

Staying Safe

We want to make sure that people are safe in their communities.

Here are some things to think about if you are offered, or need, support during this time.



Try to use existing and trusted community groups.

If not, could a family member, friend or neighbour who you know and trust help?



Not sure? Don't answer the door.

If you're not sure about an offer of help, ask the person to leave details and talk to someone you trust about it.



Contact us

If you are concerned that an adult is at risk of abuse or neglect please call:

Copeland and Allerdale

0300 303 3589

Carlisle and Eden

0300 303 3249

Furness and South Lakes

0300 303 2704

Out of Hours

01228 526690

In an emergency, call 999

For concerns about a child, report to:
cumbriasafeguardingchildren.co.uk

Are you concerned about a child?

We are all living in unprecedented times, it is really important that we look out for each other and support each other in our communities.

This will be a difficult time for lots of families, and they may be making different care arrangements for their children. Families may experience added stress at this time, with added financial pressure or isolation from support networks. These issues can add a great burden onto families and children and young people could be at increased risk of harm during these times.



If you are concerned about a child or young person who you believe might be at risk of harm, please contact:

**The Multi Agency Safeguarding Hub on
0333 240 1727 or NSPCC 0800 800 5000.**



If you believe a child is at risk of immediate danger dial 999 and speak to the Police.

