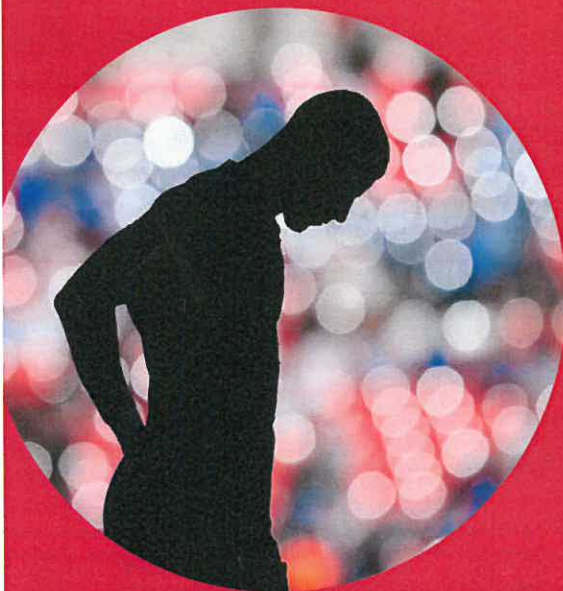


# SAFE

Are you being heard?  
Is something worrying you?  
Do you need someone to listen?



If you are worried or concerned about yourself or someone you know, you can talk to us in confidence.

Designated Safeguarding Officer

**Name:** Marc McPhillips

**Contact:** 01642 454816 or  
marc.mcphillips@mfcfoundation.co.uk



Speak to your Club Welfare Officer or contact  
NSPCC: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Tel: 0808 800 5000

Alexandra Richards, EFL Safeguarding Manager  
[arichards@efl.com](mailto:arichards@efl.com)



**MFC** FOUNDATION

**EFL**