

**IS SOMETHING WORRYING YOU?
DO YOU NEED SOMEONE TO TALK TO?**

Contact your Club Welfare Officer

Name:

Number:

Email:



Alternatively, you can speak to someone at:

County Designated Safeguarding Officer - 020 8122 0147 (Option 1)

ChildLine - 0800 1111

NSPCC - 0808 800 5000