

# SURREY RAMS BASKETBALL CLUB

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## **Support & Safeguarding Information for HAF Parents**

Welcome to the Surrey Rams HAF Support Hub. This page is here to provide parents and carers with important contact information and links to services that can offer support with **safeguarding, financial assistance, domestic abuse, and health & wellbeing.**

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### **Safeguarding – Keeping Children Safe**

If you are worried about the safety or wellbeing of a child, please do not hesitate to reach out:

- **MASH Consultation Line (non-urgent queries):**  
 020 726 6464 (Mon–Fri, 1:00pm – 4:30pm)
  - **URGENT Safeguarding Concerns (risk of harm at home):**  
 020 8255 2888 (Mon–Fri, 9:00am – 5:00pm)
  - **Out of Hours Emergency Duty Team:**  
 020 8726 6400 (5:00pm – 9:00am, daily)
  - **In an emergency, always call 999**
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### **Financial Support Resources**

If you're struggling financially, here are some local and national services that can help:

- **Help with Childcare & Food (HAF Programme):**  
Visit your local council's HAF page for eligibility and support:  
 [GOV.UK HAF Info](https://www.gov.uk/haf-info)
  - **Surrey Crisis Fund:**  
Emergency financial help for residents facing hardship.  
 [Apply here](#)
  - **Citizens Advice** – Free advice on benefits, debt, and housing  
 [www.citizensadvice.org.uk](https://www.citizensadvice.org.uk)
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### **Domestic Abuse Support**

If you or someone you know is affected by domestic abuse, there is help available:

- **National Domestic Abuse Helpline:**  
☎ 0808 2000 247 (24/7, free and confidential)
  - **Your Sanctuary (Surrey-based support):**  
☎ 01483 776822 (9am – 9pm)  
🔗 [yoursanctuary.org.uk](https://yoursanctuary.org.uk)
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### ♥ Health & Wellbeing

Looking after your mental and physical health is essential for both parents and children:

- **NHS Every Mind Matters:**  
Free resources to support mental health and wellbeing  
🔗 [www.nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)
  - **Mind (Mental Health Charity):**  
☎ 0300 123 3393  
🔗 [www.mind.org.uk](https://www.mind.org.uk)
  - **Surrey Family Information Service:**  
Local support on health, education, parenting, and more  
🔗 [www.surreycc.gov.uk/fis](https://www.surreycc.gov.uk/fis)
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### 📧 Need Help or Have a Question?

Please don't hesitate to get in touch with us at **Surrey Rams** if you need further help or advice.

✉ [Admin@surreyrams.net](mailto:Admin@surreyrams.net)

☎ 07958 011 046

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Surrey Rams Safe Guarding / Welfare contact:  
Wunmi Balogun: [admin@surreyrams.net](mailto:admin@surreyrams.net)

Lekan Popoola  
Managing Director - Surrey Rams

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*Rafael*

