



SHOKOKAI KARATE FEDERATION are committed to safeguarding all members of our community

**Need to talk to someone  
about a concern?**

**Speak to**

**Karen Anderson**

**Mobile 07916298353**

**They are trained and available to listen and help you with any concerns you may have about yourself or someone else**



**Child Protection  
in Sport Unit**

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

**NSPCC**