Need Support? Unsure Where to Go?

BREATHE FESTIVAL

For Medical Emergencies:

- **Call 999 immediately.** Our address is Thorngrove House, Common Mead Lane, Gillingham, SP8 4RE.
- **For First Aid Support: Ask the housemanager** to contact the first aider **or see on the rota on the white board** in the breakfast kitchen the allocated first aider. If no one is allocated, find someone working that has a green dot next to their name on the picture board.
- **First Aid out of hours call: 07867919260**

For Safeguarding Concerns Involving:

- Abuse or neglect (physical, emotional, sexual, financial)
- Harm or risk to children, young people, or vulnerable adults
- Serious breaches of safety or wellbeing

Participants: Please speak to the Breathe Welfare team initially for guidance. (Situated in the small marquee in the garden

Community & volunteers: See the Rota for allocated person (see bottom of this page for details)

Experienced a Relational Conflict? If you've experienced a rupture – a moment or event, big or small, that disrupts connection, trust, or safety in a relationship. This might look like:

- A conflict, argument, or breakdown in communication
- A perceived or actual boundary crossing
- Feeling hurt, dismissed, disrespected, or excluded
- A shift in relational energy that feels unresolved
- An unspoken tension that lingers and impacts connection

Or are you experiencing personal emotional challenges?

Participants: Please speak to the Breathe Welfare team for guidance. (9am - 6pm) situated in the small marquee in the garden.

Community & volunteers: If you are unable to speak to your line manager/ volunteer supervisor, you can contact the on duty Care Team member to speak to.

Leela and Safeguarding Care Team Contactable Person:

- **You can ask the housemanager or shift supervisor** to contact the Care Team member or find out who the Care Team member is on duty. This is **listed on the Weekly Sheet and Daily Rota**, which is visible on the board in the breakfast kitchen.
- Or contact the **Care Team member on duty** through their personal phone number below. They will escalate to safeguarding lead if needed.

	Wednesday	**Thursday**	**Friday**	**Saturday**	**Sunday**
Safeguarding	Sanjula	Sanjula	Louise	Sanjula	Sanjula
Leela Care Team	Sanjula	Sanjula	Bayari	Bayari	Abhi
Breathe Welfare Team	See welfare marquee in garden	See welfare marquee in garden	See welfare marquee in garden	See welfare marquee in garden	See welfare marquee in garden

Contacts:

Sanjula (Safeguarding Lead): 07926447158, Abhi: 07396199131, Louise: 07900578183, Bayari: 07779287927. Please leave a voicemail if they do not pick up at first. If no answer, ask the housemanager/shift supervisor to contact them.