

IS SOMETHING BOTHERING YOU?

Do you feel you have
nowhere to turn?



Catholics believe that every person has a value and dignity that comes directly from God's creation of us in His own image and likeness. We have a responsibility to value everyone, supporting and protecting them from harm.

It is important to remember that no one should hurt you.

All parishes have a named **Safeguarding Representative** who is there to help. Their details should be displayed on the parish noticeboard at the back of your church.

There is also a **Safeguarding Office** within the Diocese you can contact if you are worried about something **or someone within your church.**

E: safeguarding@abdiocese.org.uk

T: 01273 241203

If you would like to speak to someone outside your parish the charity **Childline** can be contacted for free on **T:** 0800 1111. www.childline.org.uk



THE CATHOLIC DIOCESE OF
ARUNDEL & BRIGHTON

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