



# Club, local & national welfare contacts

## *Your first point of contact:*

### **Club Welfare Officer**

Laura Gilbert

Email: [clubwelfare@tynearc.com](mailto:clubwelfare@tynearc.com)

Webpage: [www.tynerowingclub.org/pages/welfare\\_34464.cfm](http://www.tynerowingclub.org/pages/welfare_34464.cfm)

## *If not available, or urgent, contact:*

### **British Rowing, Lead Safeguarding Officer**

Email: [iso@britishrowing.org](mailto:iso@britishrowing.org)

Tel: 020 8237 6700

Web page: [www.britishrowing.org/about-us/safeguarding](http://www.britishrowing.org/about-us/safeguarding)

or

### **Newcastle City Council, Children's Services Initial Response**

Tel: 0191 277 2500 (out of hours emergency: 0191 278 7878)

or

### **NSPCC helpline (24 hours)**

Tel: 0808 800 5000

or

### **Northumbria Police**

Non-emergency number: 101

## *Other sources of advice and support if serious*

### **Samaritans**

Tel: 116 123

### **Victim Support**

Tel: 08 08 16 89 111