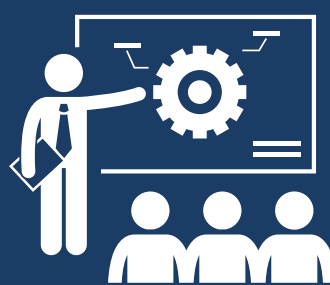


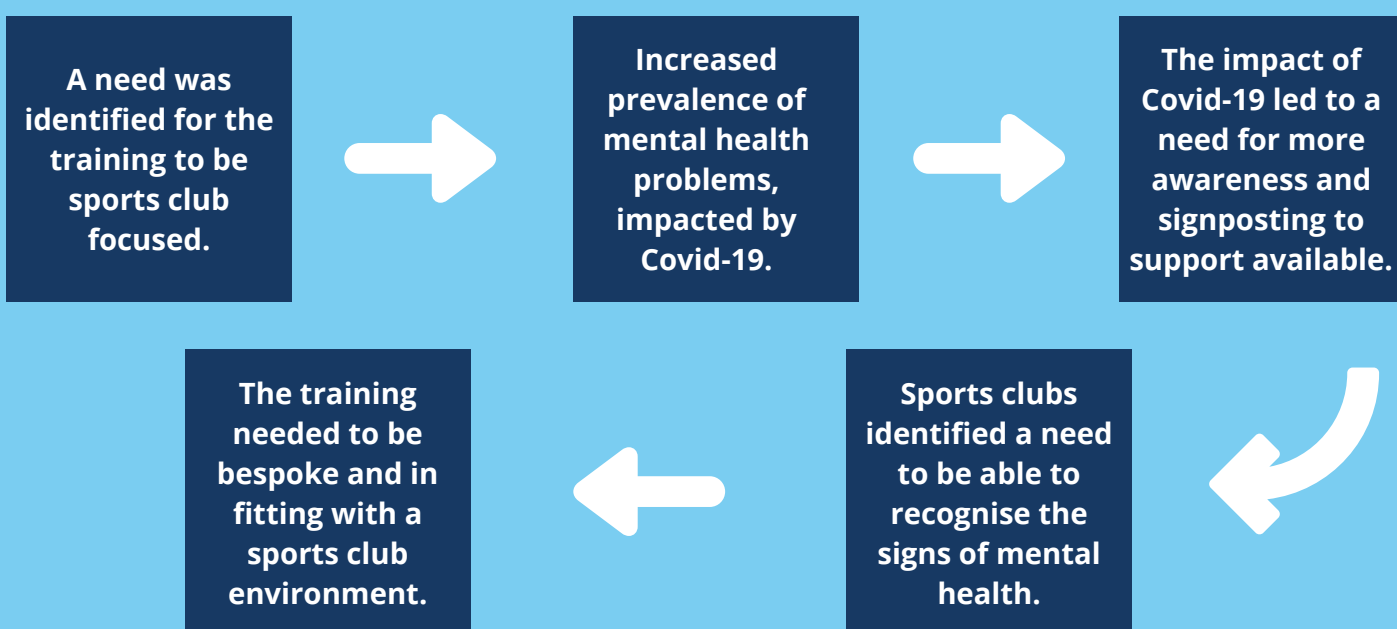


Delivering bespoke **Mental Health Awareness training** in partnership with **Support In Mind**.

Encouraging **positive conversations** about mental health in the **sports club environment**, both in **delivery** and **behind the scenes**.



INSIGHT



WHAT TOPICS WERE COVERED...?

What is mental health & common problems

Signposting onto support where/when needed

Challenging Stigma

Approaching difficult conversations

Recognising signs of mental health

Non-judgemental listening

The partnership with Support In Mind was vital to prepare bespoke training for sports clubs. Discussions took place pre-course to identify the specific objectives for the clubs, ensuring it targeted participants involved in delivery and behind the scenes.

Lived experience was involved in the planning and delivery through the tutors personal experiences and battles with mental health. This helped to shape the course and back up the information provided with real life experiences.

The project identified clubs and priority audiences in need around the Covid-19 pandemic e.g. Lower socio-economic, BAME, disabilities and women & girls, to gain relevant feedback on existing barriers and training needs.



The course structure and content was adaptable to the needs of the group, receiving regular feedback during the course to create a safe, trusted and open environment to share thoughts.

THE KEY TO MAKING IT A SUCCESS...?

AIMS & OBJECTIVES

- ➔ Having a suitable trainer with the right skills, knowledge, personality and lived experience.
- ➔ Access to Sport England's 'Tackling Inequalities' fund to have the resource to plan and deliver the training.
- ➔ Identifying clubs in need from priority audiences, e.g. Lower socio-economic, disability, BAME and women/girls.
- ➔ Creating bespoke training for sports clubs, working with Falkland Cricket club to identify the need.
- ➔ Making the training accessible using an online platform to deliver the course.

- 💡 Providing increased knowledge of mental health problems.
- ⚠️ Being able to recognise the signs of mental health decline.
- 👤 To understand the difference between banter and bullying in a sports club environment.
- 🗣️ To have the confidence to approach people to have difficult conversations about mental health.



Support In Mind delivered the training courses and provided the skills and knowledge to get across the information relevant to the sports clubs.



Get Berkshire Active supported the planning and delivery for this project, as well as access to funding, gaining the relevant insight and having the relationships with local sports clubs.

PARTNERSHIPS

Falkland Cricket Club were the main sports club we used to identify the need from a club's perspective. We were then able to tailor this to the participant and club needs.



Accessing Sport England's 'Tackling Inequalities' fund helped to plan and deliver the training while making it accessible to clubs in need from our priority audiences.



PROJECT OUTCOMES



14 delegates from across Berkshire attended online, from 13 different sports clubs.



100% of attendees thought the session was about the right length of time and would recommend it to others.



4.3 was the average rating of the session overall, and for the session organisation, scored out of 5.

KNOWLEDGE

13 delegates completed a questionnaire about their pre and post course knowledge to see how much they had learnt. They rated themselves out of 10 on twelve different areas with improvements seen in all areas.



Increased knowledge of general mental health facts, meanings, continuum.



Increased confidence to talk to someone you feel is showing signs of declining mental health under <18.



Improved capability to listen with empathy and non-judgmentally.



Improved ability to recognise the visual signs of mental health decline.

SHARING BEST PRACTICE



The local approach

It was beneficial to use a local mental health awareness trainer and local sports clubs, making it easier to plan and deliver the training.



Partner needs

It was important to create bespoke training based on the objectives of the sports clubs. Having these conversations before delivery helped to shape the content and meet everyone's needs.



Learning & Evaluation

Receiving regular feedback from the participants and the tutor helped to make improvements where required, especially to ensure it worked around the complexity and sensitivity of mental health.

JASON MCMAHON - MENTAL HEALTH AWARENESS COACH

Now working and living in a global pandemic, it is vital that we highlight the increase in mental health need for those with existing problems, for those at risk, and for the entire community – especially those with little knowledge or understanding.

A negative home, family, work, social or sporting club environment can be corrosive to our mental health. I now use my recent journey in life to inspire others to be more educated and to reach out for support at times of need.

Through Support in Mind and local partnerships, I now hope to drive positive change of ethos and direction to focus on mental health wellbeing as equal to physical health. Support in Mind can help to achieve that; with a very personal approach & with lived experiences to drive positive change in culture & personal understanding.

CONTACT INFO

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