

## ARE YOU BEING HEARD? IS SOMETHING WORRYING YOU? DO YOU NEED SOMEONE TO LISTEN?

## IF YOU ARE WORRIED OR CONCEREND ABOUT YOURSELF OR SOMEONE YOU KNOW, YOU CAN TALK TO US IN CONFIDENCE.

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Speak to your Club Safeguarding Officer or contact NSPCC: ➢ help@nspcc.org.uk ♥ 0808 800 5000

