

Does someone in your life frighten or hurt you, or make you do things that you don't want to?

If this is you or someone you know contact:

MAST (for children): 01422 393336 Gateway to Care (for adults): 01422 393000 The Police: 101 or if an emergency call 999

See me, hear me, know me make safeguarding personal

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Knives take Lives – if you carry a knife you risk being sent to prison and increase your chance of being seriously injured or killed.

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The safety and welfare of children and adults also known as safeguarding is everyone's business

If you have any concerns please call: Children: 01422 393336 Adults: 01422 393000

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