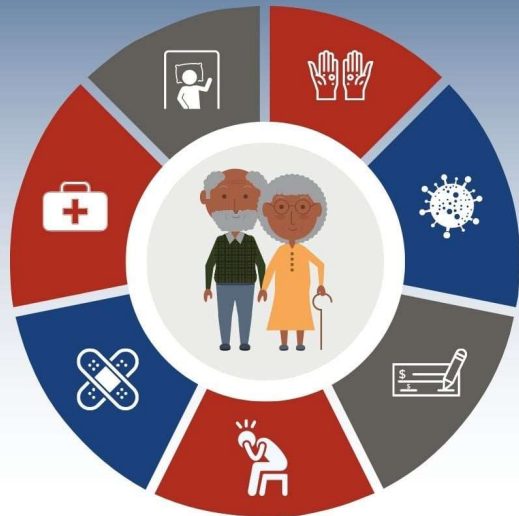


# 7 Signs OF ELDER ABUSE



## Physical Abuse

- Unexplained bruises, burns, or injuries
- Frequent falls or fractures
- Restraining marks or evidence of physical restraint



## Emotional Abuse

- Withdrawal from activities and social interactions
- Sudden changes in behavior or mood
- Unexplained fear or anxiety



## Financial Abuse

- Unusual or unexplained financial transactions
- Missing personal belongings or cash
- Sudden changes in financial situation or inability to pay bills



## Neglect

- Poor personal hygiene, including dirty clothing or unkempt appearance
- Malnutrition or dehydration
- Unsafe or unclean living conditions

Safeguarding, includes supporting & keeping our older parishioners safe. If you have any concerns, speak to your priest or PSR.



## Psychological Abuse

- Verbal insults, humiliation, or threats
- Isolation from friends, family, or support networks
- Signs of depression, anxiety, or withdrawal



## Negligence by Caregivers

- Failure to provide necessary medical care or medications
- Ignoring or disregarding the elder's needs
- Inadequate supervision or abandonment

Good mental health is about feeling able to cope, connect and function day to day. Everyone experiences ups and downs, but ongoing stress, anxiety, low mood or withdrawal can be signs that someone needs extra support. Protecting mental health means creating safe, supportive environments where people feel listened to, respected and not judged.

We can all support mental wellbeing by checking in regularly, encouraging open conversations and taking concerns seriously. Simple actions—like listening without interrupting, offering reassurance and being compassionate—can make a meaningful difference. Early support, kindness, and awareness are key to safeguarding mental health. You can always speak to your Parish Priest or PSR, who may signpost you to additional support or direct you to the archdiocesan safeguarding team-if requested.



I want to keep a healthy mind.

### Looking after yourself

Search '5 steps to mental wellbeing' on the NHS Choices website for simple tips on how to keep your mind healthy.

**Community Services**  
List of local community services that offer information, advice, and tools.

**Worcestershire – Here2Help:**  
[SearchForHelp \(worcestershire.gov.uk\)](http://SearchForHelp.worcestershire.gov.uk)

**Herefordshire – Talk Community:**  
[www.talkcommunitydirectory.org](http://www.talkcommunitydirectory.org)

**Wellbeing and Recovery College** For a wide range of courses designed to build new skills at any point on your journey. [hwellbeingandrecoverycollege.org.uk](http://hwellbeingandrecoverycollege.org.uk)



I'm struggling and have been for a couple of weeks.

### Now We're Talking

Access to self-help guides and online courses. [www.nowweretalking.nhs.uk](http://www.nowweretalking.nhs.uk)

**Qwell** Free mental wellbeing support including online chat and forums. [www.qwell.io](http://www.qwell.io)

**NHS Healthy Minds**  
Self refer for free online, group or 1:1 talking therapies. [www.healthyminds.whct.nhs.uk](http://www.healthyminds.whct.nhs.uk)

☎ Worcestershire: 0300 013 57 27  
☎ Herefordshire: 01432 220 507

**Visit your GP Practice Team** To discuss the best options for you, including access to specialist services.



I need urgent advice and support for myself or someone I know.

Call the free local NHS urgent mental health helpline:

☎ 0808 196 9127  
If you need advice and support quickly (24 hours a day 365 days a year).

☎ Call 999  
For free, if you are seriously injured, have taken an overdose or if there is an immediate risk to life.



ARCHDIOCESE of  
SOUTHWARK

# SAFEGUARDING SUNDAY



## Called to Protect Called to Care

## Called to Act

3 May 2026



**SAFEGUARDING IS EVERYONE'S RESPONSIBILITY**

*“Whoever believes in me will also do the works that I do”*  
John 14:1-12



Scan here for more information

Useful national resources

MIND: [www.mind.org.uk](http://www.mind.org.uk) Samaritans freephone: 116-123 ☎ Text “SHOUT” to 85258

## About your Parish Safeguarding Representative (PSRs)

1. Your PSR is the parish's safeguarding contact, they can be contacted if there are concerns about the welfare of a parishioner, if there is a disclosure or an allegation made. They listen, take concerns seriously and pass the matter to the central safeguarding team. They don't investigate matters, but have received training from the archdiocese.

2. Your PSR supports safe practice, they help ensure that parish activities (like youth groups, catechism classes, or altar servers) follow safeguarding policies—things like supervision ratios, safer recruitment and appropriate conduct. They work in partnership with the archdiocesan safeguarding team to make sure safe practice is implemented correctly and the Parish is updated on safeguarding matters when needed.

3. Your PSR promotes training and Safer Recruitment, they support volunteers to complete safeguarding training, organise safer recruitment and DBS checks where necessary, track this locally and keep accurate confidential records.

4. Your PSR raises awareness in the parish community, they help make safeguarding visible—posters, advertise contact details and remind volunteers when DBS checks etc are required—so people know about safer recruitments and know how to report concerns and feel safe doing so.

5. Your PSR supports a culture of compassion and vigilance, they help foster an environment that welcomes those that have been harmed by abuse and where safeguarding is everyone's responsibility, not just a policy requirement.

Importantly, a PSR does not investigate allegations. Their role is to recognise concerns, respond appropriately and report them through the correct channels.

**PSR Contact Details;** Lorna - 07847 377234  
Gessica - 07817 630564

## The Archdiocesan Safeguarding Team



**Cn John Diver**

**Episcopal Vicar for Safeguarding**



**Christine Acons & Allison Hamer**

**Safeguarding Officers**



**Natalie Norris & Kim Prosser**


**Office Manager & Safeguarding Officer**



**Mary Jane Crowley**

**Head of Safeguarding**

The archdiocesan safeguarding team can be contacted via  
 [safeguardingoffice@rcaos.org.uk](mailto:safeguardingoffice@rcaos.org.uk)

 **0207 261 1606**



SafeSpaces@FirstLight.org.uk



0800 055 6112

Safe in Faith is a united working to support survivors of domestic abuse, sexual violence and exploitation to give the evidence of their faith projects that experience.

**Do you sometimes feel scared of your spouse or partner?**

God loves you and wants you to be safe

If you are scared at home, please contact the National Domestic Abuse Helpline 0800 000 247 [www.nationaldomesticabusehelpline.org.uk](http://www.nationaldomesticabusehelpline.org.uk)

If you think you might be harming the people you love, you can get help 0800 800 4040 [www.respectforonline.org.uk](http://www.respectforonline.org.uk)


For more information [www.safeinfaith.org.uk](http://www.safeinfaith.org.uk)




For our free training [www.safeinfaith.org.uk/training/](http://www.safeinfaith.org.uk/training/)



Safe in Faith is a service of Caritas Association



**ChildLine**  
0800 1111



**Women's Aid**

0808 2000 247

**NAPAC**  
The National Association for People Abused in Childhood

0808 801 0331

The following services can help you:



**MIND SCIENT**  
023 9282 7810 Helpline  
[mind.org.uk](http://mind.org.uk)

**SAMARITANS**  
Call: 116 123 24/7 helpline  
[samaritans.org](http://samaritans.org)

**YOUNGMINDS**  
Text YM to 83208  
24/7 text service  
[youngminds.org.uk](http://youngminds.org.uk)

**healthcare portsmouth**  
Portsmouth Mental Health Hub  
Call 0300 123 8621  
[mentalhealth@portsmouth.co.uk](mailto:mentalhealth@portsmouth.co.uk)

**111**  
Contact 111 and talk to the NHS 111 Mental Health Triage team

**CALM**  
0800 58 58 58 Helpline for men  
[thecalzone.net](http://thecalzone.net)