

# 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

<b>Childline</b>	<b>NSPCC</b>	<b>Police</b>
0800 1111	0808 800 5000	999

**Young Minds Mental Health Crisis Messenger**  
Text YM to 85258

For further information, please visit  
[britishcycling.org.uk/safeguarding](https://britishcycling.org.uk/safeguarding)



**Name:**

**Tel.:**

**Email:**

