



**PADDLE**  
CYMRU

Useful Contacts

[www.paddlecymru.org.uk](http://www.paddlecymru.org.uk)

## G1 Useful Contacts

### Paddle Cymru Safeguarding Contacts

#### **Paddle Cymru Lead Safeguarding Officer**

Lydia Wilford

Tel: 07908 683984 Email: [Lydia.wilford@paddlecymru.org.uk](mailto:Lydia.wilford@paddlecymru.org.uk)

#### **Chief Executive Officer**

Alistair Dickson

Tel: 07548 342476 Email: [alistair.dickson@paddlecymru.org.uk](mailto:alistair.dickson@paddlecymru.org.uk)

### Home nation safeguarding contacts

#### **Paddle UK Designated Safeguarding Lead**

Tel: 0115 8655354 Email: [safeguarding@paddleuk.org.uk](mailto:safeguarding@paddleuk.org.uk)

#### **Paddle Scotland**

Tel: 07900 887007 Email: [child.protection@paddlescotland.org.uk](mailto:child.protection@paddlescotland.org.uk)

#### **Paddle Northern Ireland**

Tel: 028 95438094 Email: [safeguarding@paddleni.org.uk](mailto:safeguarding@paddleni.org.uk)

### External contacts (Nationwide)

#### **NSPCC Helpline - Tel: 0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)**

*(24 hour free and confidential telephone helpline providing counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse.)*

For those with a hearing difficulty, there is a text phone telephone number: 0800 056 0566

#### **Childline – Tel: 0800 1111**

**[www.childline.org.uk](http://www.childline.org.uk)** *(Free national 24 hour helpline for children)*

#### **Kidscape – Tel: 0207 730 3300 [www.kidscape.org.uk](http://www.kidscape.org.uk)**

*(An organisation committed to help prevent child bullying)*

#### **Family Rights Group- Tel: 0808 801 0366 [www.frg.org.uk](http://www.frg.org.uk)**

*(Free advice service and helpline for parents and carers who have children in care or who are in contact with Children's Social Care/ Social Services.)*

**Local Citizens Advice Bureau [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

Contact details of your local CAB are in the phone book or at the website above.

**Samaritans – Tel: 116 123 [www.samaritans.org](http://www.samaritans.org)**

*(Non-religious, non-political 24 hour confidential support.)*

**Family Lives- Tel: 0808 800 2222 [www.familylives.org.uk](http://www.familylives.org.uk)**

*(Free helpline, providing help and support in all aspects of family life.)*

**Stop it Now!- Tel: 0808 1000 900 [www.stopitnow.org.uk](http://www.stopitnow.org.uk)**

Email: [help@stopitnow.org.uk](mailto:help@stopitnow.org.uk)

*(Helping prevent child sexual abuse, offering advice and a confidential helpline)*

**The following contact details need to be filled in by you. We suggest you do this now so they are handy when you need them.**

**LOCAL SAFEGUARDING CHILDREN BOARD:**

Name.....Number.....

(Local Safeguarding Children Boards (LSCBs) exist in all areas of the country and work locally to protect children. They bring together the Local Authority, police, health workers and all others in the community responsible for child protection to help them work more effectively to safeguard children from abuse and neglect. Contact details are available from your County Sport Partnership, or Local Council.)

**LOCAL POLICE.....**

**SOCIAL SERVICES ..... Out of Hours.....**