

Mindset Sport

Press release

Summary

Mindset Sport is a new, free wellbeing resource aimed at local, grass roots sports clubs.

It is completely free and is there to help coaches, players, parents and clubs assist in the wellbeing of their members. Resources cover a range of subject from physical and mental health to financial and relationship support. We are here to help you signpost to get people the right help.

Aim's

The aim is to normalize conversations around mental health, LGBTQI+ and ED&I awareness in local sports and give local clubs and coaches the tools they need to look after people as a whole not just the physical health.

The site is designed to signpost users to the professional support services that are available with tips and blogs from experts in certain areas.

Additional information

-most people are aware that there is a direct correlation between the benefits of sport on mental health and wellbeing but there is also proof that players who feel engaged and looked after are able to perform better. Thats why the large sports clubs have phycologists, but aware that this is not possible for the smaller clubs we created Mindset Sport. We would love this to touch every sports club across the country to help improve player wellbeing. All we ask is that you sign up



Mindset Sport background

Mindset Sport is an off shoot of Mindset who specialise in introducing Wellbeing, Mental health & ED&I training and policies into business.

Alongside lived experience of Depression and Anxiety the the creators of Mindset Sport are qualified MHFA England instructors and associate trainers for the mental health charity Mind

It came about as Mindset were working with a local Rugby Club to help with the clubs Mental health provision and we decided that if we were writing for one club why not share it with everyone

Quote's

- 'it's a brilliant idea and such a helpful resource for clubs.'

Tough Enough to Care - mental health charity

-'Great work with Mindset Sport, it's something that's been needed at grassroots level for a long time. Its definitely something I will introduce to the clubs and organisations I work for'-.
ADAM BROOMFIELD
HEAD COACH
Whitchurch Hockey Club,
The largest field hockey club in Wales

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-' His simple goal is to help Grassroots clubs with issues that effect players, coaches and supporters not only on the field, but off it.

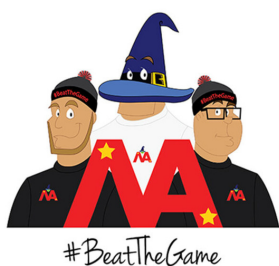
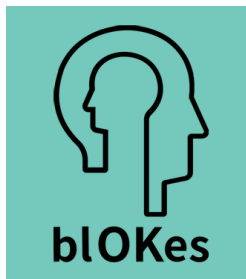
Chris Sheridan
Club Officer

Overton Rugby Club

press release

Partners

We have a great relationship with some amazing partners who have come on board to offer their expertise to all our members. More are being added all the time so we can expand our network



Clubs

Here are the clubs that have committed to displaying that they are working towards looking after their players both on and off the pitch

ECCLESHALL



Cranleigh RFC

Haslemere CRFC

resellers

Clubs cont.

The teams are asked to proudly display one of three badges alongside the club logo



Bronze

For those clubs signed up to use the free web resources, have added a link to Mindset Sport from your club site and have sent us your logo to feature on our site



Silver *

For those clubs that done the above & have taken advantage of the free training sessions provided by Mindset Sport for coaches and players



*we will also accept proof of attending 'Movembers' Ahead of the Game training or Give a Ruck Training



Gold **

This is for clubs who have done all of the above and also provide trained Mental Health First Aiders at all levels in the club.



**there may be a cost element to cover the cost of materials and trainers time but this is partly subsidised by our parent training company, Proof of training required if provided by another supplier



Matthew Mason-Hames

(He, Him, His)

contact.mindsetmhm@gmail.com

01428 746699

www.mindsetmentalhealthmatters.co.uk



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