

BRITISH  
JUDO



# STAY SAFE!

**Are you  
worried about  
yourself or  
someone else  
at our event?**

**Our Events Welfare Officer is committed to  
listening to young people and making your mat  
time the best it can be!**

Welfare Officer:

Phone Number:

Email Address:

**NSPCC**

If you're worried about a child, even if you're unsure, contact the NSPCC's professional counsellors for help, advice and support on 0808 800 5000

**ChildLine**  
0800 1111 

18 or under? Childline offers free, confidential advice and support whatever your worry, whenever you need help 0800 1111