

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 are concerned about somebody's safety.

Alternatively, you can contact:  
British Cycling **0161 274 2082**  
Childline **0800 1111**  
NSPCC **0808 800 5000**  
Police **999**

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

**Name:**

**Tel:**

**Email:**