

## USEFUL CONTACTS AND LINKS

**Spirituality Network:** Marie Heath – Co-ordinator 01234 888858 / [spirituality@nores.org.uk](mailto:spirituality@nores.org.uk)

**CEOP:** <https://www.ceop.police.uk/ceop-reporting/> (CEOP is a law enforcement agency and can be use to keep children and young people safe from sexual exploitation and abuse, you can use this website to report abuse).

**NCSC:** 07779 984942 / <http://catholicsafeguarding.org.uk/> [ncsc@catholicsafeguarding.org.uk](mailto:ncsc@catholicsafeguarding.org.uk)

**CSAS:** 020 7901 1920 / <https://www.csas.uk.net/>

**NSPCC:** 0808 800 5000 / [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Child Line:** 0800 1111 / [www.childline.org.uk](http://www.childline.org.uk)

**Stop it Now Helpline:** 0808 1000 900

**Hourglass (formerly Action on Elder Abuse):** 0808 808 8141 / [www.wearehourglass.org](http://www.wearehourglass.org)

**Age UK:** 0800 055 6112 / [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Domestic Violence Helpline:** 0808 2000 247 / [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

**Domestic Abuse: Bright Sky** [www.hestia.org/brightsky](http://www.hestia.org/brightsky) and download the free app.

**Cedar (Catholics Experiencing Domestic Abuse Resources):** 0808 2000 247 / [www.cedar.uk.net](http://www.cedar.uk.net)

**Family Action** 020 7254 6251 / [www.family-action.org.uk](http://www.family-action.org.uk)

**NAPAC:** 0808 801 0331 / <https://napac.org.uk/>

**The Survivors Trust:** 08088 010818 / <https://www.thesurvivorstrust.org/>

**SurvivorsUK:** 02035983898 / <https://www.survivorsuk.org/> [help@survivorsuk.org](mailto:help@survivorsuk.org)

**Samaritans:** 116 123 / <https://www.samaritans.org/>

**MACSAS:** 08088 01 03 40 / [www.macsas.org.uk](http://www.macsas.org.uk)

**Thirtyoneeight:** 0303 003 11 11 / <https://thirtyoneeight.org/>

**Replenished:** <https://www.replenished.life/>

**Aylesbury Vale and Milton Keynes Sexual Assault and Abuse Support Service:** <https://avmksaass.org.uk/>

### Local Social Services:

Northampton: Child and Adult **0300 126 1000**

Bedfordshire: Child **0300 300 8585** / Adult **0300 300 8122**

Buckinghamshire: Child **01296 383 962** / Adult **0800 137 915**

Berkshire: Child **01753 875362** / Adult **01753 475111**

**To contact the Police in an emergency call 999 or other enquires 101**