**Websites & Helplines**

**Children & Young People**

[**www**](http://www)[**.nspcc.org.uk**](http://www.nspcc.org.uk)(National Society for the prevention of cruelty to children)

[**www.stopitnow.org.uk**](http://www.stopitnow.org.uk/)(child safeguarding organization) Working to prevent abuse and offering a range of support including a confidential helpline. There are areas of support for concern about your own behaviour, or that of someone else. There is an excellent 30 second film with a focus on potential affenders getting help: ['Spotlight' | Preventing online child sexual abuse | Stop It Now! UK and Ireland | with subtitles - YouTube](https://www.youtube.com/watch?v=7yjDssjurM8)

[**www.ceop.police.uk**](http://www.ceop.police.uk/)(child exploitation and online protection command)

[**www.barnardos.org.uk**](http://www.barnardos.org.uk)(child protection charity)

[**HOME | ACTS FAST**](https://www.actsfast.org.uk/)Supporting families impacted by child sexual abuse, sexual assault and indecent images of children.

**[Achieve, Change and Engagement (ACE)](https://hubofhope.co.uk/service/1ee52060-6bc4-61cc-891c-9b5cc82a2682)** Sun Street, Lancaster, Lancashire, LA1 3ED

Our mission is to work with children, young people, and their families to support them to build emotional resilience, putting their voices at the heart of what we do. A.C.E. is a Trauma aware charity based in North Lancashire, currently working with young people within Lancaster District.

**[Trust House Lancashire](https://hubofhope.co.uk/service/1ece10a0-2e9a-6238-939f-ebb39a01314b)** We are here to support people affected by any kind of sexual violence or abuse to move through and beyond their experience. We provide specialist support services to anyone aged 4 years old or above who has been affected by rape and sexual abuse.

**[BE FREE (Support for Children & Young People)](https://hubofhope.co.uk/service/dfca89a3-37ba-4340-96b1-2f6a7e8eb470)**  (formerly known as The Lookout) is Pendle’s and Rossendale’s specialist support provision for young victims of domestic and sexual abuse.

**Vulnerable Adults**

[**www.wearehourglass.org**](http://www.wearehourglass.org)(adult safeguarding charity) Previously Action On Elder Abuse, offers some easily printable factsheets on a range of related subjects.

[**www.ageuk.org.uk**](http://www.ageuk.org.uk)(adult safeguarding charity)

**[Older Adult Community Mental Health Team (OA CMHT) Lancaster and Morecambe, Lancashire & South Cumbria NHS Foundation Trust](https://hubofhope.co.uk/service/1ed8b7fd-3d9d-63ca-921a-d1cc73d00ea4)** supports people over the age of 65 with severe and enduring mental health needs, also for those under 65 with an early onset Dementia.

**[Bereavement Support - University Hospitals of Morecambe Bay NHS Foundation Trust](https://hubofhope.co.uk/service/1efa8c34-ea7e-6242-9b80-bdaa47984bf2)** The UHMBT bereavement service spans the final hours, weeks and months of a person’s life; as well as the actual day of death and services for grieving relatives.

**Domestic Abuse**

[**www.womensaid.org.uk**](http://www.womensaid.org.uk/)(Female domestic abuse charity)

[**www.restoredrelationships.org**](http://www.restoredrelationships.org/) (Christian domestic abuse charity)

[**www.mankind.org.uk**](http://www.mankind.org.uk/)(Male domestic abuse charity)

[**LWA | lwa.org.uk | Domestic abuse and sexual violence charity : LWA**](https://lwa.org.uk/) Living Without Abuse – believes that all people have the right to live safely and without fear of violence and abuse.  We can provide support to anyone experiencing or fearing violence or abuse from a partner, ex-partner or family member.

[**Women's Aid Leicestershire (wa-leicester.org.uk)**](https://www.wa-leicester.org.uk/)

[**FreeVA Support – Free from Violence & Abuse**](https://www.freeva.org.uk/)We are a registered charity working towards reducing domestic violence, rape and sexual assault in Leicester, Leicestershire & Rutland.

[**Panahghar – Every person has the right to live a life free from violence (safehouse.org.uk)**](https://www.safehouse.org.uk/) Panahghar provides free dedicated BME multi lingual support, advice and advocacy and access to safe refuge for victims and their families of domestic abuse, sexual abuse or gendered abuse in Coventry and Leicester.

[**Replenished, Spiritual Abuse, Support**](https://www.replenished.life/)an independent charity which supports those who have experienced abuse and trauma within faith.

**[The Wish Centre](https://hubofhope.co.uk/service/1ece7e6a-c137-659a-a68e-4971192583f5)** The aim of the organisation is to support people who have suffered or who are at risk of suffering domestic abuse, through the provision of support, advice and accommodation. We will work with victims and their families to secure the safety of those affected by domestic abuse and support their development so that each individual is helped to grow and fulfil their potential into the future.

**[Hyndburn and Ribble Valley (HARV) Domestic Abuse Team](https://hubofhope.co.uk/service/1i9lcTYWLtpSoPxNOhDn)** Domestic abuse is a crime. It is never the fault of the person who is experiencing it. And it can happen to anyone — regardless of age, background, gender identity, sex, religion, sexual orientation or ethnicity. However, statistics show most domestic abuse is carried out by men and experienced by women.

**Modern Slavery & Human Trafficking**

[**www.theclewerinitiative.org**](http://www.theclewerinitiative.org)(modern slavery charity) Offers some good information to understand the range of modern slavery, including some good short films that demonstrate how County Lines can work and has evolved.)

[**www.modernslavery.co.uk**](http://www.modernslavery.co.uk)(modern slavery charity)

[**Home - Unseen (unseenuk.org)**](https://www.unseenuk.org/) Working towards a world without slavery. They have an annual breakdown of figures to help understand trends in modern slavery. Their app has a front page which can quickly be viewed in 27 languages.

**Advocacy & Support**

[**www.macsas.org.uk**](http://www.macsas.org.uk)(survivor advocacy charity)

[**www.scie.org.uk**](http://www.scie.org.uk/)(Social Care Institute for Excellence)

[**Home - First Step Leicester Leicestershire and Rutland**](https://firststepleicester.org.uk/)Supporting male survivors of sexual abuse and rape (aged 13+), and their loved ones

[**Quetzal - Free Counselling for Women who have experienced Childhood Sexual Abuse**](https://quetzal.org.uk/)Quetzal supports women living in Leicester, Leicestershire and Rutland aged 16 and above who have experienced childhood sexual abuse

[The Survivors Trust - Rape & Sexual Abuse Services UK](https://thesurvivorstrust.org/) The Survivors Trust is a national membership organisation supporting specialist rape and sexual abuse services in the voluntary sector. We have over 120 member organisations throughout the UK and Ireland who provide specialist support services to over 100,000 survivors each year. They also have some great resources, including downloadable cards to help with health appointments. You can look for support available in a specific area.

**[Lancashire and South Cumbria Talking Therapies - Lancashire and South Cumbria NHS Foundation Trust](https://hubofhope.co.uk/service/d382591a-c759-4617-9d42-35055f7d3c14)**  We are a psychological therapy service offering a range of free talking therapies to people aged 16 and over in Lancashire and 18 and over in South Cumbria.

**[Lancashire Victim Services](https://hubofhope.co.uk/service/1ece8ba2-22db-6ffa-b990-2b7f2f51cfca)** If you have been a victim of crime, whether recently or in the past, we are here to help.

**[Independent Sexual Violence Advisor (ISVA) & Children Independent Sexual Violence Advisor Team - Lancashire Victim Services](https://hubofhope.co.uk/service/1eddf694-d484-659c-a836-83009b6afaca)** Our service will support children (aged 5+) and adults of any gender, whether the incident happened recently or is something that happened in the past.

**[NHS Youtherapy Counselling Service - Blackpool, Fylde and Wyre](https://hubofhope.co.uk/service/1ee0516e-e778-6ba8-b405-41c0cfec9256)**  offers counselling to young people aged 11 to 25 years old across Blackpool, Fylde and Wyre. We have qualified counsellors who are passionate about helping young people across our local communities. Our counsellors are trained in many different types of therapy suited to fit your individual needs which you can discuss with your assigned practitioner. We also provide systemic family therapy

**[Adullam Programme](https://hubofhope.co.uk/service/abeb442a-3257-4c8e-9bfe-241de3980532)** We are a self-referral, voluntary programme available to give people a second chance at life regardless of faith, ethnicity or background.

**Training**

[**Safeguarding Training Portal (cofeportal.org)**](https://safeguardingtraining.cofeportal.org/?redirect=0)Now features a virtual library with library tags to aid searching for resources.

**Spiritual Abuse**

[**If I Told You, What Would You Do? - Newcastle Diocese (anglican.org)**](https://newcastle.anglican.org/safeguarding/if-i-told-you-what-would-you-do-/) Please take a look at the pages connected with this project, there are videos, resources including artwork and music created by survivors that have much to offer. ‘If I Told You, What Would You Do?’ is the name of a strategy jointly funded by [Safe Spaces](https://www.safespacesenglandandwales.org.uk/) and the [Diocese of Newcastle](https://www.newcastle.anglican.org/) which aims to engage with survivors of faith-based abuse, as well as with those who need to see, hear and respond well to them.  Our purpose is to promote the physical, psychological and spiritual wellbeing of those who have experienced trauma and abuse in the church.  We’re doing this by providing peer support to victims and survivors, and also by helping to build up the church’s communal resources of compassion and confidence in responding well to those who disclose abuse, no matter how long ago it happened.

[**Home (abel.org.uk)**](https://abel.org.uk/)Against Bullying Encouraging Love. Our purpose is to provide information and support resources for targets as well as to assist in the development of policies to reduce, eliminate or prevent bullying in churches.

[**The Forgiveness Project**](https://www.theforgivenessproject.com/) The Forgiveness Project shares stories of forgiveness in order to build hope, empathy and understanding.

[**Safeguarding Hub - Ineqe Safeguarding Group**](https://ineqe.com/safeguarding-hub/) An excellent source of safeguarding information, including 60 second updates, useful downloads and information about various platforms.

[**https://houseofsurvivors.org/**](https://houseofsurvivors.org/)

[**House of Survivors - Stronger Informed, Stronger Together**](https://houseofsurvivors.org/)This site has been published by two members of the Survivor Reference Group who are Survivors of Church of England based abuse. Its purpose is to provide helpful information for fellow Church abused survivors in various aspects of understanding or interaction with the Church and/or its representatives (legal, insurance, etc.).

[**Welcome to Surviving Church - Surviving Church**](https://survivingchurch.org/)Exploring abuse in the church. Why does it happen? How can we move on?

**Helplines for further support**

* Safe Spaces – [Home - Safe Spaces England and Wales](https://www.safespacesenglandandwales.org.uk/)
* Posters for Safe Spaces can be found here: [Templates and resources | The Church of England](https://www.churchofengland.org/safeguarding/policy-practice-guidance/templates-and-resources)

Safe Spaces is for anyone who feels they have experienced church related abuse of any form in England or Wales. Safe Spaces comprises a team of trained support advocates who have undergone specialist training in supporting survivors of sexual violence and who have received additional specific training in how the churches respond to abuse cases, the way in which faith and church-related settings have been used to carry out abuse, and the issues affecting people who have had or still have, a relationship with the church. You can contact the Safe Spaces team by: -

**Tel: 0300 303 1056**

**(Answerphone available outside of opening times)**

**Complete a referral form on the website and they will contact you in your preferred way.**

**Email:**  **SafeSpaces@FirstLight.org.uk**

A live chat service is also available through the Safe Spaces website - [Safe Spaces England and Wales – Safe Spaces England and Wales](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.safespacesenglandandwales.org.uk%2F%3Futm_source%3DSafeguarding%2520newsletter%26utm_campaign%3D57504bfe24-EMAIL_CAMPAIGN_2019_10_08_10_43_COPY_01%26utm_medium%3Demail%26utm_term%3D0_7fd532e97d-57504bfe24-249142853%26mc_cid%3D57504bfe24%26mc_eid%3Dc4f094113c&data=04%7C01%7CLisa.Clarke%40churchofengland.org%7Cf04612de456a41d4e4e408d89533fc6d%7C95e2463b3ab047b49ac1587c77ee84f0%7C0%7C0%7C637423397804696399%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6njALewtkIuIGWNew5XKepnuvjWNooWJsaz6UbMJTPg%3D&reserved=0)

The Safe Spaces team are available through their helpline and live chat service on:

**Monday- Friday 9am – 9pm, Saturday: 9am – 1pm, Sunday1-5pm**

* **NSPCC** - For adults concerned about a child **0808 800 5000**
* **ChildLine** - For children and young people on **0800 1111**
* **We Are Hourglass** Action on Elder Abusehelpline **0808 808 8141**
* 24-hour National **Domestic Violence** Helpline **0808 2000 247**
* **NAPAC** – Offer support and advice to adult survivors of childhood abuse **0808 801 0331**
* **Stop It Now** – preventing child sexual abuse **0808 1000 900**
* **Cruse** – bereavement helpline **0808 808 1677**