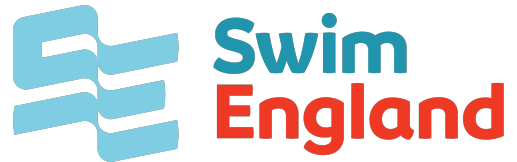




London Borough of Hounslow
Swimming Club



LBHSC MENTAL HEALTH & WELLBEING STATEMENT

LBHSC respect the rights and dignity of all our children and young people and acknowledge that everyone who is involved with our Club has mental health and wellbeing needs.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:

- We support our staff and hold some level of mental health and wellbeing awareness training.
- We demonstrate how our staff can be welcoming towards people experiencing a problems with their mental health and wellbeing.
- We respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others.
- There are key members of staff (Safeguarding Officers and other designated roles) in our club who are happy to discuss how our sport can be adapted to suit your mental health and wellbeing needs or how we can be more inclusive.
- We regularly ask all our young members if they are happy with the level of support they receive from us and whether it could be improved in any way.
- We recognise how the pressures of competitive sport can affect young athletes mental health and wellbeing.
- All staff know the details of mental health and wellbeing support services available for staff and young members.
- All staff know how to raise concerns to protect young people who are experiencing a mental health crisis or identifying as a risk of self-harm or suicide as part of our safeguarding and reporting procedures as set out in our club's Safeguarding procedures in line with: www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/
- Support and information on mental health and wellbeing continues to be shared as young people progress on the swimming development/talent pathway and the potential pressures of funding, sponsorship and achievements come into play.

People you can talk to:

Club Welfare Officers

Alan Smith
Carole Powell
Email: welfare@lbhsc.org.uk

Swim England Safeguarding Officer, Safeguarding Manager & Independent Child Protection Officers/contact details:

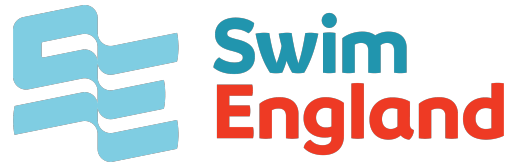
Kevin Suckling, Head of Safeguarding and Welfare

James Diamond, National Safeguarding Manager

Charlotte Colson-Hammond, National Safeguarding Case Manager



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Lisa Buxton, Safeguarding Case Officer

Vacant, National Safeguarding Officer

Tansy Nottage, National Safeguarding Administrator

Lucy Doyle, National Welfare Officer

Email: safeguarding@swimming.org

Tel: 01509 640 700 (Option 1 for Swim England and then Option 3 for Safeguarding)

Swimline – this is the Swim England/NSPCC Child Protection Helpline on 0808 100 4001

If you believe a child is at immediate risk of harm call emergency services on 999

CPSU Recourses

Further guidance on identifying and addressing specific mental health problems in sport are available from CPSU:

Addressing suicidal thoughts and feelings the cpsu.org.uk/resource-library/best-practice/addressing-suicidal-thoughts-and-feelings

Addressing self-harm behaviour the cpsu.org.uk/resource-library/best-practice/addressing-self-harm-behaviour

For further information and guidance available on the CPSU website - the cpsu.org.uk

Support Services

[Support for coaches, staff and volunteers](#)

NSPCC helpline

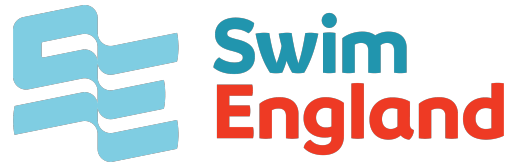
If you are worried about a child/young person even if you are unsure, contact the NSPCC's professional counsellors for help, advice and support on:
0808 800 5000 [nspcc.org.uk/helpline](https://www.nspcc.org.uk/helpline)

England Institute of Sport

EIS works with elite athletes to improve performance and athlete wellbeing;
[eis2win.co.uk](https://www.eis2win.co.uk)



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Mind

Sport, activity and mental health information and advice:

mind.org.uk/sport

Rethink

Information and advice on mental health and local support services:

rethink.org

Support Services for Children and Young People

Childline

Information and support line for children/young people:

0800 11 11 childline.org.uk

Samaritans

24 hour confidential listening and support for anyone who needs it:

116 123 samaritans.org

The Mix

Information, support and listening line (24 hours) for people under 25

0808 808 4994 themix.org.uk

Young Minds

Information and signposting to mental health support for young people and parents:

[Youngminds.org.uk](https://youngminds.org.uk)

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