



Contacts – local and national agencies

Club welfare officer

Name: _____ Tel: _____ Email: _____

ARA child protection officer

Name: Annamarie Phelps Tel: 020 8237 6700 Email: annamarie.phelps@btinternet.com

ARA child protection administrator

Name: Pippa Randolph Tel: 020 8237 6700 Email: pippa.randolph@ara-rowing.org

Police

Please complete the phone number for your local police child protection office. In an emergency dial **999**.

Name: _____ Tel: _____ Email: _____

Local Authority Children Services

Please complete the phone number for your area duty officer. In an emergency, the Samaritans will be able to provide this number.

Name: _____ Tel: _____ Email: _____

Local Safeguarding Children Board (LSCB)

Please complete the contact details for your regional LSCB chairman. This is available on the government website www.everychildmatters.gov.uk

Name: _____ Tel: _____ Email: _____

IWF – Internet Watch Foundation

The Internet Watch Foundation (IWF) is the only authorised organisation in the UK which, amongst other things, provides an internet 'hotline' for the public to report their exposure to potentially illegal child abuse images: www.iwf.org.uk

NSPCC Helpline

A 24-hour, free and confidential telephone helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse: **0808 800 5000**

Careline

A confidential crisis telephone counselling service for children, young people and adults: **0208 541 1177**

Samaritans

A nationwide, non-religious, non-political, 24-hour confidential support service: **08457 90 90 90**/www.samaritans.org.uk

Victim Support

Local Victim Support services provide emotional support, information and practical help for victims and witnesses: **0845 3030 900**

Self Help

- The UK's free, specialised child protection resources. The site includes a general list of 1,000 self-help organisations in the UK: www.self-help.org.uk
- An NSPCC run and funded website specifically for young people who can access individual mentors: www.there4me.com