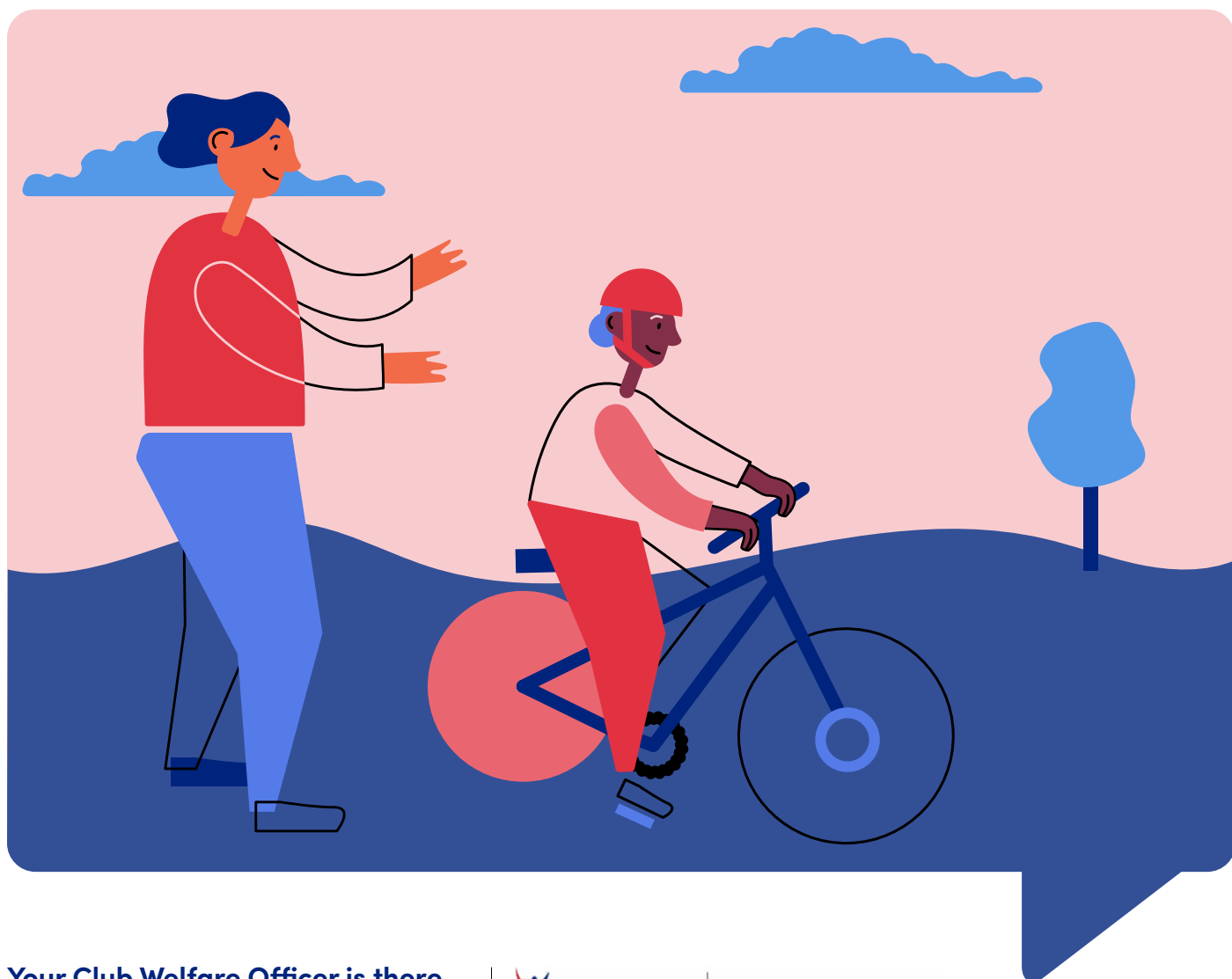


Is something worrying you? Do you need someone to talk to? Speak to your Club Welfare Officer



Your Club Welfare Officer is there to listen if you need someone to talk to or you are concerned about somebody's safety and wellbeing.

Alternatively, you can contact:

British Cycling Lead Safeguarding Officer
0161 274 2000

Childline
0800 1111

NSPCC
0808 800 5000

Police
999

Young Minds Mental Health Crisis Messenger
Text YM to 85258

For further information, please visit
britishcycling.org.uk/safeguarding



Name:

Tel.:

Email:

