



Useful Contacts

Resources and Services for those who are bereaved	
The Art of Dying Well Catholic resources :-grief , pastoral & spiritual support planning funerals, saying goodbyes etc	https://www.artofdyingwell.org .
Sudden Death Web resources & helpline providing practical & emotional guidance for people coping with the sudden death of someone close.	Helpline: 0800 121 6510 https://www.suddendeath.org/ Email:- suddenhelpline@brake/org.uk
CRUSE Bereavement Care: Web and helpline providing emotional support to the bereaved.	National Helpline: 0808 808 1677 https://www.cruse.org.uk E Mail helpline@cruse.org.uk
CRUSE Lancashire	Lancashire Helpline 01772 433645 Email Lancashire@cruse.org.uk
CRUSE Cumbria	Cumbria Helpline 0300 600 3434 E Mail Cumbria@cruse.org.uk www.crusecumbria.org.uk
National Bereavement Partnership Out of Hours Emotional Support	Helpline 0800 448 0800 7am- 10pm
Resources & Services for those worried about abuse of themselves, someone they know, or recognise they need help to manage their own behaviour towards others.	
NSPCC – Children Web resources recognising abuse in all its forms eg online, bullying, sexual and helpful pointers about what to do	www.nspcc.org.uk Helpline 0808 800 5000 for adults worried about the welfare of a child E mail help@nspcc.org.uk .
Childline- Children A young person friendly website and helpline for under 18s worried about their safety or struggling to cope with relationships at home, school etc	www.childline.org.uk Helpline 0800 1111 for under 18s

<p>Bright Sky is a mobile app, :-provides support & information to anyone who may be in an abusive relationship or those concerned about someone they know. Variety of issues domestic abuse, online safety, stalking & harassment,</p>	<p>Free download via the following link</p> <p>https://www.hestia.org/brightsky</p> <p>Available in 4 languages English, Polish, Punjabi and Urdu</p>
<p>Respect Resource particularly for those who recognise that their own behaviour is harmful and want to change</p>	<p>Helpline 0808 802 4040 Mon – Fri 9am-8pm https://respectphoneline.org.uk Also offers web chat, e mail listening Check website for timings</p>
<p>Stop it Now Web resources & confidential helpline for anyone concerned about their own thoughts & behaviours as well as those of others towards children</p>	<p>Help Line 0808 1000 900 Mon- Thurs 9am-9pm Friday 9-5pm https://www.stopitnow.org.uk</p>
<p>National Domestic Abuse</p>	<p>Helpline 0808 2000 247 24 hour service www.nationaldahelpline.org.uk</p>
<p>Sign Health For Deaf People support to deaf people to access health & other services and to manage crises. Eg domestic abuse mental health etc</p> <p>Go to the web page for information about other services on offer There is a self -referral form on the website</p>	<p>For Support re Domestic Abuse Call 020 3847 2601 or Text/WhatsApp/FaceTime 07970 350366 Or text 88802 with the message 121SIGN da@signhealth.org.uk</p> <p>For any type of crisis requiring urgent help Text DEAF to 85258</p> <p>https://signhealth.org.uk/</p>
<p>Men’s Advice Line</p>	<p>Helpline 0808 8010327 Mon – Fri 9am – 8pm https://mensadviceline.org.uk</p>
<p>Victim Support</p> <p>For people affected by crime including abuse, Can be referred by police or you can self-refer. You do not have to report the crime to police to access this support,</p>	<p>Helpline 0845 30 30 900</p> <p>www.victimsupport.org.uk</p>

Resources & Organisations Offering Varied Advice and support

<p>Society of Saint Vincent De Paul Catholic Charity aimed at tackling poverty in all its forms through the provision of practical assistance to anyone in need</p> <p>Various initiatives to outreach to vulnerable people during COVID</p>	<p>Contact via your local group – may be advertised on the parish noticeboard.</p> <p>To find a local group or request crisis help go to website</p> <p>www.svp.org.uk</p>
<p>MIND - Mental health A wealth of resources relating to a range of mental health issues including the impact of coronavirus. Ideas for coping and managing</p>	<p>https://www.mind.org.uk/</p>
<p>Hourglass – Older People Range of resources and help relating to older people eg abuse, access to services, promoting the rights of etc</p>	<p>Helpline 0800 8088 141 Mon – Fri 9-5pm</p> <p>More info and contact form available on the website</p> <p>https://wearehourglass.org/england</p>
<p>MENCAP - Learning Disability Charity offering a wealth of online resources advice and support to people with learning disabilities and their families eg access to services, safeguarding etc</p>	<p>Helpline 0808 808 1111 Mon- Fri 9-3pm</p> <p>https://www.mencap.org.uk/advice-and-support</p>

Social Care Teams undertake assessments & provide help with welfare matters & have responsibilities to respond to safeguarding concerns,

Child Welfare & Safeguarding Concerns	Adult at Risk Welfare & Safeguarding Concerns
<p>Lancashire 0300 123 6720</p>	<p>Lancashire 0300 123 6721</p>
<p>Blackpool 01253 477299</p>	<p>Blackpool 01253 477592</p>
<p>Allerdale 01900 706352</p>	<p>Copeland & Allerdale 0300 303 3589</p>
<p>Copeland Barrow S Lakes 01229 408100</p>	<p>Eden 0300 303 3249</p>
<p>Carlisle & Eden 01228 227018</p>	<p>Barrow, S Lakes 0300 303 2704</p>

*It is national policy that allegations or reports of abuse must be reported to Social Care or the Police
Please inform Jane at Diocesan Safeguarding Office if there is need to do or consider this. See poster with contact details,*

If someone is in immediate danger or a crime has been alleged – contact the police on 999 or 101