SURREY RAMS BASKETBALL CLUB

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**.

🛡️ 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**

💰 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
- **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

🏠 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

💚 **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

- **Mind (Mental Health Charity):**
  📞 0300 123 3393
  🔗 www.mind.org.uk

- **Surrey Family Information Service:**
  Local support on health, education, parenting, and more
  🔗 www.surreycc.gov.uk/fis

📬 **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**
📞 **07958 011 046**

Surrey Rams Safe Guarding / Welfare contact:
Wunmi Balogun: admin@surreyrams.net

Lekan Popoola
Managing Director - Surrey Rams

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