motor sport UK

# SAFEGUARDING

## INFORMATION FOR ADULTS

## YOUR SAFETY AND WELLBEING MATTER

Motorsport UK wants to support everyone involved in our sport – whether you are a **competitor, official, volunteer or another member of the motorsport community**.

There may be times when you are affected by a traumatic event linked to motorsport, something happening in your personal life, or a safeguarding concern involving you or someone else.

If you are worried, upset or unsure about something, **you don't have to deal with it on your own**.

There are organisations that can provide information, advice and support. You can also contact the **Motorsport UK Safeguarding Team**, who can listen and help you understand what to do next.

## REPORT A SAFEGUARDING CONCERN

If you are concerned about your own safety or wellbeing, or worried about someone else, you can contact the Motorsport UK Safeguarding Team.

**Email: safeguarding@motorsportuk.org**
**Phone: 01753 765000**

You can also report a concern online:

**https://muk.vissro.com/public/mukcase.nsf/safeguarding-report**

You can make a report yourself or ask someone you trust to support you.

If you are already receiving support from the police, social services or another organisation, you can still contact Motorsport UK if you need further help or are unsure where to turn.

You can also speak to your **Club Safeguarding Officer** if your club has one. Motorsport UK encourages concerns to be shared early – you do not need to decide whether abuse or neglect has taken place before raising a concern.

## NEED HELP RIGHT NOW?

### IF YOU OR SOMEONE ELSE IS IN IMMEDIATE DANGER, CALL 999.

For urgent medical help that is not an emergency, **contact NHS 111.**

If you need urgent mental health support, **call NHS 111 and select the mental health option**. This is a national route to local urgent mental health support and is available 24 hours a day.

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T: +44 (0) 1753 765000
E: hello@motorsportuk.org
W: motorsportuk.org

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Registered Office: See main address
Registered Number: 1344829 England

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# OTHER ORGANISATIONS THAT CAN HELP

## VICTIM SUPPORT

Free, independent and confidential support for people affected by crime or traumatic events.

Victim Support can help whether or not you have reported a crime to the police.

**SupportLine - Free, 24/7**
0808 1689 111

**Online**
www.victimsupport.org.uk

## NATIONAL DOMESTIC ABUSE HELPLINE — REFUGE

Support for women experiencing domestic abuse, including information about your options and how to keep safe.

You can also use their online chat service.

**Call - Free, Confidential, 24/7**
0808 2000 247

**Online**
www.nationaldahelpline.org.uk

## SAMARITANS

If you're finding things difficult or need someone to talk to, Samaritans are there to listen.

You don't have to know what to say.

***Please note:*** *Samaritans' UK email service closed on 30 September 2026. The free telephone service remains available 24 hours a day, every day.*

**Call - Free, 24/7**
116 123

**Online**
www.samaritans.org

## MIND

Information and support for people experiencing mental health problems.

Mind's Infoline provides information and signposting. Its national helplines operate in England and Wales.

**Infoline**
0300 123 3393

**Online**
www.mind.org.uk

## FAMILY LIVES

Free, confidential support and information for families and parents.

The helpline supports families in England and Wales.

**Infoline**
0808 800 2222

**Online**
www.coramfamilylives.org.uk

## CITIZENS ADVICE

Free, independent and impartial advice on issues including benefits, housing, debt, employment, family matters and legal problems.

The national Adviceline is usually available Monday to Friday, 9am–5pm. If you are in Wales, use the Wales service through the Citizens Advice website.

**Adviceline**
0800 144 8848

**Online**
www.citizensadvice.org.uk

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## LOOKING AFTER YOURSELF

If you are struggling with your wellbeing or following an upsetting or traumatic event:

***DO***

- Give yourself time to rest and recover.
- Talk to someone you trust.
- Tell people what you need.
- Contact Motorsport UK if you need help finding support.
- Try to reduce unnecessary demands and responsibilities while you recover.
- Consider speaking to a professional if you are struggling.

***DON'T***

- Keep everything to yourself.
- Feel ashamed or embarrassed about how you're feeling.
- Take on more than you can manage.
- Cut yourself off from people who can support you.

***FEELING UPSET, WORRIED, ANGRY OR CONFUSED AFTER A DIFFICULT OR TRAUMATIC EXPERIENCE CAN BE A NORMAL RESPONSE.***

***YOU DON'T HAVE TO DEAL WITH IT ALONE.***

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# REMEMBER

*IT'S OKAY TO **ASK FOR HELP***

*YOU DON'T HAVE TO DEAL WITH EVERYTHING **ON YOUR OWN***

*IF YOU DON'T KNOW WHAT TO DO NEXT, **TALKING TO SOMEONE IS A GOOD FIRST STEP***

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