

Surf Life Saving Association of Wales – Appendix 32
Useful Telephone Numbers, e-mails and Contacts For Advice & Support

For Our Younger members

We Promise To Listen, To Support, To Understand

HOW ARE YOU FEELING?

Excellent Good Okay Bad

Horrible Stressed Depressed



If there is something worrying you,
don't keep it to yourself!

There is always someone to turn to: a parent, a teacher, a sports club
children's officer, a school councillor or nurse, a doctor

or contact: **the NSPCC Child Protection helpline: 0808 800 5000**
Childline: 0800 11 11

childline

ONLINE, ON THE PHONE, ANYTIME



Childline

Childline is there to help anyone under 19 in the UK with any issue they're going through. Whether it's something big or small, trained counsellors are there to support you.

0800 1111

childline.org.uk

Free 24-hour helpline for children and young people in the UK.

www.childline.org.uk



NSPCC

Specialising in child protection and the prevention of cruelty to children.

helpline (adults): 0800 800 5000

helpline (children and young people): 0800 1111

help@nspcc.org.uk

nspcc.org.uk

For Coaches, Adult Members, Club Safeguarding Officers, Parents or anyone who has a concern or worry over a young person.

Police:

Police: 999 if the child is at immediate risk

Police, non-urgent- 101 call this number if you suspect child abuse

Surf Lifesaving Association of Wales.

National Governing Body of SLSA wales and it affiliated clubs

Julie Wisden (Lead Safeguarding Officer)

c/o 39 Bryn Henfaes, Broadlands, Bridgend CF315EW

07853 000457

www.slsawales.org.uk

safeguarding@slsawales.org.uk

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nspcc.org.uk

NSPCC - Deaf User's Text phone

0800 056 0686 www.nspcc.org.uk

Child Protection in Sport Unit

The Child Protection in Sport Unit (CPSU) is a partnership between the NSPCC, Sport England, Sport Northern Ireland and Sport Wales. Founded in 2001 to help minimise the risk of child abuse during sporting activities

029 2033 4975 Wales



0116 234 7278 National
www.thecpsu.org.uk
cpsu@nspcc.org.uk

Officer (LADO),

search for your local county council, then for children's services. If you have difficulty finding contact details for your area please call Lead Safeguarding Officer – 07853 000457.

Sport Wales

The national organisation responsible for developing and promoting sport and physical activity in Wales
0300 3003111
www.sport.wales

Welsh Sports Association

Independent umbrella body that supports and represents the sport sector in Wales, including over 60 National Governing Bodies of Sport (NGBs)
029 2033 4972
www.wsa.wales
admin@wsa.wales

Anti- Bullying Alliance

A unique coalition of organisations and individuals, working together to achieve their vision to: stop bullying and create safer environments in which children and young people can live, grow, play and learn.
aba@ncb.org.uk

Disability Sport Wales

Aim is to contribute to the Vision for Sport by creating a more inclusive sports sector where *every disabled person is hooked on sport*, offering real choice as to where, when and how often people play sport.

0300 300 3115
www.disabilitysportwales.com

Ann Craft Trust

Leading authority in protecting disabled children and adults in sport
0115 951 5400
ann-craft-trust@nottingham.ac.uk
www.anncrafttrust.org

Child Exploitation and Online Protection – online only

Is a command of the UK's National Crime Agency (NCA) and is tasked to work both nationally and internationally to bring online child sex offenders, including those involved in the production, distribution and viewing of child abuse material

www.ceop.police.uk/safety-centre

Bullying UK – Part of Family Lives

People contact us about all aspects of family life including child development, issues with schools and parenting/relationship support. We also respond when life becomes complicated and provide support around



family breakdown, aggression in the home, bullying, risky teenage behaviour and mental health concerns of both parents and their children. It is good to talk and we can help you find solutions and recommend further support within our own wider services and/or from our many partner organisations.

0808 800 2222

www.bullying.co.uk

Family Lives (formerly Parent line Plus)

Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children that you care about, as well as supporting parenting professionals. We believe that happy children come from happy families and currently support families to improve the outcomes for over 1 million children each year.

Helpline: 0808 800 2222

familylives.org.uk

DBS Customer Services

03000 200 190 / 03000200191 (Welsh)

customerservices@dbs.gsi.gov.uk

www.gov.uk/government/organisations/disclosure-and-barring-service

The Mix

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline. Straight-talking emotional support for 16-25 year olds available 24 hours a day

themix.org.uk

Asian Helpline – bullying advice

0800 096 7719

Bengali speaking advisor - 0800 096 7714

Gujarati - 0800 096 7715

Hindi - 0800 096 7716

Punjabi - 0800 096 7717

Urdu - 0800 096 7718

English - 0800 096 7719

Kidscape

Advice about bullying for parents, carers and young people

020 7730 3300

www.kidscape.org.uk

The Samaritans

Emotional support for anyone feeling down, experiencing distress or struggling to cope 24-hour helpline:

0330 094 5717 (free phone)

jo@samaritans.org – response time is 24hrs

Papyrus

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling

Helpline: 0800 068 41 41

papyrus-uk.org

Youth Access

We operate a network of membership organisations that provide local information, advice and counselling services. The Youth Access website and helpline can direct you to services in your area

020 8772 9900

youthaccess.org.uk

Young Minds

National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people

020 7089 5050 (general enquiries)

0808 802 5544 (parents helpline, for any adult with concerns about the mental health of a child or young person)

youngminds.org.uk

<https://youngminds.org.uk/find-help/get-urgent-help/>

If you need urgent help text **YM to 85258**

All texts are answered by trained volunteers, with support from experienced clinical supervisors