



September 2015 version1

Audience	Activity description (the numbers next to the activity description heading correspond with the Charter's areas of activities listed above)	Support required	Internal lead (include contact details)	Timescale	Performance indicator	Progress update (leave blank for now, we recommend you update this at 6 and 12 months)
All	<p><b>Raising awareness: Create introductory website and intranet pages</b> (1&amp;2)</p> <ul style="list-style-type: none"> <li>- What is the Charter and why we have signed it?</li> <li>- What we have done so far as British Orienteering. Links to case-study from clubs and tips sheet</li> <li>- Information and links about mental health encourage links to local mental health services</li> <li>- Useful contacts including employee assistance programme and relevant policies (Intranet only) and link to player association for athletes to get support.</li> </ul>	<ul style="list-style-type: none"> <li>- Key messages about the Charter</li> <li>- Links to Mental Health awareness</li> </ul>	<p>Craig Anthony  <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a></p>	<p>Content created – October</p> <p>Published – October</p> <p>To be updated at key milestones</p>	<p>Pages live. Number of downloads.</p>	
All	<p><b>Charter action plan working group</b></p> <p>Establish an action plan working group to include representatives from the following teams:</p> <ul style="list-style-type: none"> <li>- Director / trustees /governance</li> <li>- Staff</li> <li>- Club representatives</li> </ul> <p>The working group will:</p> <ul style="list-style-type: none"> <li>• Review action plan and to map out what</li> </ul>	N/A			<p>Outputs against agreed actions at the meeting. Success of activities.</p>	

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	<p>exists already, synergies and new activities</p> <ul style="list-style-type: none"> <li>• Assign lead staff members</li> <li>• Review progress against action plan and agree evaluation activities</li> </ul>					
All	<p><b>Raising awareness – keeping the wider NGB community up-to-date</b> (1,2&amp;5) Secure regular slots in the following:</p> <ul style="list-style-type: none"> <li>- Focus</li> <li>- Mikes eNews</li> <li>- Full staff meetings</li> <li>- Encourage clubs to disseminate through their newsletters.</li> </ul>	Updates on new resources and activities	Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>	Request to editors – October  Schedule copy reminders. Quarterly		
Other NGBs	<p><b>Share good practice</b> (5) Contact other NGB leads / Player association leads to review what is happening in other sports / organisations and share good practice. Explore opportunities to work together on specific outputs.</p> <p>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.</p>	N/A	Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>		Number of things done differently as a result. Impact of changes. Opportunities for joined up working.	
All	<p><b>Ambassadors and role models</b> (3) Recruit a range of ambassadors and role models who are willing to support the Charter</p>	Ambassador guidance	Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>	i) Create a brief for ambassadors /		

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	<p>including those who have personal experience /close experience and those who can champion the programme to include:</p> <ul style="list-style-type: none"> <li>- Director / Trustee</li> <li>- Professional players (work with players association)</li> <li>- Coaches / volunteers (work with workforce development)</li> <li>- Spectators (work with regional teams)</li> </ul> <p>Ambassadors and champions to support with:</p> <ul style="list-style-type: none"> <li>- Mental health selfies</li> <li>- Speaking to stakeholders</li> <li>- Case studies</li> <li>- Media</li> <li>- Attendance at events</li> </ul>			<p>role models - December ii) Recruitment and briefings – January iii) Engagement of ambassadors and role models in internal / external comms – March</p>	<p>Reach of coverage. Feedback from stakeholders.</p>	
Employees	<p><b>Raising awareness: Internal awareness raising campaign</b> (1,2&amp;4) Work with 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"> <li>- Full staff meeting – Charter and well-being to be a regular agenda item at meetings</li> </ul>	Any supporting materials	Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>	October – World Mental Health Day Charter why we have signed / case studies what we have available already (employee assistance /		

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				flexible working policy etc.)		
Fans and Spectators (and wider)	World Mental Health Day Awareness (weekend) event – Launch mental health charter at Club and Association Conference.		Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>	October 9 – 11 <sup>th</sup>	Reach of coverage during the event	
	Deliver pilot projects to mental health projects <ul style="list-style-type: none"> <li>- Rotherham United Mental Health Walking Group</li> <li>- Dudley MIND activity</li> </ul>		Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>	December 2015		
	Develop support document for clubs and associations		Craig Anthony <a href="mailto:canthony@britishorienteering.org.uk">canthony@britishorienteering.org.uk</a>	March 2016		
	Develop support package for Talent and Performance Squads <ul style="list-style-type: none"> <li>- Create guidance and support document and distribute to squads as part of induction</li> </ul>			September 2016	Guidance in place All athletes aware of where support can be found	

If you are communicating externally, it's important that you have a look at our guidance on the most appropriate language and photo images to use. We have provided information and key messages on the Sport and Recreation Alliance's [website](#).

You can see details of other organisations who have signed up [here](#).

We hope you will be proud of your action plan and tell your staff and networks about it!

Please send this completed form to:

[sport@mind.org.uk](mailto:sport@mind.org.uk)

**Checklist:**

- ✓ You have completed the action plan
- ✓ Written a website summary of your activity
- ✓ Sent to [sport@mind.org.uk](mailto:sport@mind.org.uk) and let them know if happy for your action plan to be shared publically