ADVICE AND SUPPORT FOR INDIVIDUALS RECEIVING A DISCLOSURE

Support Information Sheet 1

THE BRITISH WHEEL OF YOGA

If you have personally received a disclosure you may wish to speak with someone confidentially to help you deal with what you have heard. You may also feel the need to be reassured that the issues are being dealt with in the best posible way with the interests of the child or young person being paramount.

You will be able to discuss the disclosure with the British Wheel of Yoga (BWY) Lead Child Protection Officer, and he/she will be able to keep you informed of the case and its progress. However, you may wish to speak to someone outside of the BWY environment.

Clearly confidentiality is essential and therefore when seeking support or guidance from a recommended source, as detailed below, you will be expected to keep the personal details (names of individuals concerned, location etc) confidential.

The following contact details provide a variety of potential support mechanisms for you to approach.

NSPCC Helpline **0800 800 5000**
24-hour free and confidential telephone Helpline that provides counselling, information and advice to anyone concerned about a child at risk of ill treatment or abuse.

Care Line **0208 541 1177**
Confidential crisis telephone counselling service for children, young people and adults.

The Samaritans **08457 90 90 90** **www.samaritans.org.uk**
Nationwide, non-religious, non-poliical 24 hour confidential support.

Victim Support **0845 3030 900**
Local Victim Support services provide emotional support, information and practical help for victims and witnesses.

Self Help **www.self-help.org.uk**
The UK's free online specialised child protection resources. A general list of 1,000 self-help organisations in the UK

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