

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	TBA email:-
ESMBA Safeguarding Officer	Lynn Dean email:- lynn@esmba.co.uk

Children and Vulnerable Adults

West Sussex Website	email:- socialcare@westsussex.gov.uk 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: Clare.Poyner@westsussex.gov.uk

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

[Citizens Advice](#) – 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