













Every Welsh
Athletics affiliated
club has to have two
trained Welfare
Officers



Menai Baugh Ed Brown







**CLUB** 

WELFARE

**OFFICERS** 

Safeguarding is the responsibility of everyone within the club.

A Club Welfare Officer is a dedicated person with responsibility for managing and reporting concerns about children or adults at risk.

Welfare Officers are trained by Welsh Athletics and have the right level of knowledge for the role







### Responsibilities

- provide leadership in the safeguarding of children and vulnerable adults within the club
- a key point of contact
- implement effective Adult and Children Safeguarding policies and procedures
- respond appropriately to safeguarding concerns
- be visible and approachable
- encourage good practice
- report to the club's committee







#### Responsibilities

- ensure that those working with children and vulnerable adults are recruited, trained and vetted appropriately
- ensure those involved in the club know how to respond to a safeguarding concern and who to contact
- keep up to date with safeguarding developments
- ensure that coaches' and their own safeguarding qualifications are kept up to date











As part of an exciting new partnership, we are delighted to introduce our new

MENTAL HEALTH
CHAMPIONS









## Our Mental Health Champion

Mental Health Champions



Rachael Evans











#### What does that mean?

They have undertaken the necessary training to be recognised by Welsh Athletics as members of the network of Mental Health Champions supporting the running community in Wales











#### What will they do?

**Champion Mental Health** 



Challenge Stigma



Be a point of contact for our members

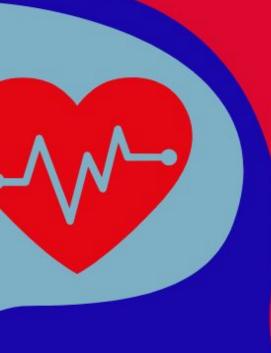












#### What will they do?

Actively listen without judgement



Empower and encourage people to seek help and support













#### What will they do?

Identify resources and activities that can support positive mental health



















#### What will they do?

Signpost to professional mental health support if appropriate













#### What will they do?

Promote mental health key moments:

Mental Health Champions World Mental—HEALTH DAY

Mental Health Awareness Week



Time to Talk Day











Our Mental Health Champions are trained volunteers and not mental health professionals, so there are some things they won't be there to do...











What won't they do?

Be available at all times

Mental Health Champions

Please respect the boundaries set to protect everyone's wellbeing











What won't they do?

Diagnose and provide therapy



That's what the professionals are for!











# How do laccess support?

Champions will be contactable via:

Facebook/Spond

At designated times