

Useful Numbers

If you are worried or want to talk to someone about things that have happened to you, you can call the Social Care Service where you live or speak to your Social Worker on:

Redcar & Cleveland 01642 065070

Evenings and Weekends 01642 524552

You can report serious abuse and neglect to the Police by calling 101.

You must only ring 999 in an emergency.



Safe Places

in your Local Area



.....Tear off and keep in your wallet or purse.....

Contact Details for the Safe Place Scheme

My name:

The person to call if I need help is

Name:

Phone numbers:



What are Safe Places?

A Safe Place is a place you can go if you don't feel safe or need some help.

You can go to a Safe Place if something has happened to you when you are out and you feel scared, upset or angry.



Safe Places can help anyone if they don't feel safe. Safe Places help people with a disability, older people, or people with dementia.

Knowing about Safe Places can help you feel safer to go out on your own or with your friends.

How can a Safe Place help you?

- A safe and friendly place
- A place to sit and have a rest
- People to listen and understand
- People who can help you
- People who can call someone you know

Where are Safe Places?

Every Safe Place will have a sticker in the window like this:



You can go on the internet to find out where Safe Places are before you go out.

Near where you live in Teesside:

<https://www.tsab.org.uk/key-information/find-support-in-your-area/safe-place-scheme/>

Around the Country:

<https://www.safeplaces.org.uk/>