



Volunteering with Safety

Exercise: Building a contacts list

It's important that we know who to take concerns to as they arise. For volunteers, this will be someone within the organisation, for the group's safeguarding lead it will be people external to the organisation such as the Police and Local Safeguarding Children Partnership.

This exercise builds up your list of contacts so that you know who to contact if safeguarding concerns arise. It will require some research on your part, as many of the contacts will be specific to your organisation or your area. We have broken it into sections, so complete the part which is relevant to your role. We've also added some more generic helplines and resources to help you keep people safe.

Volunteers

My organisation's Designated Safeguarding Lead is: _____

(This is the person who is your internal contact for safeguarding, who offers you advice and guidance and who communicates with external organisations like the Local Safeguarding Children Partnership.)

The Police can be contacted on: 999 (emergency)
101 (concerns and advice)

(You should contact the Police immediately if you think a crime – such as assault, fraud, sexual assault – has been committed.)

The NHS can be contacted on: 999 (emergency)
111 (concerns and advice)

(You should contact the NHS immediately if someone's life is in danger, including mental health emergencies. 111 can help you with urgent non-emergency care and where you're not sure of the best course of action.)

Safeguarding Leads

My local Safeguarding Children Partnership is: _____

They can be reached at: _____

(The Local Safeguarding Children Partnership is a multi-agency body with responsibility for safeguarding. They tend to cover one or



multiple Local Council areas and usually offer training and resources to help you keep those you work with safe.)

My local Safeguarding Adults Partnership is: _____

They can be reached at: _____

(The Local Safeguarding Adults Partnership works the same way as the Children Partnership above. In some areas, Adults and Children are covered by a single Partnership.)

General Resources

The NSPPC's advice line:	0808 800 500
National Domestic Abuse advice line:	0808 200 0247
Galop (for LGBTQIA+ Domestic Abuse):	0800 999 5428
Men's Advice Line:	0808 801 0327
Rape Crisis (England and Wales):	0808 802 9999
The Samaritans	116 123
Shout Crisis Text Line	text 'SHOUT' to 85258
Shout Crisis Text Line (for under 19s)	text 'YM' to 85258