



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

Action plan template for national governing bodies of sport

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: Eugene Minogue
Position: Chief Executive Officer
Tel: 020 3544 5834
Email: eugene.minogue@parkour.uk
Organisation website: www.parkour.uk

Parkour/Freerunning is a sport that develops and support's resilience and bring the [Five Ways to Wellbeing to life](#). Parkour/Freerunning is a method of training one's body and mind in order to be as completely functional, effective and liberated as possible in any environment. #GiveParkourAGo



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>Raising awareness: Create introductory website information pages (1&2)</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 member organisations and tips sheet - Information and links about mental health encourage links to local mental health services - Useful contacts including employee assistance programme and links for practitioners/community to get support. 	<ul style="list-style-type: none"> - Key messages about the Charter - Links to Mental Health awareness 	<p>Eugene Minogue Chief Executive eugene.minogue@parkour.uk 020 3544 5834</p>	<p>Content created; Oct 2016</p> <p>Published; Jan 2017</p>	<p>Pages live.</p> <p>Number of impressions/down loads.</p> <p>Number of member organisations engaged</p>	<p>June 2017</p>
All	<p>Charter action plan working group</p> <p>Establish an action plan working group to include representatives from the following teams:</p> <ul style="list-style-type: none"> - Elected Director - Independent Director - Chief Executive - Member Organisation - Free Your Instinct - Practitioners / Community Representative - An independent qualified, Mental Health Specialist <p>The working group will:</p> <ul style="list-style-type: none"> • Review action plan and to map out what exists already, synergies and new activities / initiatives / opportunities • Review progress against action plan and 	<ul style="list-style-type: none"> - Terms of reference established - Peer review/challenge from main board 	<p>Eugene Minogue Chief Executive eugene.minogue@parkour.uk 020 3544 5834</p>	<p>First meeting booked held by Dec 2016</p> <p>Subsequent meetings scheduled quarterly, thereafter to report into main board.</p>	<p>Outputs against agreed actions at the meeting.</p> <p>Outcome/impact of activities.</p>	<p>Dec 2017</p>

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	agree evaluation activities					
All	<p><i>Raising awareness – keeping the Parkour/Freerunning community up-to-date</i> (1, 2 & 5)</p> <p>Secure regular slots in the following:</p> <ul style="list-style-type: none"> - Social Media - Website - Workforce e-newsletters - Cascade information via member organisations & practitioners to disseminate through their reach <p>Embed mental health awareness training into all Parkour UK workforce Awards, CPD and/or Qualifications</p> <p>Require the Mind - Mental Health for Sport and Physical Activity (MHASPA) training to be updated at least once every three years (the same requirement for First Aid & Safeguarding) via the Parkour Professionals Register</p> <p>Encourage member organisations/community to complete and implement an Action plan for mental health</p>	<ul style="list-style-type: none"> - Updates on new resources / activities / training - Community Spotlight 	Eugene Minogue Chief Executive eugene.minogue@parkour.uk 020 3544 5834	<p>Launch; Jan 2017</p> <p>Quarterly spotlight features</p> <p>“Celebrate” national events eg; Mental Health Awareness Day</p>	<p>Social Media Insights data</p> <p>Web analytics following publication</p>	<p>June 2017</p> <p>December 2017</p>
All	Share good practice (5)	- Charter Action	Eugene Minogue	Ongoing	What has been	June 2017

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Other NGBs Sports Councils Partners	Contact other NGB's / Sports Councils / Partner leads to review what is happening in other sports / national organisations and share good practice. Explore opportunities to work together on specific outputs/outcomes. 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	Plan Working Group - Engagement from other NGB's / Sports Councils &/or Partners - Member organisations / community	Chief Executive eugene.minogue@parkour.uk 020 3544 5834		done differently as a result. Impact of changes. Opportunities for joined up working	December 2017
All	Ambassadors and role models (3) Recruit a diverse and reflective range of ambassadors / 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: <ul style="list-style-type: none"> - Board Member / President - Practitioner - Workforce - Member organisation (Free Your Instinct) Ambassadors to support with: <ul style="list-style-type: none"> - "Championing" the Charter - Mental health "selfies" / social media content - Speaking to stakeholders - Case studies 	- Ambassador guidance - Ambassador training / briefing	Eugene Minogue Chief Executive eugene.minogue@parkour.uk 020 3544 5834	- Create a brief for ambassadors / role models; Oct 2016 - Recruitment and briefings – Dec 2016 - Identify & recruit Ambassadors - Engagement of ambassadors in internal/external comms;	Breadth and reach of coverage. Feedback from stakeholders.	June 2017 December 2017

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	<ul style="list-style-type: none"> - Media - Attendance at events 			Jan 2017 onwards		
Employees	<p>Raising awareness: Internal awareness raising campaign (1, 2 & 4)</p> <p>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 staff/board meetings - Make accessible existing resources including 'Time to Talk' videos for staff/board members - Utilise Mind's workplace wellbeing resources and online seminars - Include regular information in staff /board briefings/communications 	Any supporting materials	<p>Stephen Mitchell Chair stephen.mitchell@parkour.uk 020 3544 5834</p> <p>Eugene Minogue Chief Executive eugene.minogue@parkour.uk 020 3544 5834</p>	<p>Jan 2017; - Charter why we have signed / case studies</p> <p>- What we have available already (employee assistance / flexible working policy etc.)</p> <p>July 2017; (events) - It's good to talk. - Let's end discrimination</p> <p>August 2017; (events) - How to promote positive mental well-</p>	Improvements recorded through staff survey.	<p>June 2017</p> <p>December 2017</p>

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				being October 2017; - World Mental Health Day		
All	<p>World Mental Health Day Awareness (weekend) event – resources for community club through to national teams Encourage the Parkour/Freerunning community to support 'World Mental Health Day' events across the country.</p> <ul style="list-style-type: none"> - Produce template press release, statements and resources for member organisations/community/ambassadors - Article/Feature on website & social media - Media releases for the weekend - Sharing of videos and mental health media / video case studies - Broker relationships between local Mental Health services and member organisations/community/practitioners through invitation to event(s), subsequent programmes of activity, support services etc. - Utilise ambassadors and champions 		Eugene Minogue Chief Executive eugene.minogue@parkour.uk 020 3544 5834	October 2016 & each year after	Breadth, reach of coverage during the event Engagement of Ambassadors Engagement of member organisations / community	Oct 2016