



Your Club Needs You

Appeal

Your Club Kitchen
needs
Volunteers for
Big Events in
April & May

We also need
volunteers for
Afternoon & Evening
sessions

The Club can't survive without
you volunteering for any role,
Please help.

Contact - Ann Beale
01823 279754

"Volunteers are not paid – not because they are worthless, but because they are priceless."



Everyone working and volunteering in sports and physical activity needs to be aware of the grooming process so that steps can be taken to prevent children and/or vulnerable adults from being sexually harmed.

The term 'grooming' is commonly used to describe the process of entrapping and preparing a child, the adults around them and even the environment to enable abuse to take place. Grooming is a core part of many cases of sexual abuse but children and young people can also be groomed for radicalisation or criminal exploitation.

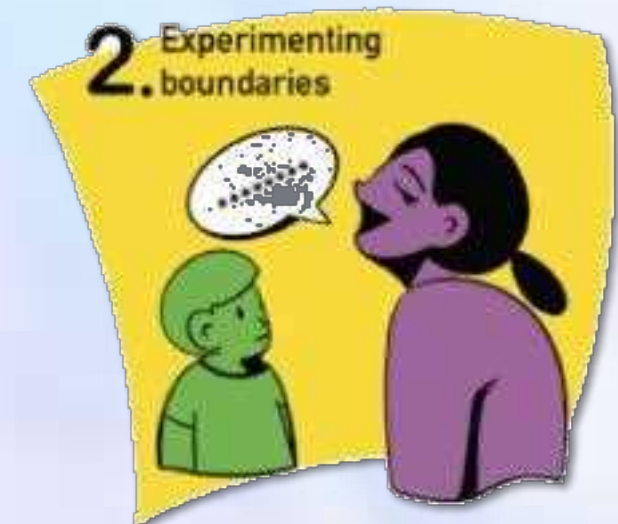
We know that people who set out to harm children will use a range of tactics to trick and entrap a child, these often include:

- seeking access – looking for roles with regular contact with children and actively seeking out organisations with unclear boundaries and policies.
- testing the culture – breaking small rules to test whether they are challenged about their behaviour.
- building trust – giving advice, attention or gifts. Trying to appear respectable and even indispensable to the adults in the organisation.
- exploiting power – using a power imbalance to take control and make a child feel dependent or isolated.
- keeping secrets – using secrets to control or frighten, increasing the feelings of shame and guilt put on the child.
- manipulation – tricking the child into thinking they are in control.
- online – using social media and messaging apps, pretending to be someone they are not, pressuring a child into sending pictures and then threatening to share them.

People who abuse children can be any gender and any age, including other young people and will often hold positions of trust or authority and may take steps to manipulate those around them to ensure they are perceived as respectable, reliable and trustworthy. This means they can look like any other member of the community. If an abuser was easy to identify from appearance, then children would avoid them and adults would ensure they were prevented from gaining access to children. We do know that approximately 90-95% of those who sexually abuse children are male.

In a sports environment, some signs a child is being abused may include:

sudden changes in participation/avoiding club sessions or training, changes in behaviour or in mental health and wellbeing, fear of certain places, areas or certain





people, having unexplained gifts, becoming secretive, use of drugs/alcohol and inappropriate sexualised knowledge.

Sexual abusers will target children who appear to be vulnerable, such as those in care, with low self-esteem and those experiencing difficulties with their peers or families, as these are perceived to be easier to manipulate and isolate from potentially protective adults or friends.

In sport, a child may be vulnerable because of their dependence on an individual for their progress in the sport or even their place in the team or squad.

It's rare for a child to tell an adult about being tricked and groomed. Children may not speak about it due to feelings of embarrassment, fear of not being believed, not recognising the situation as abusive or because they are dependent on the person causing harm.

As a club we can reduce the risk of grooming behaviour taking place by ensuring the following occur.

- follow safer recruitment procedures – including references and checks for members, those volunteering or working with children.
- enforce codes of conduct –if an organisation has solid codes of conduct, they can more easily challenge those small infringements which discourages the escalation of the rule breaches
- set out clear reporting steps – so that everyone knows concerns will be handled correctly, in a proportionate manner while maintaining confidentiality.
- ensure online safety – have policies and codes of conduct covering guidance on appropriate communication and use of social media apps to communicate with children or parents.
- Involve children in decisions and listening to what they have to say also means they are more likely to speak up if they have concerns
- have an open culture – by encouraging discussions about what is and isn't acceptable behaviour you provide children with the language and opportunity to share concerns. You also make the organisation less appealing to those who would seek out vulnerable organisations to harm children.

Helplines

- Childline 0800 1111 – for children and young people under 19
- NSPCC helpline 0808 800 5000 or email: help@nspcc.org.uk – helping adults to protect children
- Stop It Now! tel: 0808 1000 900 – UK and Ireland



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Led Zeppelin, British rock band that was extremely popular in the 1970s. Although their musical style was diverse, they came to be well known for their influence on the development of heavy metal. The members were Jimmy Page (b. January 9, 1944, Heston, Middlesex, England), Robert Plant (b. August 20, 1948, West Bromwich, West Midlands), John Paul Jones (original name John Baldwin; b. January 3, 1946, Sidcup, Kent), and John Bonham (b. May 31, 1948, Redditch, Hereford and Worcester—d. September 25, 1980, Windsor, Berkshire).

Initially called the New Yardbirds, Led Zeppelin was formed in 1968 by Jimmy Page, the final lead guitarist for the legendary British blues band the Yardbirds. Bassist and keyboard player Jones, like Page, was a veteran studio musician; vocalist Plant and drummer Bonham came from little-known provincial bands. The group was influenced by various kinds of music, including early rock and roll, psychedelic rock, blues, folk, Celtic, Indian, and Arabic music. Although acoustic and folk-based music was part of the band's repertoire from its inception, it was the bottom-heavy, loud, raw, and powerful electric style that gained them their following and notoriety early on; their first two albums included many of the songs that prompted Led Zeppelin's categorisation as a precursor of heavy metal. The heaviness of songs such as "Dazed and Confused" and "Whole Lotta Love" was created by Bonham's enormous drum sound and through Page's production techniques, in which he emphasised drums and bass, resulting in a sonic spaciousness that has kept the records sounding fresh years after they were made. Page and Jones also wrote most of the band's music, while Plant contributed lyrics and some musical ideas. Although Page was responsible for the majority of their signature riffs (the short, repeated musical ideas that often structure a song), Jones wrote the riff for the celebrated "Black Dog" and several other songs. Jones also contributed much to the arrangement of songs. Page's guitar solos were based primarily on melodic ideas derived from the blues scale ("Heartbreaker" is a good example), and he is especially known for creating multiple, simultaneous guitar parts—a kind of guitar orchestra—in such songs as "Achilles Last Stand" and "The Song Remains the Same." Page is considered one of rock's guitar heroes, but, because he was more interested in creating a distinctive mood and sound on a recording than in displaying his virtuosity, he frequently chose not to include a guitar solo in Zeppelin songs.

Plant's voice rounded out Led Zeppelin's sound. Exaggerating the vocal style and expressive palette of blues singers such as Howlin' Wolf and Muddy



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Music



Waters, Plant created the sound that has defined much hard rock and heavy metal singing: a high range, an abundance of distortion, loud volume, and emotional excess (“Whole Lotta Love” is a classic example). Plant was, however, capable of a broader stylistic range, including tender ballads (“The Rain Song”) and songs showing the influence of Indian and Arabic vocal styles (“Kashmir”). Led Zeppelin’s best-known song is “Stairway to Heaven”; its gentle acoustic beginning eventually builds to an exhilarating climax featuring a lengthy electric guitar solo. This combination of acoustic and electric sections was typical for Page, who from the band’s beginning was interested in juxtaposing what he called “light and shade.” The song appeared on the band’s fourth and most famous album, released untitled, which showed only four runic symbols (intended to represent the band members) on the cover and had the mystical, mythological lyrics to “Stairway” printed on the inner sleeve. The sense of mystery and ritual that this created became an important part of the band’s image. They kept their distance from the press and were uninterested in catering to the singles market. Moreover, “Stairway” and several other songs were of epic length by rock standards, and concert improvisations stretched some songs to triple the length of their studio versions.

Thanks in part to their manager, Peter Grant, the band enjoyed phenomenal commercial success throughout the 1970s. While Led Zeppelin never received the kind of critical acclaim or mainstream acceptance accorded the Beatles or the Rolling Stones, their influence on rock music has been prodigious. They are regularly cited as the progenitors of both hard rock and heavy metal. Their sound has been imitated by bands from Black Sabbath to Nirvana. They also inspired hard rock bands to include acoustic elements in their music and were among the first to experiment with Indian and North African music. Page’s style—both his solos and riffs—has served as an important model for most rock guitarists, and Bonham is often cited as the model for metal or hard rock drumming.

Led Zeppelin disbanded in 1980 after Bonham’s accidental death. The group re-formed for short, one-off performances in 1985 (the Live Aid benefit), 1988 (Atlantic Records’ 40th anniversary concert), and 1995 (the band’s induction into the Rock and Roll Hall of Fame). Much more momentous was the group’s full-blown concert in London in December 2007 to honour Atlantic’s cofounder Ahmet Ertegun, at which Bonham’s son, Jason, played the drums. Although the Recording Academy had honoured Led Zeppelin with a lifetime achievement award in 2005, the group received its first Grammy Award in 2014 for Celebration Day (2012), a live album derived from the 2007 reunion show. In 2012 Led Zeppelin was named a Kennedy Center honoree.







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