## Be Safe.

## Be Guarded.

## Be Happy.

Safeguarding allows you to enjoy your day-to-day experiences and wider life opportunities.



IF YOU HAVE SUFFERED, OR ARE SUFFERING FROM ANYTHING THAT IS AFFECTING YOUR WELFARE THEN YOU SHOULD CONTACT THE FOOTBALL CLUB'S DESIGNATED SAFEGUARDING OFFICER OR YOU CAN CONTACT YOUR LFE REGIONAL OFFICER.

Designated Safeguarding Officer:	
Name:	
Phone:	
Email:	



## **FURTHER SUPPORT**

Alex Richards, EFL Safeguarding Manager 01772 325940 / arichards@efl.com

Tara Lawson, EFL Trust Safeguarding Manager 01772 325800 / TLawson@efltrust.com

The FA Safeguarding Team 0800 169 1863 (ask to speak to The FA Safeguarding Team) / safeguarding@thefa.com

NSPCC Helpline 0808 800 5000 / help@nspcc.org.uk