



**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**

**#KINDNESS**

**VISION 2024**

