



8/2/16

Target	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
All	<p><b>Raising awareness: Create pages</b> (1&amp;2)</p> <ul style="list-style-type: none"> <li>- Link to Charter explaining what it is and why we have signed it</li> <li>- Identify and promote links to case-studies from NGBs/ sports councils, with a rolling programme of tweets sent out re mental health</li> <li>- Information and links about mental health, encourage links to national mental health services</li> <li>- Promote useful contacts including helpline and sample relevant policies.</li> </ul>	<p>Feedback from NGBs about their specific - Links to Mental Health awareness</p>	<p>Carole Billington-Wood Paul Stephenson</p>	<p>Content created – Dec 2015. Published – Jan 2016 To be updated at key milestones (minimum x 3 per yr)</p>	<p>CPSU pages live. Record - Number of CPSU page visits. Number of retweets</p>	<p>Review text April 2016</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 Anne Tiivas</li> <li>- Carole Billington- Wood</li> <li>- Paul Stephenson</li> </ul> <p>Supported by</p> <ul style="list-style-type: none"> <li>- Lian Gaten</li> <li>- Hannah Mansell</li> <li>- John Watson</li> </ul> <p>The working group will:</p> <ul style="list-style-type: none"> <li>• Review action plan and to map out what exists already, synergies and new activities</li> <li>• Assign lead staff members</li> <li>• Review progress against action plan and agree evaluation activities</li> </ul> <p>CPSU representative on Sport NI mental health in sport strategic group to ensure the needs for young people are considered in any action plan</p>	<p>CPSU Information officers</p> <p>NSPCC digital team</p>	<p>As above</p> <p>Paul Stephenson</p>	<p>Held first meeting 5<sup>th</sup> Jan 2016. Subsequent meetings scheduled x 3 per yr.</p>	<p>Link to the CPSU three nations strategies (Eng, Wales &amp; NI).</p>	<p>Date set for 7<sup>th</sup> March 10.00</p>

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All	<p><b>Raising awareness – keeping the wider Sports community up-to-date</b> (1,2&amp;5) Secure regular slots in the following:</p> <ul style="list-style-type: none"> <li>- CPSU e-newsletters (x 2 articles per yr)</li> <li>- Promote link to SRA resources section post March 2016</li> </ul>	CPSU Information officers Info for 17 <sup>th</sup> Feb newsletter	Paul Stephenson	Request Information officers – quarterly as appropriate	Web analytics following publication.	Text forwarded 14 <sup>th</sup> Jan 2016 March 2016 news story
Other NGBs/ CSP's	<p><b>Share good practice</b> (5) Contact NGB safeguarding leads / CSP 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"> <li>- Include mental health on agenda</li> <li>- lead officer meetings</li> <li>- Encourage NGB's to disseminate through their newsletters.</li> <li>- Include mental health info on CPSU presentations/talks</li> <li>- Young People and Mental Health workshop at annual conference– Oct 2016</li> </ul> <p>Facilitate Eating Disorders in Sport Working Group – developing resources and referral pathways to support athletes/support personnel, sports coaches and other practitioners <a href="https://thecpsu.org.uk/news/2015/december/an-overview-of-eating-disorders-and-the-pertinent-issues-for-sport/">https://thecpsu.org.uk/news/2015/december/an-overview-of-eating-disorders-and-the-pertinent-issues-for-sport/</a></p> <p>Share good practice with SRA and Mind so that it can be considered as a resource on the Mental Health Charter for Sport and Recreation's website.</p>	NGB partners	<p>CPSU staff arranging lead officer agendas</p> <p>Carole Billington-Wood</p> <p>Carole Billington-Wood facilitates Working group</p> <p>Paul Stephenson contacted SRA to check re sample mental health</p>	<p>Safeguarding leads meeting scheduled for 2016.</p> <p>March 2016</p> <p>27<sup>th</sup> Jan 2016</p>	Record NGB's examples	<p>Ran session at UK Sport High Performance Conference Nov 2015 Ran Webinar Dec 2015</p> <p>Resources to be promoted via SRA March 2016.</p>

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	<p>Need for examples of practical information on how to start difficult conversations.</p> <p>Look at Eating Disorders resources in this area and consider adapting/developing for wider Mental Health issues.</p> <p>Promote -Ulster Rugby launch of Health and Wellbeing Strategy CPSU news story/ twitter <a href="https://thecpsu.org.uk/news/2016/january/ulster-rugby-launches-health-and-wellbeing-strategy/">https://thecpsu.org.uk/news/2016/january/ulster-rugby-launches-health-and-wellbeing-strategy/</a></p>		<p>policy</p> <p>Carole Billington-Wood</p> <p>Paul Stephenson</p>			
All	<p><b>Ambassadors and role models</b> (3)</p> <p>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:</p> <ul style="list-style-type: none"> <li>- Professional players (work with NGBs)</li> <li>- Coaches / volunteers (work with NGBs)</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>- Recordings for CPSU events</li> </ul>	Ambassador guidance	<p>CPSU team</p> <p>Anne Tiivas has contacted athlete who is working on a brief for the role.</p> <p>Paul Stephenson to contact Irish international player once role description has been agreed.</p>	<p>i) Create a brief for ambassadors / role models – June 2016</p> <p>ii) Recruitment and briefings – early July 2016</p> <p>iii) Engagement of ambassadors and role models – record sound bites/filming for external comms</p>	<p>Reach of coverage. Feedback from stakeholders.</p> <p>Promote 10<sup>th</sup> Oct 2016</p>	
Employees	<p><b>Raising awareness: Internal awareness raising campaign</b> (1,2&amp;4)</p> <p>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>- Staff forums – Charter and well-being to be a</li> </ul>	Set specific time at team meetings/ supervision	CPSU Team	Team building meeting held	Individual supervision/ open feedback at team meetings	

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	<p>regular team agenda item at quarterly meetings</p> <ul style="list-style-type: none"> <li>- Accessing existing resources including and signpost team to free NSPCC resources</li> <li>- Employee assistance / flexible working policy etc</li> </ul>					
Sports contact	<p><b>World Mental Health Day Awareness (weekend) event – resources for community club through to national teams</b></p> <p>Encourage all levels of Sport to support World Mental Health Day events across the country.</p> <ul style="list-style-type: none"> <li>- Produce press release, statements and resources to encourage:</li> <li>- Media releases for the weekend</li> <li>- Sharing of videos and mental health selfies / video case studies at half time</li> <li>- Broker relationships between national Mental Health charities, support services etc.</li> <li>- Utilise ambassadors and champions</li> </ul>	<p>CPSU Information officers</p> <p>NSPCC digital team</p>	<p>Carole Billington-Wood Paul Stephenson</p>	<p>October 9 – 11<sup>th</sup></p>	<p>Reach of coverage during the event</p> <p>Record of articles in sport programmes / web sites</p> <p>Record - Number of CPSU page visits. Number of retweets</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](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