

All on the water activities should be

Safe & Fun



The RYA is committed to safeguarding everyone both on and off the water...

If you're feeling unhappy, worried, unsafe or concerned about the way you or any other person is being treated, there are people you can contact who offer **FREE** confidential advice, and websites to look at for information and advice:



For children

childline

ONLINE, ON THE PHONE, ANYTIME

0800 1111

childline.org.uk



Dealing
with bullying...
kidscape.org.uk

NSPCC

0808 800 5000

nspcc.org.uk



Mental health
and wellbeing...
youngminds.org.uk



08000 28 22 23

children1st.org.uk



Health
concerns...
**healthtalk.org/
young-people-
experiences**

For adults

RYA

02380 01 2796

safeguarding@rya.org.uk
rya.org.uk/go/safeguarding

**Police non-
emergency
phone
number...**

101

ann craft trust

acting against abuse

0115 951 5400

anncrafttrust.org

Mind...

0300 123 3393

(Text: 86463)

mind.org.uk



CONFIDENTIAL EMOTIONAL SUPPORT
SUPPORTLINE

01708 765200

supportline.org.uk

Samaritans...

116123

email: jo@
samaritans.org



Your Club Welfare Officer Contact

Club/Centre/Event:

Name:

Email:

Phone:

Ardingly Activity Centre

Tom Booth

Tom.booth@ardingly.com

01444 892549

RYA