#### WEST SUSSEX COUNTY SHORT MAT BOWLS ASSOCIATION



# Safeguarding Contacts

BWS Safeguarding Officer Jean A Milne

email:- jean.a.milne@btinternet.com

BWS Deputy Safeguarding Officer David J Willis

email:- davidjwillis@btinternet.com

ESMBA Safeguarding Officer Lynn Dean

email:- lynn@esmba.co.uk

#### **Children and Vulnerable Adults**

West Sussex Website email:- <a href="mailto:socialcare@westsussex.gov.uk">socialcare@westsussex.gov.uk</a>

Tel: 01243 642121

Calls via Relay UK: 18001 01243 642121 (for deaf callers from a textphone or NGT Lite app downloaded onto a computer, tablet, or smartphone)

West Sussex Multi Agency Safeguarding Hub (MASH) Tel: 01403 229 900

email:- MASH@westsussex.gov.uk

Emergency Contact Tel: 0330 222 664

MASH

Group Manager: Katrina Ugur;

email:-Katrina.Ugur@westsussex.gov.uk

Group Manager: Georgina Dowie;

email:-Georgina.Dowie@westsussex.gov.uk

• MASH Service Lead: Clare Poyner email: <u>Clare.Poyner@westsussex.gov.uk</u>

You can also call the free, confidential helpline:-

Hourglass Tel: 0808 808 8141

# Telephone helplines and forums Older people

## Age UK – for older people, their families, friends and carers

- Call 0800 678 1602
- Helpline open: every day of the year, 8am to 7pm

#### Independent Age – for older people, including advice about care, money and health

- Call 0808 503 7945
- Helpline open: Monday to Friday, 8.30am to 6.30pm
- Email: advice@independentage.org

#### The Silver Line – for older people

- Call 0800 4 70 80 90
- Helpline open: every day of the year, 24 hours a day

### Money and benefits

### Money Helper – for advice about money and benefits

- Call 0800 138 7777
- Helpline open: Monday to Friday, 8am to 6pm

#### <u>Citizens Advice</u> – for advice about money and benefits

- Call 0800 144 8848
- Helpline open: Monday to Friday, 9am to 5pm
- Citizens Advice will not charge you to call its national phone service or helpline, however your service provider may do

#### If you care for someone else

#### **Carers UK – help and advice for carers**

- Call 0800 808 7777
- Helpline open: Monday to Friday, 9am to 6pm