

Safeguarding – where to get help

**Parish Safeguarding Officer (PSO)**

Joanna Urbanek 07976 286317 [jsurbanek@talktalk.net](mailto:jsurbanek@talktalk.net)

**Parish Priest (vicar)**

Ola Franklin 020 80506 0662

**Diocesan Safeguarding Adviser (DSA)**

01245 294457 [safeguarding@chelmsford.anglican.org](mailto:safeguarding@chelmsford.anglican.org)

**Diocesan Out of Hours**

01245 294444:

**Local Authority (Children)**

020 8708 3885 [cpat.referrals@redbridge.gov.uk](mailto:cpat.referrals@redbridge.gov.uk)

020 8708 5897 (out of hours)

**Local Authority (Adults)**

020 8708 7333

**Safeguarding contact details for Redbridge**

Children's Services: 020 8708 3885 (9 am to 5 pm) 020 8553 5825 (after 5 pm)

Adult Services: 020 8708 7333 (Monday to Friday, 9am to 5pm) or 020 8554 5000 (Monday to Friday 8.30 am to 6pm)

**National Helplines**

Childline: 0800 1111

NSPCC: 0808 500 8000

Domestic Violence Helpline: 0808 200 0247

MACSAS (Ministers and clergy sexual abuse survivors): [www.macsas.org.uk](http://www.macsas.org.uk)

Mencap Learning Disability Helpline: 0808 808 1111

VOICE UK (For people with learning disabilities who have experienced crime or abuse):

0808 802 8686

StopItNow! (For anyone who may need help preventing abuse, even in themselves): 0808 100 0900

Women's Aid (Seeking to end domestic violence against women and girls): [www.womesaid.org.uk](http://www.womesaid.org.uk)

Samaritans: 08457 909090