

Easy After-school Jiu-Jitsu

Sources of Help — for our students

If something is worrying you, or you don't know what to do, please tell someone. Below is a list of people and places you can talk to. They are all kind, they all want to help, and you will not be in trouble for asking. You can call most of them for free.

999	<p>If you or someone else is in danger right now, or someone is hurt and needs help straight away.</p> <p>Free call. Tell them what is happening and where you are.</p>
Childline 0800 1111	<p>For anything that is worrying you. About school, about home, about your body, about a friend, about a coach, about anything.</p> <p>Free call from any phone. They will not tell anyone unless you want them to. You can also chat online at childline.org.uk.</p>
NSPCC 0808 800 5000	<p>For when an adult or older child has hurt you, or you are worried they might. You can also ask an adult to call for you.</p> <p>Free call. They can also help with online support at nspcc.org.uk.</p>

Where to go	How to contact them	What they help with
Your school's teacher or safeguarding lead	Ask any teacher, or ask for "the safeguarding person"	Anything you want to talk about, they have a duty to listen and to help.
Your parent or carer	—	Anything. They can also email david@easjj.co.uk or james@easjj.co.uk on your behalf.
Your EAS JJ coach	Any coach in the session, or David Lindsay (07834 563020) or James Wood (07450 147183)	Anything that worried you about a session or a coach or another student.
YoungMinds Crisis Messenger	Text YM to 85258	When you are feeling sad, worried, anxious, or just overwhelmed. Free 24-hour text service.
The Mix (under-25s)	0808 808 4994 or themix.org.uk	Discuss relationships, school, money, mental health. Free.
Bullying UK	0808 800 2222 or bullying.co.uk	Bullying online, in real life, at school, at home, or in clubs.

You will not be in trouble for asking for help. You will not get a friend, a coach, a teacher or your family in trouble for telling. The people who help children for a living are kind, they listen carefully, and they want to make things better. Please tell someone.

Easy After-school Jiu-Jitsu

Sources of Help — for parents, carers and adults concerned about a child

For parents, carers, coaches and any adult who is concerned about a child — at our sessions, in their family, at school, or anywhere else.

Who	How to contact them	When
Emergency services	999	A child is in immediate danger or needs urgent medical attention.
NSPCC helpline	0808 800 5000 help@nspcc.org.uk	Advice on a concern about any child. Open 24/7.
NSPCC professional whistleblowing line	0808 028 0285	For coaches, teachers and other professionals worried about how a safeguarding case is being handled in their own or another organisation.
David Lindsay — EAS JJ DSL	07834 563020 david@easjj.co.uk	Any concern about a child during one of our sessions, or about an EAS JJ coach.
James Wood — EAS JJ Deputy DSL	07450 147183 james@easjj.co.uk	When the DSL is unreachable, or when the concern is about David Lindsay.
UKBJJA Safeguarding Lead	Greg Creel — safeguarding@ukbjja.org	Concerns about EAS JJ workforce; advice on BJJ-specific safeguarding matters.
Devon County Council LADO	01392 384964 ladosecure-mailbox@devon.gov.uk	Allegations against an adult working with children at our 5 Exeter schools.
Torbay Council LADO	01803 208541 cpunit@torbay.gov.uk	Allegations against an adult working with children at Galampton and Ilsham primaries.
Devon Children's Social Care MASH	0345 155 1071	A child in Devon (other than Torbay) at risk of harm. Out of hours: 0345 600 0388.
Torbay Children's Advice and Duty Service	01803 208 100	A child in Torbay at risk of harm. Out of hours: 0300 456 4876.
CPSU (Child Protection in Sport)	thecpsu.org.uk	Specialist guidance on safeguarding in sport.

Who	How to contact them	When
Unit)		

Version 1.0 | Adopted May 2026 | Next review due May 2027 | easjj.co.uk/safeguarding