

Guide 12: Support Mind can offer, plus some useful contacts

Delivering a sport and physical activity service
A toolkit for mental health providers



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This guide covers

- Resources and support we can offer.
- Useful contacts.

Mind can provide **advice and support** for your organisation. We've outlined some examples of the support we can offer to different types of organisations below.

Sector	Resources and support
Everyone	<ul style="list-style-type: none">• Mind's website – specifically the Information pages (mind.org.uk/information-support), sport and physical activity information pages (mind.org.uk/sport, and the Get Set to Go programme website).• Physical activity, sport and exercise information booklet.• Get Set to Go website which includes real-life examples of people who have overcome the common barriers that those of us with mental health problems have when trying to be more active.• Elefriends, Mind's online supportive community and animations supporting people to Get Active.• Performance Matters – Mental Health in Elite Sport report.• The Mental Health Charter for Sport and Recreation information pages on the Sport and Recreation Alliance website.

Sector	Resources and support
Mental health organisations including local Minds	<ul style="list-style-type: none"> • Sharing of information updates through the Sport and physical activity and mental health advisory network. The network meets twice a year and keeps in contact through email at other times, which fosters a culture of collaboration. • Brokering of relationships with local Minds and other mental health organisations and sports organisations, including county sports partnerships, national sports organisations and sports providers. You can find your local Mind by searching the interactive map on the Mind website. • Support with funding and grant applications through signposting to funding opportunities and reviewing applications prior to submission. • Sharing of research, insight and evaluation tools to support sport and physical activity locally. • Sharing of case studies, examples of good practice and resources to widen access to sport and physical activity for those of us with mental health problems.
Mental health organisations including local Minds (continued)	<p>Local Minds only:</p> <ul style="list-style-type: none"> • Training staff and volunteers to deliver Mind Mental Health Awareness in Sport and Physical Activity (MHASPA) training. • Information updates through the Get Active group on Open Hub.
Sport and physical activity sector	<ul style="list-style-type: none"> • Brokering of relationships with local Minds and other mental health organisations. You can find your local Mind by searching the interactive map on the Mind website. • Sharing of research, insight and evaluation tools. • Mental health awareness training and supporting resources. • Sharing of case studies and examples of good practice. • Support with communications including imagery and language. • Support to Mental Health Charter for Sport and Recreation signatories to bring Charter Action plans to life.

Local Mind testimonials

I have been very happy with the support that I have received from the sport team at Mind. They have been to visit us in Swindon several times, have looked through the new contract with us, given some really useful tips and advice, provided our staff with the relevant training and are part of our Be Active steering group. The team's help has been invaluable.

CEO, Swindon Mind

Mind in Camden received support from national Mind with a tender process. Camden CCG & Adult Social Care were commissioning a new project to support people with mental health issues to make better use of community resources. Mind's Get Set to Go team had previously presented their model to Camden commissioners and we were aware they had been impressed by the approach, and its effectiveness. It therefore seemed wise for us to consider including this as an element of our bid.

Colleagues from the Sport and Physical Activity team at Mind discussed the Get Set to Go model with me, and shared a full range of tools and procedures which we could use to set up the service, and which we were able to include in our bid. I was also introduced to other organisations who had been involved in the Get Set to Go pilot, so I was able to hear about their experiences and lessons learnt. Additionally, the team were able to clarify the roles of key national sports stakeholders and provide useful information on monitoring impact, all of which helped refine and strengthen our bid.

They provided flexible and accessible support which was centred on the help we needed. They helped us with a wide range of queries, which led to us creating a very focused and clear sports offer for the tender.

Our bid was successful – we are now in the process of implementing our new service, with continued tips and support from the Sport and Physical Activity team.

Operations Director, Mind in Camden

Useful contacts

Mind

National mental health charity providing advice and support to empower anyone experiencing a mental health problem. Mind campaigns to improve services, raise awareness and promote understanding.

Website: mind.org.uk

Key contacts: sport@mind.org.uk

Sport in Mind

Independent Berkshire mental health charity that uses the power of sport and physical activity to promote mental wellbeing, help aid recovery, improve physical health, encourage social inclusion and empower people experiencing mental health problems to build a positive future for themselves.

Website: sportinmind.org

Key contacts: info@sportinmind.org

Fitness in Mind

In partnership with Brentwood Leisure Trust, Fitness in Mind™ runs physical activity sessions that promote, encourage and provide physical activity as an aid to mental wellbeing. It is delivered by specially selected, qualified instructors, and friendly peer-support volunteers.

Website: brentwood-centre.co.uk/sport-and-leisure/fitness-in-mind

Key contacts: fitnessinmind@brentwoodleisure.co.uk

State of Mind

A charity that promotes positive mental health among sportsmen and women, fans and wider communities, and ultimately aims to prevent suicide. They raise awareness of the issues surrounding mental health and wellbeing and deliver education on the subject to all levels of sport, business, education and community groups.

Website: stateofmindsport.org

Key contacts: Philip.cooper@stateofmindsport.org

Mental Health Football Association

Helping create partnerships between football initiatives and those directly involved with supporting people who are experiencing mental health issues, such as NHS Trusts and standalone mental health support organisations throughout the UK.

Website: facebook.com/MentalHealthFootball

Key contacts: communications@mentalhealthfootballassociation.com

English Federation of Disability Sport (EFDS)

A national charity working to help organisations delivering sport and physical activity to support individual disabled people to be active and stay active for life.

Website: efds.co.uk

Key contacts: The EFDS employ a number of regional engagement advisors. For details, go to: efds.co.uk/about-us/team

County Sports Partnership Network (CSPN)

A nationwide network of 45 County Sports Partnerships (CSPs) which are committed to improving lives by growing grassroots sport and physical activity.

Website: cspnetwork.org

Key contacts: To find your local CSP go to the interactive map on the CSPN website: cspnetwork.org/your-csp

Sport and Recreation Alliance

Umbrella body for sport and recreation in the UK. The Sport and Recreation Alliance alongside the Professional Players Federation and with support from Mind, have created the Mental Health Charter for Sport and Recreation.

The Mental Health Charter for Sport and Recreation sets out how sport can use its collective power to tackle mental ill health and the stigma that surrounds it.

Website: sportandrecreation.org.uk

Key contacts: info@sportandrecreation.org.uk

sports coach UK

The UK's technical agency for coaching, which promotes the education of sports coaches, youth and community sports leaders, physical education teachers and other people engaged in the teaching and encouragement of sporting skills in the fields of physiology, biomechanics, psychology, sociology, philosophy and other sport-related subjects.

Website: sportscoachuk.org

Key contacts: sportscoachuk.org/contact

Sport England

Non-departmental public body under the Department for Culture, Media and Sport tasked with helping people and communities across the country create sporting habits for life.

Website: sportengland.org

Key contacts: info@sportengland.org

Sport Wales

Sport Wales is the national organisation responsible for developing and promoting sport and physical activity in Wales. They advise the Welsh Government on all sport matters and are responsible for distributing National Lottery funds to both elite and grassroots sport in Wales.

Website: sport.wales

Key contacts: info@sportwales.org.uk

Scottish Association for Mental Health (SAMH)

SAMH is Scotland's leading mental health charity. It provides help, information and support, and campaigns on behalf of people with mental health problems. SAMH provides a range of sports and physical activity programmes and support to the sport and physical activity sector.

Website: samh.org.uk

Key contacts: enquire@samh.org.uk