

## Motorsport UK Safeguarding Information for Adults

### Welfare

Motorsport UK wants to support all our members within the sport whether you a competitor, an official or volunteer. Motorsport UK acknowledges that there may be occasions when its members could be involved with traumatic events linked to their role in motorsport, struggling with external situations in their personal life or subject of a concern reported to Motorsport UK.

If you are worried or upset about something, there are a range of helplines and websites where you can find helpful information, advice and support. Alternatively, please contact the Safeguarding department who can talk with you.

### Who are the points of contact at Motorsport UK?

Motorsport UK Safeguarding Team

E: [safeguarding@motorsportuk](mailto:safeguarding@motorsportuk)

T: +44 (0)1753 765000

### External support agencies

If you are already being supported by the police or another statutory agency, you might have been provided with contact details for different agencies.

Motorsport UK can also assist you in locating other support agencies if you feel this is needed or no support is currently in place.

We've included a list of external support agencies on this leaflet. This is not an exhaustive list and further support agency details can be provided if necessary.

### Victim Support –

W: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

T: 0808 1689111

An independent charity dedicated to providing support following crime and traumatic incidents in England and Wales.

### Samaritans –

W: [www.samaritians.org](http://www.samaritians.org)

T: 116 123

E: [jo@samaritians.org](mailto:jo@samaritians.org)

24hour confidential support line.

### Mind

W: [www.mind.org.uk](http://www.mind.org.uk)

T: 0300 123 3393

Mind provide advise and support to empower anyone experiencing a mental health problem.

### Family Lives

W: [www.familylives.org.uk](http://www.familylives.org.uk)

T: 0808 800 2222

E: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

Family Lives assists with a wide range of problems and issues for families, children and young persons across England.

### Citizens Advice -

W: [citizensadvice.org.uk](http://citizensadvice.org.uk)

T: 0800 144 8848 (Monday – Friday 8am-5pm)

Citizens advice can provide independent and impartial guidance and support on a wide range of subject matter from legal, financial, families and welfare.

### NHS –

W: [www.nhs.uk](http://www.nhs.uk)

You can search for your local authority adult social care services

### Stonewall

W: [www.stonewall.org.uk](http://www.stonewall.org.uk)

T: 0800 0502020 (Monday-Friday 9.30-4.30)

Information and support for LGBT communities and their allies.

### If you are struggling with your wellbeing or an issue:

#### Do

- Take time out to get sufficient sleep, rest and relax, and eat regularly and healthily.
- Contact Motorsport UK if you need assistance in getting support for what you are experiencing.
- Tell people what you need. Talk to people you trust. You don't have to tell everyone everything but telling nobody is often unhelpful.
- Try to reduce outside demands on you and don't take on extra responsibilities for the time being.

#### Don't

- Bottle up these feelings. Think whether it would be helpful to talk about them with somebody you trust or a professional.
- Get embarrassed by your feelings and thoughts, or those of others. They are normal reactions to traumatic or stressful event.
- Avoid people you trust.
- Feel you are alone. You are supported.