



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

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:

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Table Tennis England is passionate about the positive impact table tennis can have on peoples' lives, and we want to shout about it!
We have committed to the Mental Health Charter for Sport and Recreation to work alongside Mind to tackle mental ill health and the stigma that surrounds it. Through our table tennis initiatives we intend to improve the awareness of mental health, and create more opportunities for people to get involved in table tennis, have fun, and improve their mental health and well-being.



[September 2015, Version 1]

Audience	Activity description	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 (staff, table tennis networks and our customers)	<p>Raising awareness: Create introductory ‘Round the Table’ Table Tennis England website article and on social media.</p> <ul style="list-style-type: none"> - What is the Charter and why we have signed it? - What we have done so far as an NGB. Links to case-study from clubs, the plan we submitted and tips sheet. - Information and links about mental health encourage links to local mental health services 	<p>Key messages about the Charter</p> <p>Links to Mental Health awareness</p>		<p>Article to be finalised by end of September, 2015</p> <p>Content to be published leading up to World Mental Health Day on 10th October.</p>	<p>Article live on website</p> <p>No. of interested parties /page visits</p> <p>Social media coverage (tweets / shares)</p>	
Internal staff	<p>Charter action plan working group</p> <p>Establish an action plan working group to include representatives from the following teams: Senior Management Team, Operations, Marketing and Communications, Development, Research & Insight and Coaching and Performance.</p> <p>The working group will:</p> <ul style="list-style-type: none"> • Review action plan and map out what exists already and plan new activities • Assign lead staff members with training where appropriate. 	<p>Commitment from individual staff members to support the work.</p> <p>Table Tennis England to pilot Mind MH course in October / November.</p>		<p>First meeting to schedule for October, 2015</p> <p>Link to World Mental Health Day and plan our activities for it.</p>	<p>Outputs against agreed actions at the meeting.</p> <p>Successful delivery of action plan.</p> <p>Completion and progress of planned activities.</p>	

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Other NGBs	<p>Share good practice 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> <ul style="list-style-type: none"> - Equalities leads meeting ask for specific agenda item - Networking / catch up meetings – add to agenda <p>Share good practice through Yammer (with Mind) so that it can be considered as a resource on the Mental Health Charter for Sport and Recreation’s website.</p>	Support from Mind to link into other NGB lead contacts.		November or December, 2015 when we are developing resources	<p>Opportunities for joined up working.</p> <p>Discussions with other NGB’s and organisations on Yammer and other platforms.</p>	
All (staff, table tennis networks and our customers)	<p>Ambassadors and role models Recruit a range of ambassadors and role models who are willing to support the Charter including those who have personal experience /close experience and those who can champion the programme to include some of:</p> <ul style="list-style-type: none"> - Director / Board member - Professional players - Coaches / volunteers / supporters <p>Ambassadors and champions to support with:</p> <ul style="list-style-type: none"> - Mental health selfies - Case studies - Media - Attendance at events 	Mind to support with ambassador guidance – how to approach people to be ambassadors.		<p>Identify suitable people to be ambassadors and role models</p> <p>Create a brief for ambassadors / role models</p> <p>Recruitment, briefings and engagement – June 2016</p>	<p>Reach of coverage</p> <p>Feedback from stakeholders</p> <p>Collating views on mental health selfies</p> <p>Social media stats (views / likes / shares)</p>	

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Employees	<p>Raising awareness: Internal awareness raising campaign</p> <p>Liaise with the working group 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"> - Charter and well-being to be a regular agenda item at SMT and department meetings - Include regular information in staff e-newsletter - Posters and literature to be available in staff areas around the office (ongoing) 	<p>Display Mind literature in new staff areas</p> <p>Set good examples to people to promote positive well-being in the workplace.</p>		<p>September – leading up to World Mental Health Day</p> <p>October – World Mental Health Day</p>	<p>Positive improvements to the office environment</p> <p>Staff being aware of promoting positive mental well-being</p> <p>Potential World Mental Health Day fundraising event (cakes and TT)</p>	
All (staff, table tennis networks and our customers)	<p>World Mental Health Day Awareness (weekend) event – resources for community club through to national teams</p> <p>Encourage all levels of the game to support World Mental Health Day events across the country.</p> <ul style="list-style-type: none"> - Produce template press release, statements and resources to encourage: - Media releases for the weekend - Sharing of videos and mental health selfies / video case studies - Utilise ambassadors and champions (if any are in place by then) 	<p>Resources guidance from Mind and content to go into any event programmes</p> <p>Promotional support through Mind networks</p>		<p>October 9 – 11th (plus two week lead in time)</p>	<p>Reach of coverage over the weekend</p> <p>Distribution of resources / guidance to clubs</p> <p>Awareness at key table tennis events that weekend</p>	

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All	<p>Case study collection Collect and collate a range of case studies to show the physical and mental health benefits of table tennis from different people in a variety of settings. The key groups we've identified are;</p> <ul style="list-style-type: none"> - Workplace - Young people - Women & Families - Clinical - Ageing groups - General 	<p>Identify from Mind where we can feed stories into their plans</p> <p>Use Get Set to Go examples of table tennis</p>		January, 2016.	<p>Produce comprehensive collection of case studies published on key websites (Mind, Sport England & Table Tennis England)</p> <p>Feed case studies into Mind's 'Sport Booklet' and 'Activity picker' in Match 2016.</p>	
All	<p>Produce marketing materials to identify benefits of table tennis to people's physical and mental health. The aim is to produce a range of marketing materials to evidence the positive impact table tennis has had on people's lives. Bringing together scientific and anecdotal evidence to demonstrate the range of activity people can do with table tennis and how it can help.</p> <ul style="list-style-type: none"> - Guidance booklets - Quick tips poster (A5) - Elefriends graphics - Games ideas for table tennis - Video case studies / blogs / vlogs 	<p>Digital support from Mind with advice on marketing and developing materials</p> <p>Potential for a table tennis graphic linked to Elefriends</p>		Aim to have a good sample of materials / case studies available by March 2016 to feed into Mind's 'Activity Picker' resource.	<p>Guidance booklets / leaflets available for use</p> <p>Promoted through networks and linked to existing / new offers</p> <p>Awareness of benefits of TT</p>	

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Area staff	<p>Support 'Get Set To Go' programme delivery</p> <p>Table Tennis England area staff to link with local Mind groups</p> <ul style="list-style-type: none"> - Support the Get Set to Go delivery in local areas of Croydon, Middlesbrough and Lancashire (Blackpool). - Support Northampton University with gathering evidence and support them on any table tennis evaluations - Provide advice and support to other current and future Get Set to Go locations looking to include table tennis. 	<p>GStG delivery staff to work with Table Tennis England area staff</p> <p>Insight officer to work with Northampton on evidence collection</p>		Ongoing	<p>Supporting current Get Set to Go delivery with table tennis activities.</p> <p>Creating sound case studies using evaluations and data</p> <p>Collate MH selfies</p> <p>Support Peer Fest event in December</p>	
All	<p>Linking to Table Tennis England Initiatives</p> <p>Link the positive backing of the charter to new and existing table tennis initiatives.</p> <ul style="list-style-type: none"> - Showcase the mental health benefits of the Loop offers including; Loop at Work, Loop on Campus and Loop Café/Bar. - Explore potential for partnership with Mind to promote benefits of table tennis and well-being in the workplace. - Support Mind to offer table tennis opportunities to other groups of people aiming to improve people's mental well-being through physical activity. 	<p>Promotion through Mind networks</p> <p>Link to other organisations backing the charter.</p>		<p>Interested groups to be directed to the current available opportunities.</p> <p>Potential for a partnership is to be explored and TBC</p>	<p>Organisations working with Mind experience the benefits of table tennis.</p> <p>More opportunities created for people to improve their mental health well-being through table tennis activity.</p>	

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

Checklist:

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

