Welcome to the Eden Runners Welfare page

You can find information about how Eden Runners can support your welfare, our policies and procedures, and what support is available from the welfare team.

We have a team of three welfare officers at the club who can be contacted via the welfare specific email – [welfare@edenrunners.co.uk](mailto:welfare@edenrunners.co.uk)

All contact will be treated within the realms of our confidentiality policy unless it concerns information that falls within our adult and child safeguarding policy.

Your welfare officers have completed training via England Athletics including:

* Safeguarding in Athletics
* Time to Listen
* Mental wellbeing in sport and physical activity.

All welfare officers have an up to date DBS (Disclosure and barring service) check which is provided to the committee.

**Your welfare team:**

Wade Tilbury - I joined Eden Runners about 15 years ago. Professionally I have worked in child protection and safeguarding adults who are vulnerable for 30 years, mostly in the charity sector.  I enjoy running as it helps clear my head and relax. I now prefer trail and fell over road.

Suzzanne Smith – Hi, I’m Suzanne and I joined Eden Runners in 2016 as a fairly new runner. My background is very eclectic but I’m currently a full-time mum to two boys and two springers, part-time sports massage therapist and part-time retail colleague. Although I prefer longer distances you’ll regularly see me pacing at park run. I also help coach our junior division with I absolutely love. Running is my therapy but I complement it with yoga and strength training, and otherwise being outside.

Amy Elliott – Hi, my name is Amy and I joined Eden runners quite recently in 2022 after moving to Penrith late 2020. I have worked with children, young people and parents/carers in a range of different roles across the education, charity and support sector for many years. Promoting wellbeing and welfare has always being central to these roles. I love living in the Lakes, with a great playground on our doorstep; you’ll find me running, hiking, climbing, swimming, cycling and snowboarding – basically anything that gets me outside and active!

**Safeguarding our members:**

The safeguarding of children and adults is a fundamental expectation of any organisation and of the utmost importance.

Our polices can be found below:

(Policy Links)

**Reporting concerns:**

If you have any concerns regarding the conduct of a member of Eden runners; whether a committee member, coach, run leader or participant of a session; you are able to report this directly to the welfare team using the email address above.

Safeguarding is everyone’s business and your report will be treated with professionalism by the welfare team. Our response to any concerns will follow the procedures outlined in the relevant policy.

Examples of concerns you may want to discuss; harassment, bullying, discrimination, any form of abuse, or a situation that may make you feel uncomfortable.

**Supporting your welfare:**

Whilst the focus of Eden runners may be to support your physical wellbeing through the delivery of our wide range of sessions and events, your emotional wellbeing and mental health needs are also important to us.

If you find yourself struggling and need someone to talk things through with, then please feel free to contact the welfare team via the email above or by approaching a welfare office after a session.

You can request support from a particular welfare officer if you’d prefer, and one of the team will arrange a time to call you or arrange a meeting for an informal talk.

Sometimes sharing a worry, and feeling heard, is enough for us to move forward, however we can also signpost you to local and national services that may be able to provide further support, if you feel this is needed.

If you have any questions or comments regarding the policies or welfare team please contact us on [welfare@edensrunners.co.uk](mailto:welfare@edensrunners.co.uk)