Welfare and Wellbeing at Tempest Running Club

At Tempest Running Club, we believe that running is for everyone and that means creating a safe, supportive, and welcoming environment for all our members. Looking after each other's welfare and wellbeing is something we all share responsibility for.

What Welfare and Wellbeing Means

Welfare covers a wide range of things, from safeguarding and protecting adults (including vulnerable adults) to tackling issues like bullying, harassment, poor practice, or misconduct. Good welfare practice helps us make sure that every run, session, and event is enjoyable, safe, and supportive – whether you're a runner, a leader, or a volunteer.

As an England Athletics affiliated club, we promote a positive running culture that supports mental, emotional, and physical health. Running shouldn't just help you get fitter – it should help you feel good, build confidence, and be part of a community.

We want to encourage open conversations about wellbeing and understand that life can bring pressures both on and off the run. If you ever feel overwhelmed, anxious, or unsure, please talk to a run leader, fellow member, or one of our welfare officers. We can offer support, guidance, and signpost to helpful services where needed.

You never have to struggle alone, we look out for each other, celebrate progress at every level, and believe that running together makes us stronger, healthier, and happier.

Our Commitment

We follow the standards and guidance set by UK Athletics, who lead on safeguarding policies and codes of conduct for our sport. This includes how to raise concerns, how complaints are handled, and the responsibilities we have as a club.

We want everyone to have a positive experience. If you ever feel unsafe, uncomfortable, or treated unfairly, speak to one of our welfare officers. You'll always be listened to in confidence and your concerns will be taken seriously.

Equality & Inclusion

We're proud to be an inclusive, friendly club. We welcome adults of all abilities, backgrounds, and experiences. While there may occasionally be practical limits to what we can offer (for example, with certain disabilities or support needs on regular training routes), we always look seriously at how we can adapt.

There is absolutely no place in our club for discrimination of any kind. If you feel you've experienced this, please speak with a welfare officer.

Safeguarding – What to Do if You Have a Concern

- If you believe someone is at risk of immediate harm, please call 999.
- For non-urgent concerns, you can talk to one of our welfare officers or a run leader.
- You can also contact England Athletics' Welfare Team directly on 07464 522426 or by email at welfare@englandathletics.org**.**

All concerns are handled sensitively, and information is only shared on a need-to-know basis.

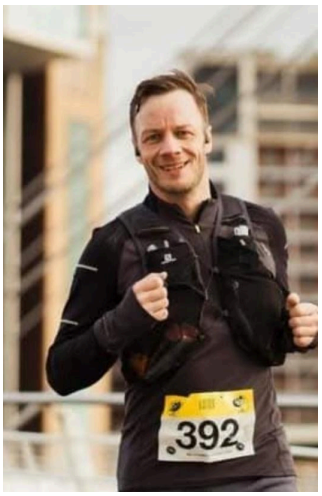
Incidents & Accidents

If an accident, incident, or near miss happens during a club activity, please let a run leader or welfare officer know as soon as possible.

Your Welfare Officers:

You can contact us via Sally, your run leader or directly via Messenger.

CHRIS ROBINSON - LEAD WELFARE OFFICER



NADINE HUDSPETH – WELFARE OFFICER



Need Support?

If you're struggling with your mental health, feeling isolated, under pressure or simply want to talk, please know you are not alone. You can speak in confidence to our Club Welfare Officers or any Run Leader, and we'll help you connect with local services – some are listed below.

- **Sunderland Mind**
  Offer a variety of mental health activities and services designed to promote resilience, reduce stress, and encourage a positive mindset delivered in a safe, compassionate, and non-judgmental environment.
- Hub of Hope
  A brilliant directory of services in our area to help you support yourself or someone else who is struggling, from anxiety to bereavement, loneliness to depression there are a huge range of services, and this makes it easier to find them.
- Andy's Man Club
  Free peer support group, meets every Monday at 7pm, just turn up. Locations in Murton, Sunderland, Houghton, Horden, Washington and more.
- Laura's Ladies Club, Seaham – meets Wednesdays 5.30 - 7.30, Parkside Community Centre upstairs
- Durham Mental Wellbeing Alliance
- **24/7 urgent help**: Samaritans 116 123 or you can email jo@samaritans.org
  Shout Free confidential text messaging service (text SHOUT to 85258)

REMEMBER if it is an emergency or you feel you're at risk, call 999 or go to A&E straight away.