

Mental Health Charter for Sport and Recreation The next steps...

English Karate Council Action Plan – January 2016

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: Richard Naylor-Jones
Position: Mental Health Charter Advocate
Tel: 07768 378244
Email: rnaylorjones@yahoo.co.uk
Organisation website: www.englishkaratecouncil.com

As an organisation that helped launch the Mental Health Charter at the Kia Oval in March 2015 the EKC are committed to supporting and raising awareness to tackle stigma around Mental Health using the practices of our organisation to achieve these aims.



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>Appoint Charter Action Leader as liaison point and keep upto date with developments</p> <ul style="list-style-type: none"> - Review action plan and to map out what exists already, synergies and new activities - Review progress against action plan and agree evaluation activities 	EKC Board	<p>Mental Health Charter Advocate</p> <p>Richard Naylor-Jones</p> <p>rnaylorjones@yahoo.co.uk</p>	<p>Active since March 2015.</p> <p>Formalise at November 2015 meeting</p>	<p>Outputs against agreed actions at the Executive meetings.</p> <p>Success of activities.</p>	Approved and Appointed
All	<p>Raise awareness: Create section on website</p> <ul style="list-style-type: none"> - What is the Charter and why has the EKC signed it? - What we have done so far as EKC. - Information and links about mental health encourage links to local mental health services - Useful contacts 	<ul style="list-style-type: none"> - Key messages about the Charter - Links to Mental Health awareness - EKC Web Master 	Mental Health Charter Advocate	<p>Content to be approved – November.</p> <p>Publish – December</p> <p>To be updated at key milestones</p>	Number of views	Initial Information - Summary Published on website

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Clubs, Instructors and Members	<p>Raise awareness – ongoing - keeping the EKC community up-to-date</p> <ul style="list-style-type: none"> - Via EKC Social Media - Encourage organisations and clubs to disseminate through their media and forums - Share good practice 	Updates on new resources and activities at National and Local level	Jim Reece, EKC Promotions Officer	Monthly / quarterly as appropriate	Social Media analytics following publication.	
Mental Health Services and other Sports Organisations	<p>(1) Networking and Best Practice</p> <p>Contact Mental Health Services and other organisations to review what is happening 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>	EKC Head Office	Mental Health Charter Advocate	<p>March : - Sports & Recreation Alliance</p> <p>July – September : - established links Nationally with MIND and Mental Health Foundation.</p> <p>October :</p>	<p>Number of things done differently as a result.</p> <p>Impact of changes.</p> <p>Opportunities for joint partnerships</p>	

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<i>continued.</i> Mental Health Services and other Sports Organisations				- encourage local clubs contact with these and other Local Mental Health Services and organisations		
Clubs, Instructors and Members	<p>(2) Networking Best Practice</p> <p>Share good practice within the EKC organisation.</p> <p>Feedback from members on positive results experienced</p>	Clubs and Members	Jim Reece, EKC Promotions Officer	As appropriate	<p>Number of feeds and articles on good practice</p> <p>Web analytics</p>	

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Clubs and General Public	<p>World Mental Health Day Awareness event – resources for community clubs</p> <p>Encourage Clubs to support World Mental Health Day with events across the country.</p> <ul style="list-style-type: none"> - Provide guidance and resources to encourage participation - Social Media releases for the weekend - Sharing of events and pictures from events - Encourage contact locally with Mental Health services and clubs through invitation to their local event - Include 10 Steps for better Mental Health as part of event 	Local Clubs participation	<p>Mental Health Charter Advocate</p> <p>EKC Promotions Officer</p>	October 10 th	Reach of coverage during the event	<p>Number of Clubs actively participated. Feedback from participants and observers on social media very positive.</p> <p>Some local press coverage of events.</p>

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Clubs and General Public	<p>Time to Talk Day - Mental Health Awareness event – resources for community clubs</p> <p>Encourage Clubs to support Time to Talk Day with events across the country.</p> <ul style="list-style-type: none"> - Provide guidance and access to resources to encourage participation - Social Media releases for the day - Sharing of events and pictures from events - Encourage contact locally with Mental Health services and clubs through invitation to their local event 	Local Clubs participation	EKC Promotions Officer	4 th February 2016 (Thursday or close to this day i.e. 3-7 February)	Reach of coverage during the event	

QuickTime™ and a decompressor are needed to see this picture.

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Media, general public and Clubs within EKC	<p>Appoint 2-3 Mental Health Ambassadors within EKC.</p> <p>Role is to be involved in a range of activities from media interviews, speaking at meetings, events and conferences, through to social media and supporting individuals</p>	EKC Board	John Bell with support of Mental Health Charter Advocate - Richard Naylor-Jones	June 2016	Ambassadors appointed	