

# Glossary

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



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The **Ann Craft Trust** supports the statutory, independent and voluntary sectors from across the UK to protect disabled children and adults at risk.

**Child Outcomes Research Consortium** – a UK membership organisation founded in 2002 by a group of mental health service clinicians and managers. It collects and uses evidence to improve children and young people's mental health and wellbeing.

**Clinical commissioning groups (CCGs)** are clinically led statutory NHS bodies responsible for the planning and commissioning of health care services for their local area.

**Commissioning** – the process of looking at health needs in a local area and putting in place services to meet those needs. It's about setting priorities and then paying providers – such as NHS mental health trusts or local voluntary groups – to provide health services for local people.

**County Sports Partnerships** – networks of local agencies committed to working together to increase participation in sport and physical activity.

**Department of Culture, Media and Sport (DCMS)** – a department of the United Kingdom government, with responsibility for culture and sport in England, and some aspects of the media throughout the whole UK, such as broadcasting and the internet.

The **Disclosure and Barring Service (DBS)** is the agency responsible for processing requests for:

- Criminal records checks.
- Deciding whether it is appropriate for a person to be placed on or removed from a barred list.
- Placing or removing people from the DBS children's barred list and adults' barred list for England, Wales and Northern Ireland.

**Elefriends** is a supportive online community open to anyone over 18 who struggles with their mental health. Find out more by visiting [www.elefriends.org.uk](http://www.elefriends.org.uk)

**Get Healthy, Get Active** – a Sport England funded portfolio of projects that aims to support inactive people to increase physical activity levels through participating in sport.

**Get Set to Go programme** – an England-wide programme delivered by Mind and funded by Sport England to support people with mental health problems to be more active.

**International Physical Activity Questionnaire (IPAQ)** is available in both short and long forms. The questionnaire can be used to obtain internationally comparable data on health-related physical activity.

**Local Minds** – Mind’s federated network of independent organisations run by local people, for local people, which form a network that delivers mental health services for communities across England and Wales.

**Mental Health Awareness for Sport and Physical Activity (MHASPA)** – a three-hour awareness course aimed at sport and physical activity providers, coaches, sports administrators, front of house staff and volunteers.

**Mental Health Charter for Sport and Recreation** – a document that outlines five actions that the sport and physical activity sector can take to help make mental health a commonly understood matter and to help those in need. Further information can be found on the Sport and Recreation Alliance website.

**National Obesity Observatory** – publicly funded body that is part of a network of Public Health Observatories across Britain and Ireland. It publishes data, intelligence and guidance related to obesity and its underlying causes.

**NGB** – independent, self-appointed body that governs a specific sport.

The **NSPCC Child Protection in Sport Unit** is a partnership between the NSPCC, Sport England, Sport Northern Ireland and Sport Wales. The Unit works with UK Sports Councils, National Governing Bodies (NGBs), County Sports Partnerships (CSPs) and other organisations to help them minimise the risk of child abuse during sporting activities.

**Participant** – a person who engages with your sport and physical activity service.

**PAR-Q** – the physical activity readiness questionnaire (PAR-Q) is a self-screening tool that can be used by anyone who is planning to start an exercise programme. It determines the safety or possible risk of exercising for an individual based on their answers to specific health history questions.

**Peer support** – when people use their own experiences to help each other.

**Personal health budget** – an amount of money to support an individual’s identified health and wellbeing needs, planned and agreed between them and their local NHS team.

**Physical activity** is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity.

**Qualitative data** – data which is typically descriptive, for example from unstructured interviews or open-ended questions.

**Quantitative data** – data expressing a numerical quantity, amount or range that can be analysed statistically.

A **severe mental health problem** can be defined as one that significantly impacts on day-to-day life and requires a high level of care and support.

**Sport and Recreation Alliance** – the umbrella body for sport and recreation in the UK. Alongside the **Professional Players Federation** and with support from **Mind**, they have created the Mental Health Charter for Sport and Recreation.

**Sports coach UK** – The UK’s technical agency for coaching.

**Sport England** – a 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.

**SMART** – an acronym outlining how to set achievable goals (Specific, Measurable, Attainable Relevant and Time-related).

**Targeted activity** – specifically aimed at a group of people, such as people with mental health problems, mums and babies, over-50s, or men under 40.

**Theory of Change** – a step-by-step approach to considering, agreeing and setting out the purpose of a project and outlining how the outcomes will be met.

**Universal activity** – open to everyone from all sections of the community. Sessions take place at sport centres, parks, leisure centres and community venues. Anyone can join the sessions and activities are often (but not always) on a ‘pay as you go’ basis, such as Zumba, no-strings badminton, gym sessions or park run. Due to health and safety regulations, there may be specific age parameters such as over 18, or ability groups such as beginners/advanced

**Validated tool** – a measure that has been psychometrically tested for reliability (the ability to produce consistent results) and validity (the ability to produce correct results).