



Mental Health Charter for Sport and Recreation

The next steps...

Derbyshire Sport action plan

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

1. Use our partnership to promote good mental health and wellbeing
2. Use local insight to inform promotion and training
3. Promote and coordinate training for Derbyshire Sport core staff and external partners

We are committed to support the Derbyshire Sport partnership to tackle stigma around mental health.

Our action plan is set out below.



Audience	Activity description	Support required	Internal lead (include contact details)	Timescale	Performance indicator	Progress update
All	<p>Raising awareness - create website page</p> <ul style="list-style-type: none"> - What is the Charter and why we have signed it? - Links to case-study from clubs and tips sheet - Information and links about mental health encourage links to local mental health services - Useful contacts – Elefriends network. 	<ul style="list-style-type: none"> - Key messages about the Charter - Links to Mental Health awareness 	Rachael Dyer	<p>Content created – April. Published – June To be updated at key milestones</p>	Pages live. Number of downloads.	
All	<p>Raising awareness – keeping the wider community up-to-date</p> <p>Secure regular slots in the following:</p> <ul style="list-style-type: none"> - Newsletter (Active Derbyshire, Derbyshire Sport, Coaching Derbyshire, Clubs and Volunteers) 	Updates on new resources and activities	Sue, Nikki, Matt, Rachael		Web analytics following publication.	
All	<p>Raising awareness – using national campaigns</p> <p>Encourage all partners to support World Mental Health Day events across the county.</p> <p>Press release/website story and social media coverage</p>					
Local Authorities, NGBs	<p>Share good practice</p> <p>Contact SDM and NGB networks to review what is happening in other organisations and share good practice. Explore opportunities to work together on specific outputs.</p> <ul style="list-style-type: none"> - Networking / catch up meetings – add to agenda <p>Share case studies/stories from across the county through the website, social media and e-newsletters.</p>	N/A	<p>Andrea, James, Katie</p> <p>Matt</p>		Opportunities for joined up working.	

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	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.					
Employees	<p>Raising awareness: Internal awareness Work with the EFDS to raise awareness of the Charter and how to promote positive mental well-being and reduce discrimination throughout all core staff's work programmes.</p> <p>Member of Senior Management Team to champion the plan – Andrea Stone.</p> <p>Through the CSP core team's 'My Plan' process, whereby managers hold informal meetings with staff on a regular basis, there is an opportunity to discuss any concerns or issues. The CSP coordinate an annual away day and physical activity sessions throughout the year, giving employees an opportunity to socialise and interact with each other in a different environment.</p>	Any supporting materials	Rachael Dyer			
	<p>Collating and sharing insight Collate relevant local insight and share with partners and wider local community.</p>					

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

