



Is something worrying you?

Do you need someone to talk to?

: W L H R [ V ` V \ Y J S \ I ^ L S M H Y L

@ V \ Y J S \ I ^ L S M H Y L V ] J L Y P Z Name [ V S P Z [ L U  
if you need someone to talk to or are  
concerned about somebody's safety.

Alternatively, you can contact:  
British Cycling 0161 274 2082  
Childline 0800 1111  
NSPCC 0808 800 5000  
Police 999

Tel:

Email:

For further information, please visit  
[britishcycling.org.uk/safeguarding](http://britishcycling.org.uk/safeguarding)

