**SAFEGUARDING IN WALTHAM FOREST**

Are you worried that someone you know is being abused or neglected?

Your GP or nurse, NHS (call 111)

 Your SCHOOL (tell somone you trust)

The POLICE (call 101)

 Social Services (call 020 8496 2310)

 Citizens Advice (call 0300 330 1175), NSPCC (call 0808 800 5000**)**