



CLUB WELFARE OFFICER UPDATE

MAY



Welcome to the May Club Welfare Officer update, where we bring you the latest news and resources to help you in your role as the CWO for your club.

BRITISH JUDO UPDATES



Join the British Judo Young People Advisory Group

The British Judo Association is looking for new members to join its Young People Advisory Group, a unique opportunity for young judoka aged 14–19 to help shape the future of the sport.

This group brings together passionate young people who want to make a difference. Members work alongside British Judo staff to share ideas, influence decisions, and ensure that the experiences of junior members are reflected in how the sport develops.

[Click Here to Learn More](#)

Mental Health and Wellbeing Resources

To mark Mental Health Awareness Week this month, we are sharing a range of mental health and wellbeing resources to support individuals at every stage. Whether you're looking for guidance or someone to talk to, these services offer accessible and confidential support for anyone who needs it.

We encourage you to explore what's available and reach out if you need it – support is there, and you don't have to navigate things alone.

[Click Here to Learn More](#)

USEFUL RESOURCES

Every life matters

Every Life Matters - Cumbria United Against Suicide

Featuring real Cumbrian coaches and athletes from a range of local sports clubs, this powerful video shares an important message about suicide.

Developed by Every Life Matters, in partnership with Cumberland Council, Active Cumbria, and TDA (The Decommissioning Alliance), the campaign uses the power of sport — teamwork, community, and solidarity — to reduce the stigma around suicide and open up life-saving conversations.

[Click Here to Learn More](#)



An introduction to Contextual Safeguarding

In 2015, Professor Carlene Firmin coined the term 'contextual safeguarding' to describe an approach to safeguarding young people that looks at additional 'contexts' for harm outside of the family home and beyond the control of a child's parents and carers.

In this podcast episode, NSPCC Learning speak to Carlene about the concept of contextual safeguarding and how practitioners can incorporate contextual safeguarding practices into their work with children and families.

[Click Here to Learn More](#)



Club Welfare Catch Ups - Energize Active Partnership Shropshire, Telford & Wrekin

These monthly events are designed for any Club Welfare Officers or members of a club committee/organisation to attend.

You may want to explore your current activity offer, and identify any changes that could be made to help meet your existing members needs.

Or maybe you want to reach new people to help your club/organisation to grow, or to simply hear from other Club Welfare Officers in Shropshire, Telford and Wrekin about their roles, opportunities and challenges.

[Click Here to Learn More](#)