

1st October 2021

British Gymnastics update October 2021

The conviction of Stuart Woods has been extremely distressing for the TeamGym and wider gymnastics community. We'd like to remind people that public discussion of his crimes will likely be traumatic and triggering for those involved and consideration and respect is needed at this very challenging time. British Gymnastics is absolutely committed to ensuring everyone involved in gymnastics is safe. If you have been affected by this, support is available to you.

If you are distressed, worried for your or someone else's wellbeing, expert help and advice is available:

- **NSPCC** - [call the NSPCC on 0800 800 5000](#), [email](#) or [submit an online form](#).
- **DAS counselling service** (please see the attached contact information). This service is accessible to members of British Gymnastics over the age of 18 on 0117 934 2121.
- **Victim Support** - [Home - Victim Support](#) tel: 24/7 Support line 0800 1689 111
- **MIND** - [Urgent help – Mental Health At Work](#) or telephone Mind's Infoline: 0300 123 3393.
- **Samaritans** - [Contact Us | Samaritans](#) Helpline 116 123

If you need support to make a complaint, please speak to British Gymnastics Integrity, we are here to help you. You can contact us on [0345 1297129](tel:03451297129) or integrity@british-gymnastics.org. In addition, you can call the Police directly on 101 where a crime has been committed.