them to make decisions.

It is good practice to get as much information about the person as possible. Some people with care and support needs will have a 'One page profile' or a 'This is me' document that describes important things about them. Some of those things will be about how to support the person, their routines, food and drink choices etc. but will also include things they like and don't like doing. It's also important to have an agreement with the person who has enrolled the adult in the sports activity about how different types of decisions will be made on a day to day basis.

If a person who has a lot of difficulty making their own decisions is thought to be being abused or neglected you will need to refer the situation to the Local Authority, and this should result in health or social care professionals making an assessment of mental capacity and/or getting the person the support they need to make decisions.

There may be times when a sporting organisation needs to make decisions on behalf of an individual in an emergency. Decisions taken in order to safeguard an adult who cannot make the decision for themselves could include:

- Sharing information about safeguarding concerns with people that can help protect them.
- Stopping them being in contact with the person causing harm.

Recording and Information Sharing

All sports organisation must comply with the Data Protection Act (DPA) and the General Data Protection Regulations (GDPR).

Information about concerns of abuse includes personal data. It is therefore important to be clear as to the grounds for processing and sharing information about concerns of abuse.

Processing information includes record keeping. Records relating to safeguarding concerns must be accurate and relevant. They must be stored confidentially with access only to those with a need to know.

Sharing information, with the right people, is central to good practice in safeguarding adults. However, information sharing must only ever be with those with a 'need to know'. This does **NOT** automatically include the persons parent, spouse, partner, adult, child, unpaid or paid carer. Information should only be shared with family and friends and/or carers with the consent of the adult or if the adult does not have capacity to make that decision and family/ friends/ carers need to know to help keep the person safe. Where the individual is a child, to collect information it will be necessary to speak to a parent/carer. For example, if a child has a bruise in a place that may indicate abuse or gives an explanation that does not seem to match the bruise, then the parent/carer will need to be asked for their information. If a concern of abuse still exists, then it is good practice to share with the parent/carer that a referral to the Local Authority needs to be made. The only exception to this is where there is a concern, or disclosure of sexual abuse. In cases of sexual abuse, then the Local Authority must be informed without further discussion with anyone. If the child is at immediate risk, then the police must be contacted.

The purpose of Data Protection legislation is not to prevent information sharing but to ensure personal information is only shared appropriately. Data protection legislation allows information sharing within an organisation. For example:

- Anyone who has a concern about harm can make a report to an appropriate person within the same organisation
- Case management meetings can take place to agree to co-ordinate actions by the organisation

There are also many situations in which it is perfectly legal to share information about adult safeguarding concerns outside the organisation. Importantly personal information can be shared with the consent of the adult concerned. However, the adult may not always want information to be shared. This may be because they fear repercussions from the person causing harm or are scared that they will lose control of their situation to statutory bodies or because they feel stupid or embarrassed. Their wishes should be respected unless there are over-riding reasons for sharing information. Consent is not sought from children where there is suspected abuse or neglect, the local safeguarding children procedures must be followed.

The circumstances when we need to share information without the adult's consent include those where:

- it is not safe to contact the adult to gain their consent – i.e. it might put them or the person making contact at further risk.
- you believe they or someone else is at risk, including children.
- you believe the adult is being coerced or is under duress.
- it is necessary to contact the police to prevent a crime, or to report that a serious crime has been committed.
- the adult does not have mental capacity to consent to information being shared about them.
- the person causing harm has care and support needs.
- the concerns are about an adult at risk living in Wales or Northern Ireland (where there is a duty to report to the Local Authority).

When information is shared without the consent of the adult this must be explained to them, when it is safe to do so, and any further actions should still fully include them.

If you are in doubt as to whether to share information seek advice e.g. seek legal advice and/or contact the Local Authority and explain the situation without giving personal details about the person at risk or the person causing harm.

Any decision to share or not to share information with an external person or organisation must be recorded together with the reasons to share or not share information.

Multi-Agency Working

Safeguarding legislation gives the lead role for adult safeguarding and child protection to the Local Authority. However, it is recognised that this can involve a wide range of organisations.

Sports bodies may need to cooperate with the Local Authority and the Police including to:

- Provide more information about the concern you have raised.
- Provide a safe venue for the adult or child concerned to meet with other professionals e.g. Police/Social Workers/Advocates.
- Attend safeguarding meetings or child protection conferences.
- Coordinate internal investigations (e.g. complaints, disciplinary) with investigations by the police or other agencies.
- Share information about the outcomes of internal investigations.
- Provide a safe environment for the adult or child to continue their sporting activity/ their role in the organisation.

As previously noted, there is a duty to safeguard children outside of child protection.

Section 3: Appendices

Appendix 1 – Role Description: Safeguarding Lead

The designated person within a sports organisation has primary responsibility for putting into place procedures to safeguard adults at risk, protect children at risk and safeguard children through supporting club, county and regional welfare/safeguarding leads, where relevant and for managing concerns about adults and children at risk.

Duties and responsibilities include:

- Working with others within the organisation to create a positive inclusive environment within the sport.
- Play a lead role in developing and establishing the organisation's approach to safeguarding adults and protecting children and in maintaining and reviewing the organisation's implementation plan for safeguarding and protection in line with current legislation and best practice.
- Coordinate the dissemination of the safeguarding policy, procedures and resources throughout the organisation.
- Contribute to ensuring other policies and procedures are consistent with the organisation's commitment to safeguarding.
- Advise on the organisation's training needs and the development of its training strategy.
- Receive reports of and manage cases of poor practice and abuse reported to the organisation – including an appropriate recording system.
- Manage liaison with, and referrals to, external agencies for example Local Authority/Social Care and the police.
- Create a central point of contact for internal and external individuals and agencies concerned about the safety of participants within the organisation.
- Represent the organisation at external meetings related to safeguarding.

Appendix 2 – Sources of Information and Support

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](tel:01159515400)

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

www.anncrafttrust.org

Men's Advice Line

For male domestic abuse survivors

Tel: [0808 801 0327](tel:08088010327)

National LGBT+ Domestic Abuse Helpline

Tel: [0800 999 5428](tel:08009995428)

National 24Hour Freephone Domestic Abuse Helplines

Tel: [0808 2000 247](tel:08082000247)

www.nationaldahelpline.org.uk/Contact-us

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

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](tel:08001381625)

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

E mail: talk@stophateuk.org

Text: [07717 989 025](tel:07717989025)

Text relay: [18001 0800 138 1625](tel:1800108001381625)

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@suzylampugh.org

www.suzylampugh.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

Childline

Childline is a free, private and confidential service for children to talk about anything. It is open at any time.

Tel: 0800 1111

www.childline.org.uk

Broken Rainbow

Broken Rainbow is a national LGBT domestic violence charity providing confidential support to all members of the LGBT communities, their family, friends and agencies supporting them.

Tel: 0800 999 5428

Email: mail@brokenrainbow.org.uk

www.brokenrainbow.org.uk

Safe4Me

This A-Z directory lists details of national services offering specialist support, advice and resources for children and young people, families and professionals on a broad range of needs, concerns and topics.

www.safe4me.co.uk

