



Solent Pirates

Youth Cycling Club

Solent Pirates Health and Well-being statement

- We respect the rights and dignity of all our young athletes and acknowledge that everyone has mental health and well-being needs.
- We recognise how the pressure of competitive sport can affect young people's mental health and well-being.
- We encourage our coaches and volunteers to hold some level of mental health and well-being awareness training.
- Our coaches and volunteers will be welcoming towards people experiencing a problem with their mental health and well-being and will know how to raise concerns to protect young people who are experiencing a mental health crisis.
- We will ask our young members for feedback on the level of support they receive from us and whether it can be improved in any way.
- We will provide details of the mental health and well-being support services that are available.

Useful contacts

Stu Bottomley - SPYCC Welfare Officer - pirateswelfare@gmail.com

NSPCC Helpline 0808 800 5000

ChildLine 0800 1111 / www.childline.org.uk

British Cycling Lead Safeguarding Officer 0161 274 2000

Samaritans: 24-hour confidential listening and support 116 123

The Mix: Information, support and listening line 0808 808 4994
themix.org.uk

Young Minds: Information and signposting to mental health support for young people and parents.
youngminds.org.uk