

# Who should I contact and when?

## Emergency Situations

If anyone is in immediate danger or at risk of harm, dial 999 and contact the emergency services.

## Welfare Officer

Hattie Haynes | harrietphaynes@gmail.com | 07927176276

**If the Welfare Officer is unavailable, or the concern relates to them, please contact:**

### England Hockey:

safeguarding@englandhockey.co.uk  
01628 897500

### BANES Children Social Services

01225 396111  
01225 477929

### BANES Adults at Risk Social Services

01225 394200 (Mon–Fri, 8:30–17:00)  
01454 615165 (24/7)



### ALTERNATIVE SOURCES OF HELP, ADVICE & SUPPORT

#### CHILDLINE

Free helpline for young people  
0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

#### BULLYINGUK

Advice for all types of bullying  
080 800 2222

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

#### THINKUKNOW

Guide on internet safety and safe surfing  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### WHAT TO DO IF I'M WORRIED OR CONCERNED?

#### DON'T KEEP IT TO YOURSELF!

There are a number of people you can speak to if you are worried about or experience bullying or any uncomfortable situation.

Your **WELFARE OFFICER** (or someone else you feel comfortable telling) will believe you and know what to do and how to help. They may have to share the information you tell them, but it will be kept **CONFIDENTIAL**.