

It is important to acknowledge that, in matters relating to any Safeguarding incidents, it can be distressing for all involved. It is therefore important to be aware of sources of support and help that may be available in this situation.

You may also feel the need to be reassured that the issues are being dealt with in the best possible way with the interests of the child, young person or adult being paramount.

Maintaining confidentiality is essential and therefore, when seeking support from a recommended source, you will be expected to keep the personal details (names of individuals concerned, location and so on) confidential.

Information for those who have Reported Concerns or an Incident

- Your report will be treated in a fair and transparent way at all times.
- If the person against whom you have reported concerns is suspended from their role it is important to remember this is a neutral act; it protects all parties involved.
- You will be assigned a designated contact from your Member Body. This person will be your point of contact for the duration of the complaint. If you have any queries or concerns, you should contact them initially.
- Your designated contact will support you. The person against whom you have complained will have a different designated contact. Neither of these designated contacts will be a member of the Case Management Group who will be dealing with your case.
- You will receive regular communication regarding your report from your designated contact and be kept up to date with the progress of your concern.

The following organisations may be able to help:-

Safeguarding children and adult specific information:-

NSPCC Helpline

24-hour free and confidential telephone helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse. Tel: 0808 800 5000.

Textphone / Webcam (for deaf or hard-of-hearing) 18001 0808 800 5000 / SignVideo.
email help@nspcc.org.uk or report concerns online through
www.nspcc.org.uk/reportconcern

NSPCC Sport formerly Child Protection in Sport Unit (CPSU)

Tel: 0116 234 7278 www.thecpsu.org.uk

Child Line

24-hour free and confidential telephone helpline for children. Tel: 0800 1111

Kidscape – www.kidscape.org.uk Advice about bullying and cyber bullying.

Child Exploitation Online Protection Centre (CEOP) – Advice, guidance, counselling, support and referral if necessary and appropriate with regard to bullying or inappropriate behaviour online. Child Exploitation and Online Protection Centre, 33 Vauxhall Bridge Road, London, SW1V 2WG. Telephone 0870 000 3344 <http://ceop.police.uk/>

Shorespace

A safe place for teenagers worried about sexual behaviour - <https://shorespace.org.uk/>

Children First – Scotland. Tel: 0131 446 2300 www.children1st.org.uk

Other Lead Safeguarding Officers - These can be found on British Equestrian member body/disciplines websites.

Local Social Care Services

Report Child Abuse - www.gov.uk/report-child-abuse-to-local-council

Report Adult Abuse – using your preferred internet search type in ‘Report Adult Abuse in my area’ which will bring up details of who to contact in your local area.

GP or practice nurse – can refer to local agencies who can help and support.

NHS Direct – 111 will give guidance as to how to access help.

Family Lives - Tel: 0808 800 2222 for parents who need help or someone to talk to.

NAPAC (National Association for Children Abused in Childhood)

An organisation that supports the recovery from childhood abuse.
www.napac.org.uk, support@napac.org.uk, Tel: 0808 801 0331

Ann Craft Trust: Safeguarding Adults

Tel: 0115 951 5400, www.anncrafttrust.org

Mental Health and other support groups:-

Victim Support

Local Victim Support services provide emotional support, information and practical help for victims and witnesses. Tel: 0845 3030 900

Young Minds Parents’ line

Advice and help with any mental health issues relating to young people.
Tel: 0808 802 5544

The Samaritans

Nationwide, non-religious, non-political 24-hour confidential support line. Tel: 08457 90 90 90 www.samaritans.org.uk

The Hub of Hope

<https://hubofhope.co.uk/> The Hub of Hope is the UK’s leading mental health support database. Put in your postcode and select what you need support with.

Riders Minds

An online support resource for all equestrians. They also provide a helpline:
Free Call 0800 088 2073 or if you prefer to message then text: Text 07480 488 103

Mind

<https://www.mind.org.uk/> - information and support on their website, also have local mind organisations that can support with talking therapy and much more.

Scottish Action for Mental Health

<https://www.samh.org.uk/>

Northern Ireland Support information

<https://www.nidirect.gov.uk/articles/mental-health-support>

British Association of Counselling

<https://www.bacp.co.uk/> - have a therapist directory

Help

The UK's free, online, specialised child protection resources with a general list of 1,000 self-help organisations in the UK - www.self-help.org.uk

British Association of Counselling

<https://www.bacp.co.uk/> - have a therapist directory

Barnardo's and Sexual Assault Referral Centre's (SARCs)

Offer support and counselling to victims of sexual abuse. Full list available at www.rapecrisis.org.uk/Referralcentres2.php

Rape Crisis England and Wales – www.rapecrisis.org.uk/index.php Tel: 0808 802 9999, 12– 2.30pm, 7–9.30pm

Child Exploitation Online Protection Centre (CEOP)

Advice, guidance, counselling, support and referral if necessary and appropriate with regard to bullying or inappropriate behaviour online. Child Exploitation and Online Protection Centre, 33 Vauxhall Bridge Road, London, SW1V 2WG. Telephone 0870 000 3344 <http://ceop.police.uk/>

The Survivors Trust

Work with victims and survivors of all ages, all genders, of all forms of sexual violence, sexual abuse and sexual exploitation, including support for partners and family members. www.thesurvivorstrust.org

TAC Access (Team Around the Client)

Connecting people of all ages directly with accredited counsellors and therapists, quickly and efficiently. Finding the right support can be overwhelming, but with TACaccess you gain direct access to a trusted community of qualified counsellors and therapists from across the UK - ready to help when you need it most - <https://www.tacaccess.com/>

Good Grief Trust

Advice and support for bereavement <https://www.thegoodgrieftrust.org/>

Brake

Supporting people who are bereaved or seriously injured by road crashes <https://www.brake.org.uk/> and the National Road Victim Service – 0808 8000 401

Refuge's National Domestic Abuse Helpline – Tel: 0808 2000 247

Domestic Abuse and Forced Marriage Helpline (Scotland) – Tel: 0800 027 1234

Live Fear Free (Wales) – 0808 80 10 100

Domestic and Sexual Abuse Helpline (Northern Ireland) – Tel: 0808 802 1414

Men's Advice Line - UK (for male Domestic Abuse victims) – 0808 801 0328

National Bullying Helpline – www.nationalbullyinghelpline.co.uk/

National Stalking Helpline – www.suzylamplugh.org/pages/category/national-stalking-helpline

NSPCC Supporting Someone Experiencing Domestic Abuse

www.nspcc.org.uk/advice-for-families/being-an-ally-to-someone-experiencing-domestic-abuse/

BHS Friends at the End

Supports horse owners and carers when it is time to say goodbye to their beloved Equine companion. <https://www.bhs.org.uk/horse-care-and-welfare/health-care-management/euthanasia/friends-at-the-end/>

Citizens Advice

Citizen's advice is a national charity and network of local charities who offer confidential advice online, over the phone, and in person, for free.
<https://www.citizensadvice.org.uk/>