



# Mental Health Charter for Sport and Recreation

## The next steps...

### Action plan for Women’s League of Health & Beauty (Fitness League)

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 activity 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 lead person will be appointed. Current contact:

**Name: Alison Howard**

**Position: Teachers’ & Members’ Co-ordinator**

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**Organisation website: [www.thefitnessleague.com](http://www.thefitnessleague.com)**

*We know many people have benefitted from our regular dance fitness classes while having mental health challenges, as have their carers, and we feel that there are opportunities to help others enjoy the benefits in a friendly and supportive organisation, that is not non-judgemental, encouraging a sense of well-being.*

**Approved by Trustees of Women’s League of Health and Beauty 30 September 2016**



ACTION PLAN

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	Timescale	Performance indicator	Progress update December 2016
All	<b>Identify an internal lead</b> <ul style="list-style-type: none"> <li>- Prepare a work specification for an internal lead</li> <li>- Advise teachers of the need for someone to lead the initiative and welcome applications</li> <li>- Appoint a Lead on Mental Health</li> </ul>		Trustees and Management Team	3 months from September 2016	Internal lead appointed	
All	<b>Raising awareness: Include information on Fitness League website (1)</b> <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 an NGB <ul style="list-style-type: none"> <li>- information given to our teachers</li> </ul> </li> <li>- Suggested ways of involving those with mental health and their carers</li> </ul>	- Key messages about the Charter	TBA	Content created – August Published – September To be reviewed for necessary updating @ 6 month intervals	Web analytics	
All	<b>Raising awareness – advising teachers and members (1, 2 &amp; 4)</b> <ul style="list-style-type: none"> <li>- Include information annually in membership newsletter – include link to page on website</li> <li>- Include preliminary information and any progress in Teachers <i>Update</i> as and when available</li> </ul>	Updates on new resources and activities	As above	Request for Spring 2017 newsletter, also inclusion in any e-zine between Sept 2016 & then Include in <i>Update</i> Sept/Nov 2016	Web analytics following publication  Interest shown by teachers	
All	<b>Detailed action plan to meet the Charter (2 &amp; 4)</b> Establish a detailed action plan to fall within the remit of the Management Team. Any internal lead to be a member of, or adviser to, the Management Team Need to work with <ul style="list-style-type: none"> <li>- Trustees</li> <li>- Marketing &amp; Development Team</li> </ul>		TBA in conjunction with: Equality and Diversity Officer (Lynne Berry) Safeguarding Officer (Nicole Tate)	Draft plan to be available for November Trustee meeting	Outputs against agreed actions at the meeting. Success of activities.  Other measures to	

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	<ul style="list-style-type: none"> <li>- League Teachers' Association</li> <li>- Equality and Diversity Officer</li> <li>- Safeguarding Officer</li> <li>- EMDP</li> </ul> <p>The action plan will:</p> <ul style="list-style-type: none"> <li>• Map out how the Bagot Stack method benefits those in the sector</li> <li>• Research appropriate training programmes</li> <li>• Provide information and links about mental health encourage links to local mental health services</li> <li>• Review progress against action plan and agree evaluation activities</li> <li>• Promote ways forward</li> </ul>	<p>Finding training programmes, tailoring training to our requirements</p> <p>Links to Mental Health awareness</p>			be indicated in detailed action plan	
Other EMD Organisations  Wider field	<p><b>Share good practice (5)</b> With EMDP explore opportunities to work together on specific outputs.</p> <p>Suggest that teachers make contact with local councils/Health and Wellbeing departments to advise what they have to offer.</p> <p>Encourage teachers to make contact with local groups for those with mental health problems; and those who are carers of these people, to offer participation in Fitness League and seek opportunities for any potential joined-up working.</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>	<p>Names under which health and wellbeing areas fall in different local authorities</p> <p>Suggestions of possible groups to look out for</p>	TBA in conjunction with Marketing & Development Co-ordinator (Sarah Price)	Ongoing	<p>Opportunities for joined up working.</p> <p>Teachers reporting on contacts made</p>	

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All	<b>Ambassadors and role models (3)</b> <ul style="list-style-type: none"> <li>- Encourage teachers to promote the aims of the charter through their advertising/promotional opportunities</li> <li>- Enquire whether any members of teachers with either personal experience/close experience (e.g. carers), who would be willing to share their experiences</li> <li>- Consideration as to how such experiences should be shared</li> </ul>	Ambassador guidance	TBA In conjunction with Marketing & Development Co-ordinator (Sarah Price) Equality and Diversity Officer (Lynne Berry) Safeguarding Officer (Nicole Tate)	To be included in detailed action plan (above) i) Create a brief for teachers to promote November 2016  ii) Create a brief for anyone with experience willing to share. January 2017	Reach of coverage, advised by local people	
Members, teachers, general public	<b>World Mental Health Day Awareness event</b> <ul style="list-style-type: none"> <li>- Be involved with FaceBook, Tweets etc. which raise awareness of Mental Health.</li> <li>- Link Fitness League activity with mental health initiatives</li> <li>- Invite those with mental health problems either directly or indirectly to try a class</li> </ul>		Marketing & Development Co-ordinator (Sarah Price)	May 2017 (assuming it is a similar time to 2016)	Reach of coverage during the event	