

Motorsport UK Safeguarding Information for Young Persons

Welfare

Motorsport UK wants all young people who participate in motorsport to feel respected, safe and valued. We want to ensure your views are listened to and actions are taken on those views. We are committed to providing a fun and safe environment for you to enjoy the sport.

Motorsport UK acknowledges that there may be occasions when its young members could be involved with traumatic events linked to their role in motorsport.

If you are worried or upset about something, try talking to an adult you can trust. There are also a range of helplines and websites where you can find helpful information, advice and support. Alternatively, if you are worried about yourself or another young person, 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

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.

Childline

W: www.childline.org.uk

T: 0800 1111

Childline provides free confidential advice and support for all young persons up to 19 years old. Whatever your worry, Childline counsellors are here to help. Speak to them by phone, online, email 24 hours a day or through their free app called Zipit.

Sign up for a free Childline locker to use their free 1-2-1 counsellor chat.

<https://www.childline.org.uk/registration/>

NSPCC

W: www.nspcc.org.uk

E: help@nspcc.org.uk

T: 0808 800 5000

NSPCC are the UK's leading children's charity, preventing abuse and helping those affected to recover. They can be contacted by phone, online, email 24 hours a day.

Young Minds

W: www.youngminds.org.uk

Text: YM to 85258

24/7 support for young people across the UK experiencing a mental health crisis. They provide a text service and online directory to work through how young persons are feeling, what to do and what support to contact.

Samaritans

W: www.samaritans.org

E: jo@samaritans.org

T: 116123

Whatever you're going through, you can contact the Samaritans for support. N.B This is a listening service and does not offer advice or intervention. This is a 24/7 service.

Stonewall

W: 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 following an incident or 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.

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.