



LEICESTER-SHIRE
& RUTLAND SPORT
www.lrspport.org



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

Leicester-Shire & Rutland Sport

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. Adopt good mental health policies and best practices
3. Use local insight to inform promotion and training
4. Promote and co-ordinate training for Leicester-Shire & Rutland Sport core team and external partners

To help facilitate a co-ordinated approach we have appointed a lead staff member:

Name: Kate Scott
Position: Sport Development Officer - Equality
Tel: 01509 564867
Email: k.scott@lrspport.org
Organisation website: www.lrspport.org

Leicester-Shire & Rutland Sport are committed to creating a culture of wellbeing within the workplace, to support the core team and partners to deliver a programme of activity which promotes good mental health and wellbeing, raise awareness of and helping to address mental health challenges.

Our action plan is set out below.

February 2017

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)
LRS Core Team	Promote a healthy working environment with a strong wellbeing ethos.					
	Promote a healthy working environment <ul style="list-style-type: none"> • Walk and talk meetings/catch-ups • Alternative work stations • Coffee morning 1st Monday of the month • Social calendar which is a 12 month planned programme of social interaction for the LRS team to engage 		Leadership Team			
	LRS Internal newsletter <ul style="list-style-type: none"> • Enables staff to share personal news, stories, birthdays etc 		Lizzi Hall/Lucy Baginskis			
	1 to 1 meetings/PDR process/Team Meetings and Away Days <ul style="list-style-type: none"> • Structure in place to share and discuss any concerns with line manager regarding work loads, pressures, external influences and progress on programme outcomes. 		Leadership Team			
LRS Core Team and Partners	Awareness Raising & CPD					
	Promote mental health awareness workshops (linking in with local providers ie LCC) <ul style="list-style-type: none"> • Mental Health First Aid Workshops • Local mental health charities and 	CPD Resources and providers	Kate Scott	On-going to support need	CPD provided for staff and partners and specific project areas	

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	organisations <ul style="list-style-type: none"> Workshops provided for specific project areas ie Run Leaders Forum Whole LRS Team CPD session 			Run Leaders Forum 19/01/17		
	Raise awareness of Charter to Core Team <ul style="list-style-type: none"> Shared and discussed at team meeting and be viewed as a working document to update appropriately by whole team 	Updates on resources, programmes and shared practice	Leadership Team			
	Provide opportunities for partners to link into CPD and awareness raising opportunities <ul style="list-style-type: none"> LRS Awareness Raising Programme LRS Workforce Education Programme 	CPD available from National organisations	Kate Scott/Teresa Dalby/ Annette Kendrick		Partners to attend workshops	
	<ul style="list-style-type: none"> Create a Mental Health Awareness section within the LRS website content pages/How we deliver section 	Up to date information, Charter				
Public & Partners	Marketing & Communication					
	Mental Health section on LRS website <ul style="list-style-type: none"> Mental Health Charter – what it is and why we have signed up to it Share and promote local and national campaigns Use social media to promote key dates and aspects of national campaigns and link with local activity ie Time to Talk Day and World Mental Health Day Explain and include links to national and local organisations 	Updated information from key organisations	Jayne Hough/LRS Team	Ongoing	Informed and current MH sections on the LRS website	

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	<ul style="list-style-type: none"> Share good news stories and general information within news section Share case studies of good practice Include links to Mind on the LRS website MH pages ie Mind sports pages, resources, Elifriends and Get Set to Go 					
LRS Team and Partners /Public	Sharing good practice					
	<ul style="list-style-type: none"> Share good practice from local programmes through LRS projects and those of partners Update within LRS newsletters current information to partners and good practice Promote links to Mind resources 	Case studies from local and other areas Mind Resources	Kate Scott / Jayne Hough	Ongoing		
LRS Team	Championing mental health awareness					
	<ul style="list-style-type: none"> LRS Link Officers to include the Charter within their LRS updates at Local Sport Alliance meetings to share and encourage this pledge within other local organisations in the sector Raise the Charter at appropriate meetings with partners and groups 	All staff to be aware of and the aims of the Charter with any updates to it being issued	Kate Scott/Leadership Team	Ongoing	Wider understanding of mental health challenges and how these can be supported	
LRS Board	<ul style="list-style-type: none"> Awareness of Charter and mental health 	Updates of key	Whole Leadership	Ongoing	Promotion of	

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/Partners	promotion to Board and key strategic partners	information	Team Jo Spokes – Sport Development Manager		commitment and work being undertaken by LRS core team within their programme areas	
Partners /Public	<ul style="list-style-type: none"> Identify and utilise mental health ambassadors within programme areas ie Beginners Running, workplace challenge 		Kate Scott / Jayne Hough / Kim Angell	Ongoing	MH Ambassadors in place and recognised through promotion on website Attendance at relevant forums/events	
LRS Team	Delivery of programmes					
	<ul style="list-style-type: none"> Work with partners to utilise local insight to identify and address gaps in existing provision Work with partners to support them to identify individuals and group, wider needs when delivering programmes eg MECC approach 		Insight Officer	On-going	Increase in both awareness and delivery of programmes with specific interventions to support those with mental health challenges	

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

