

ROWING SHOULD BE  
**SAFE & FUN**



## Nottingham & Union Welfare Officers

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Are you worried about yourself  
or someone else in the Club ?

Do you want to talk to  
someone who can help?

Our Club Welfare Officers can  
offer you advice and seek  
further help if needed

Or contact.....  
British Rowing :02082 2376700  
[www.britishrowing.org.uk](http://www.britishrowing.org.uk)  
Childline :0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

***Nottingham & Union Rowing Club are committed to safeguarding your welfare in the sport of rowing and will support anyone who reports their concerns***