

# The Scottish Karate Governing Body Limited

## Useful Contacts and Websites

<p><b>Children 1st:</b> Scotland's national children's charity</p> <p><b>Child Wellbeing and Protection in Sport:</b> National service for child wellbeing and protection in sport in Scotland</p> <p><b>Children 1st Parentline:</b> Practical and emotional support for every family in Scotland, over the phone and online.</p>	<p>83 Whitehouse Loan, Edinburgh EH9 1AT <a href="http://children1st.org.uk">children1st.org.uk</a></p> <p><a href="mailto:cwps@children1st.org.uk">cwps@children1st.org.uk</a> 0141 419 1156 <a href="http://children1st.org.uk/childwellbeingangprotectioninsport">children1st.org.uk/childwellbeingangprotectioninsport</a></p> <p>08000 28 22 33 <a href="http://children1st.org.uk/parentline">children1st.org.uk/parentline</a></p>
<p><b>sportscotland:</b> National agency for sport. A non-departmental public body responsible through Scottish Ministers to the Scottish Parliament</p> <p><b>Help for Clubs:</b> Online resources and support for sports clubs</p>	<p>Doges, Templeton on the Green 62 Templeton Street, Glasgow, G40 1SA 0141 534 6500</p> <p><a href="http://sportscotland.org.uk">sportscotland.org.uk</a> <a href="http://helpforclubs.org.uk">helpforclubs.org.uk</a></p>
<p><b>Disclosure Services</b></p> <p><b>Disclosure Scotland:</b> A national body with devolved powers from Scottish Ministers to help employers make safer decisions when recruiting people. Making sure unsuitable people do not work with children and young people in regulated roles</p> <p><b>Volunteer Scotland:</b> Volunteer Scotland Disclosure Services: information about disclosure for organisations and individuals</p>	<p>0300 020 0040 <a href="http://mygov.scot/organisations/disclosure-scotland">mygov.scot/organisations/disclosure-scotland</a></p> <p>General helpline: 01786 479 593 <a href="http://volunteerscotland.net">volunteerscotland.net</a></p>
<p><b>Reporting a Crime</b></p> <p><b>Police Scotland:</b> The national police authority for Scotland</p> <p><b>Crimestoppers:</b> Crimes can be reported anonymously</p> <p><b>Internet Watch Foundation:</b> UK hotline for reporting criminal online content</p>	<p>Free phonenumber: 101</p> <p><a href="http://crimestoppers-uk.org">crimestoppers-uk.org</a></p> <p><a href="http://iwf.org.uk">iwf.org.uk</a></p>
<p><b>Online Safety</b></p> <p><b>Child Exploitation Online Protection (CEOP):</b> A law enforcement agency to keep children and young people safe from sexual exploitation and abuse</p>	<p><a href="http://ceop.police.uk">ceop.police.uk</a></p>

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<p><b>UK Safer Internet Centre:</b> the centre has three main pillars - an awareness centre, a helpline for the children's workforce and a hotline for removal of criminal content</p>	<p><a href="http://saferinternet.org.uk">saferinternet.org.uk</a></p>
<p><b>NSCPCC Child Protection in Sport Unit:</b> UK organisation for child wellbeing and protection in sport</p> <p><b>Childline:</b> A free, private and confidential service where children can talk about anything</p> <p><b>Rape Crisis Scotland:</b> Free helpline open from 6pm - midnight for anyone aged 13 and over concerned about or affected by any form of sexual violence</p> <p><b>Samaritans:</b> A 24-hour, 365 day a year crisis support service, providing a non-judgemental listening service</p>	<p>0116 234 7278 <a href="http://thecpsu.org.uk">thecpsu.org.uk</a></p> <p>Free helpline: 0800 1111 <a href="http://childline.org.uk">childline.org.uk</a></p> <p>Free helpline: 08088 010302 <a href="http://rapecrisisscotland.org.uk">rapecrisisscotland.org.uk</a></p> <p>Free helpline: 116 123 <a href="http://samaritans.org">samaritans.org</a></p>
<p><b>Mental Health Services</b></p> <p><b>Young Minds:</b> The voice for young people's mental health and wellbeing</p> <p><b>The Mix:</b> Free confidential help for young people under 25</p> <p><b>Papyrus:</b> Confidential support and advice for prevention of young suicide</p> <p><b>Wellbeing Scotland:</b> Provides a wide range of holistic services for individuals with helpline for children/young people with mental health wellbeing issues</p> <p><b>SAMH:</b> Provides mental health information and local support, campaign for mental health rights</p> <p><b>Respect Me:</b> Scotland's anti-bullying service</p>	<p><a href="http://youngminds.org.uk">youngminds.org.uk</a></p> <p><a href="http://themix.org.uk">themix.org.uk</a></p> <p>Hopeline UK: 0800 068 41 41 <a href="http://papyrus-uk.org">papyrus-uk.org</a></p> <p>01324 630 100 <a href="http://wellbeingscotland.org">wellbeingscotland.org</a></p> <p>0344 800 0550 <a href="http://samh.org.uk">samh.org.uk</a></p> <p><a href="http://respectme.org.uk">respectme.org.uk</a></p>
<p><b>Children's Rights and Voices</b></p> <p><b>Children &amp; Young Peoples Commissioner for Scotland:</b> Advice on children's human rights</p> <p><b>Together:</b> An alliance of Scottish children's charities that work to improve understanding and implementation of the UNCRC</p> <p><b>Young Scot:</b> The national information and citizenship organisation for young people</p>	<p>Free helpline: 0800 019 1179 <a href="http://cypcs.org.uk">cypcs.org.uk</a></p> <p><a href="http://togetherscotland.org.uk">togetherscotland.org.uk</a></p> <p><a href="http://young.scot">young.scot</a></p> <p><a href="http://syp.org.uk">syp.org.uk</a></p>

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<b>Scottish Youth Parliament:</b> The democratically elected voice of young people in Scotland	<a href="http://childrensparliament.org.uk">childrensparliament.org.uk</a>
<b>Children's Parliament:</b> Scotland's centre of excellence for children's human rights, participation and engagement	
<b>Scottish Karate Governing Body Limited (Karate Scotland)</b>	<a href="mailto:karatescotland@skgb.com">karatescotland@skgb.com</a> 0141 633 1116