



Mental Health Charter for Sport and Recreation

Action plan for Edinburgh University Sports Union (EUSU)

As a signatory of the [Mental Health Charter for Sport and Recreation](#) we are committed to taking action across the following six areas:

1. Use our sport to promote good mental health and wellbeing
2. Adopt good mental health policies and best practices
3. Appoint ambassadors and role models
4. Tackle discrimination on the grounds of mental health
5. Support a pan-sport platform to develop and share resources and best practice
6. Throughout all of this we should regularly monitor our performance

To help facilitate a joined-approach we have appointed a lead staff member:

Name: Ross Simpson
Position: Sports Program Manager
Tel: 0131 651 4437
Email: ross.simpson@ed.ac.uk
Organisation website: <http://www.ed.ac.uk/sports-union>

Ross will work in close collaboration with the [Participation Officer](#) (One of the 9 student volunteer roles, annually elected to the Executive Committee) to deliver the aims of this charter and ensure its continuity.

Why have we signed the charter? EUSU has always taken a proactive approach towards tackling mental health issues on campus. We already hold events during year, particularly around the exam diet, that aim to reduce stress through sport. In addition, we also have introduced basic mental health training workshops for senior committee members. Signing the charter reiterates EUSU's commitment to caring for our members' mental health, and provides a clear framework for further development.



Audience	Activity description (the numbers correspond with the Charter's activity areas, listed above)	Support required	Internal lead (include contact details)	Timescale	Performance indicator	Progress update
All students	<p>Stressbusters sessions (1)</p> <ul style="list-style-type: none"> - Our Stressbuster program is a series of one-off taster events run by our sports clubs, designed to help reduce stress. They usually take place during exam periods (December and April), but this year we also ran a series during our Mental Health and Wellbeing week, in collaboration with Edinburgh University Student's Association (EUSA). - We will continue to run this program, and will aim to expand it each year in order to engage more students. - This programme not only directly helps students de-stress during stressful exam periods, but also allows us to promote sport as a means of improving mental wellbeing year round (e.g. "Did you enjoy that archery Stressbuster session? Why not join the Archery club?") 	Guidance on successfully marketing the benefits of sport to mental health	Vice-President: eusu.vicepresident@ed.ac.uk	One series of Stressbuster sessions per semester (held during exam diets), and another during MHWB week	Number of participants in SB (according to the SU's overall development plan: 900 participants annually by 2016/17, 1000 by 2017/18)	
SU Club committees	<p>Club committee training (1,2,3)</p> <ul style="list-style-type: none"> - We will continue to develop our equality and diversity workshops for club committee members, and ensure mental health and wellbeing awareness forms a prominent part in these. This will equip the student leaders in our clubs with the skills and knowledge needed to support their members' mental health. - Topics to include a general overview of mental health issues, and a more detailed one on specific conditions likely to affect 	Resources for mental health awareness presentations, details of external speakers (from Mind and/or EUSA),	President, in collaboration with Participation Officer and Sports Coordinator (Volunteering & Events): Sports.President@ed.ac.uk , eusu.participation@ed.ac.uk , and tim.rawlinson@ed.ac.uk	2 E&D workshops delivered at General meetings to clubs per semester, with one of each focused around a mental health related topic. (i.e. at least 2 mental health workshops per year).	Feedback from clubs as to usefulness of content and relevance to sport will allow us to tailor workshops in future years.	

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	<p>students (e.g. eating disorders, stress, anxiety, depression)</p> <ul style="list-style-type: none"> - Club committee members will also be able to spread the positive message of how sport is beneficial for one's mental wellbeing amongst their members at a grassroots level 					
SU Club presidents	<p>Scottish Mental Health First Aid training (1,2,3)</p> <ul style="list-style-type: none"> - As well as training Club committees in mental health awareness (see above), we will provide opportunities for committee members to achieve qualifications in Scottish Mental Health First Aid, so that their club has someone who is properly able to help members in times of crisis. - We will not expect these students to replace counsellors, or provide long-term care, but making sure they know how to help people suffering anxiety, panic attacks, etc., as well as advance knowledge of warning signs, will be immensely valuable. - This training will be part of our Coaching and Volunteering program, and clubs will be rewarded for completing this training through our Club Score system (see below). 	Details of suitable certification course from recognised mental health first aid instructor	Participation Officer & Sports Co-Ordinator (Volunteering and Events) eusu.participation@ed.ac.uk & tim.rawlinson@ed.ac.uk	Course delivered found in time for it to be offered during academic year 2016/17 (Course should potentially run twice, once per semester)	Percentage of clubs which have a SMHFA qualified committee member.	
SU Staff	<p>SMHFA instructor qualification for Staff (2)</p> <ul style="list-style-type: none"> - By training (at least one of) our full time staff members in mental health first aid instruction, we will be able to deliver SMHFA courses to club committee members (in a more cost- and time- 	Details of suitable certification course from recognised mental health first aid instructor	Participation Officer & Sports Co-Ordinator (Volunteering and Events) eusu.participation@ed.ac.uk	Qualification achieved – by start of academic year 2016/17	Sports Coordinator (V&E) is satisfied they are capable of delivering future	

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	<p>efficient manner than using external trainers).</p> <ul style="list-style-type: none"> - This will also ensure the continuity of the training, and commitment to the charter generally. - The Sports Co-Ordinator (Volunteering and Events) is the staff position most suited to delivering such courses, as we have received a £5000 contribution towards his salary from the University to fund projects such as this. - Training to be delivered by Student Minds, or a similar course. 		<p>@ed.ac.uk & tim.rawlinson@ed.ac.uk</p>		<p>SMHFA courses to club presidents.</p>	
All	<p>Raising awareness: Update current mental health and wellbeing web content to be more comprehensive and include details about this charter (1,2,4)</p> <ul style="list-style-type: none"> - What is the Charter and why we have signed it? (include links to Charter website) - What we have done so far. Information about current programs, and headline statistics about the link between mental health and sport. - Information and links about mental health encourage links to local/university mental health services - Useful contacts and guidance on dealing with mental health issues for club members (e.g. Mind, Scottish Association for Mental Health, Health in Mind, Elefriends) 	<ul style="list-style-type: none"> - Key messages about the Charter - Links to Mental Health awareness 	<p>SU Media Manager, with content support from Participation Officer eusu.general@ed.ac.uk & eusu.participation@ed.ac.uk</p>	<p>Content created – end of April 2016 Published – May 2016 To be updated at key milestones. Website: http://www.ed.ac.uk/sports-union/health-and-wellbeing/mental-health-and-wellbeing</p>	<p>Pages live. Number of downloads.</p>	
All students and staff	<p>Join up with other groups in the University (1,5)</p>	n/a	Participation Officer:	Ongoing	Feedback from relevant groups	

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	<ul style="list-style-type: none"> - We will continue to work and communicate with other relevant groups across the University to promote opportunities for physical activity, and to raise awareness of the benefits of sport to mental health. - We currently have links with the Healthy University project, and the Support for Physical Activity program within the university, who refers students who have completed the program onto us. The counselling service refers some of their users onto the SPA program, so that participation in sport can form part of their support network. - Contact the University Counselling Service, and the Advice Place, ensuring users are aware of sports opportunities available to them, especially specifically designed events like Stressbusters. - Ensure our website signposts such opportunities and information, e.g., SPA program (Support for Physical Activity), jogscotland, NHS live well information. 		eusu.participation@ed.ac.uk			
SU Staff & Exec Committee	<p>Mental Health Charter working group (5,6) Establish an action plan working group comprised of:</p> <ul style="list-style-type: none"> -Sports President -Participation Officer (Chair) -Sports Programme Manager <p>We will also invite Edinburgh University Students Association (EUSA)'s Disability and Mental Wellbeing Convenor, so that we have better</p>	N/A	Participation Officer: eusu.participation@ed.ac.uk	First meeting: May 2016	Outputs against agreed actions at the meeting. Success of other areas of the action plan. Annual club survey on mental health?	

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	<p>opportunities to work together on this shared issue. The working group will:</p> <ul style="list-style-type: none"> • Review action plan and to map out what exists already, synergies and new activities • Assign lead staff members • Review progress against action plan and agree evaluation activities • Highlight new areas for development, such as supporting injured players, disability sport, community/charity outreach 					
Other Universities' Sports Unions	<p>Share good practice with other student sport institutions (5)</p> <ul style="list-style-type: none"> - Contact other Sports Unions and BUCS to review what they are working on and share good practice. - Explore opportunities to work together on specific outputs. - Share good practice with Mind so that it can be considered as a resource on the Mental Health Charter for Sport and Recreation's website. - Produce a case study, to be shared with SSS Elected Student Forum and BUCS Best Practice Guide 	N/A	SU President: sports.president@ed.ac.uk	Ongoing feedback and support with other Sports Unions. Case study to be produced by the end of academic year 2016/17	Feedback from our case study	
All students	<p>Ambassadors and role models (2,3,4)</p> <ul style="list-style-type: none"> - By training our committee members in mental health awareness and first aid, we will create a network of informal ambassadors, who are already in student leadership positions and are able to spread the 	n/a	President: sports.president@ed.ac.uk	Community Club Score policy updated in time for September 2016	Clubs see long term improvements their community club score	

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	<p>word about the benefits of sport to mental health.</p> <ul style="list-style-type: none"> - This will also help to reduce stigma around mental health in sport, as club members will hopefully become more comfortable talking about issues they may be experiencing. - Create Ambassador Clubs through Club Score system. We will incentivise clubs to promote mental wellbeing and enact good practices (e.g. attending mental health workshops and training, hosting awareness or charity events, creating buddy systems to welcome new members/members who might need more support) through our Club Score system. This rates clubs on a number of criteria, and subsequently rewards them as their funding is partly based on their score. Mental Health would form part of the Community Club Score segment. High achieving clubs and their activities could then be promoted to other clubs as exemplary cases, further encouraging good practice. 			Identify and highlight ambassador clubs: May 2017		
SU Staff	<p>Raising awareness: Internal awareness raising campaign (1,2,4) Work with team colleagues to raise awareness of the Charter and how to promote positive mental well-being and reduce discrimination through:</p> <ul style="list-style-type: none"> - Annual Staff and Exec training – Charter and well-being to be embedded into annual training. 	Any supporting materials	Participation Officer: eusu.participation@ed.ac.uk	April 2016 – Sign charter, and promote our reasons for doing so to clubs, staff, Ensure we also highlight our existing	Improvements recorded through staff survey.	

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	<ul style="list-style-type: none"> - Upload presentations and other resources from workshops to the Sports Union wiki, giving staff and club committees easy access to existing help and information - Include regular information in club e-newsletter 			successes (e.g. Stressbusters, workshops), as well as new commitments		
All University students and staff	<p>Raising awareness: External publicity of our campaign</p> <p>We will publicise the signing of our charter, and subsequent successes, to the wider University community (and across Scottish Higher Education generally) through announcements on our website, in social media, and articles in The Student newspaper and local press.</p>	Guidance on appropriate language and messages for external publicity	Participation Officer and Publicity Officer: eusu.participation@ed.ac.uk , and eusu.publicity@ed.ac.uk	April 2016 – promote the charter to the wider university community, and across Scottish Higher Education.	Hits on our news releases, shares on social media, publication in student and local press.	
All University students and staff	<p>Raising awareness: Annual Mental Health and Wellbeing week. (1)</p> <ul style="list-style-type: none"> - Following the success of this year's inaugural MHWB week, we will continue to partner with EUSA to deliver this cross-university week of events. - We will host a series of Stressbuster events (see above) during this week - We will also consider hosting other related events, e.g. an external speaker with a sporting background, gym open day 	Ideas for developing the week (e.g.: How can we make sport events more relevant to the topics discussed? Who should we have as guest speakers? etc.)	SU President, in collaboration with Participation Officer and EUSA's Vice-President Societies and Activities: Sports.President@ed.ac.uk , with eusu.participation@ed.ac.uk and ypsa@eusa.ed.ac.uk	TBC through discussion with EUSA (2016 events took place 8 th -14 th Feb)	Reach of coverage during the week, participation in events	