



Mental Health in Sport and Physical Activity Conference

Date: Wednesday 13 October 2021

Time: 09:30 – 16:30

Venue: Kia Oval, Kennington, London,
SE11 5SS

Event pack for in-person delegates

1. Welcome

Thank you for registering for our first **Mental Health in Sport and Physical Activity Conference**.

This in-person delegate pack outlines the key information that you need for the day. If you have any questions before, during, or after the event, please get in contact with Mind's Physical Activity team via sport@mind.org.uk.

Thank you for attending and we hope you enjoy the conference.

2. About the event

Summary

Date: Wednesday 13 October 2021

Time: 09:30am – 16:30pm

Venue: Kia Oval, Kennington, London, SE11 5SS

Key information

The sport and physical activity sector has made real progress towards creating a supportive and inclusive environment for those of us living with mental health problems.

Our Mental Health in Sport and Physical Activity Conference will showcase new research, learnings and good practice to celebrate this progress as well as looking at how we can empower more people to be physically active to support their mental health.

The conference will be the first time Loughborough University will share the findings from their evaluation of our physical activity programme. The findings will highlight the advances the sector has made around mental health culture and tackling stigma.

Although we have come on leaps and bounds over the last six years, there is still work to be done. Loughborough University will also present their recommendations for how Mind and the sector can build on the progress to date to create an environment where everyone feels comfortable and confident to be physically active and where people working and volunteering in sport and physical activity thrive. In addition, we will explore responses to the mental health crisis and how sport and physical activity can help people to recover and stay well.

Agenda

Agenda item	Speaker/presenter
1st innings (10:00-11:30)	
Welcome from Mind and Chair	Karen Mellanby (Chair) – Director of Networks & Communities, Mind
Welcome from Sport England – Uniting the Movement and mental health	Mike Diaper – Executive Director of Children and Young People, Tackling Inactivity, Sport England
Mobilising sports system and structures - Evaluation of Mind's Sector Support Programme and recommendations	Dr Florence Kinnafeick - Senior Lecturer in Psychology, Loughborough University
Expert by experience panel discussion: Moving at scale	Gary Bloom (Chair) – Sports Performance Psychotherapist and TalkSPORT host; Clarke Carlisle – Former PFA Chairman, professional footballer, and Mind ambassador; Andrea Corbett – Coach, Personal Trainer, Advisory Group member and British Champion Bodybuilder
Refreshment Break and table discussions/networking	
2nd innings (12:00-13:00)	
Spotlight: Being fearless in the fight for mental health. <i>EFL and Mind's game changing 'On Your Side' partnership</i>	Trevor Birch – Chief Executive, English Football League (EFL)
Spotlight: Using research to Uplift the Nation	Caroline Fisher – Communications Director, ASICS; Dr Brendon Stubbs - Physical Activity & Mental Health Researcher, Evidence Based Strategies
Spotlight: Putting athlete mental health first, mental health in elite sport	Sam Cumming – Head of Mental Health, English Institute of Sport
Panel discussion and Q&A	
Lunch (13:00-13:45)	

3rd innings (13:45-15:40)	
Spotlight: In conversation... how mental health champions are creating a movement for change in sport.	Liz Purbrick – Inclusion Manager, England Athletics (Chair) Richard Glynn-Jones – National Referee Manager, The FA Kirstie Hickson – Policy and Projects Officer, AoC Sport
Spotlight: Changing lives through physical activity. <i>Delivering programmes to support mental health outcomes</i>	Dave Arnold – Get Set to Go Co-ordinator for Warwickshire, Springfield Mind Jess Thawley – Get Set to Go Co-ordinator & Breathing Space Practitioner, Springfield Mind
Spotlight: Panel discussion – it starts by looking after the people, looking after the people. <i>Workplace wellbeing in the sport and physical activity sector</i>	Jess Cook – National Partnerships Advisor, Activity Alliance Sam Cumming – Acting Head of Mental Health, English Institute of Sport
Team Talk: facilitated roundtable discussions on: <ol style="list-style-type: none"> 1) Lived experience involvement 2) Workplace wellbeing 3) Policy and influencing 4) Programme delivery 	Representatives from Mind and the sport, physical activity and mental health sectors.
4th innings (15:40-16:30)	
Team Talk: Analysis – playback from the facilitated roundtable discussions	Karen Mellanby (Chair) – Director of Networks & Communities, Mind
The long game: embedding mental health across systems and cultures.	Karen Mellanby – Director of Networks and Communities, Mind Mike Diaper – Executive Director of Children and Young People, Tackling Inactivity, Sport England Ollie Dudfield – Executive Director, Sport for Development Coalition Chris Jones – CEO, England Athletics
Closing remarks	Karen Mellanby (Chair)
Close of Play	

Dietary requirements

If you have stated that you have dietary requirements, then these will be catered for. All food will be clearly labelled with dietary information included.

Please be aware:

- **Gluten free** – If you have stated that you require gluten free food, a meal will be provided which contains no gluten ingredients. However, the Kia Oval's kitchen is not a gluten free environment so the venue cannot guarantee no cross contamination has occurred.
- **Allergies** – If you have stated that you have a food allergy, for example, a nut allergy, a meal will be provided which does not contain those ingredients. However, the Kia Oval's kitchen handles all food types and is not an allergy-free environment, so the venue cannot guarantee no cross contamination has occurred.
- **Halal** – If you have stated that you require halal food, a vegetarian option will be provided for you instead. We have checked with the venue and on this occasion the ingredients used by the Kia Oval may not be halal certified.

The Kia Oval will try their best to cater to all dietary requirements. However, if you are concerned that your dietary needs may not be fully catered for, you are more than welcome to bring your own food into the venue as an alternative.

Access requirements

All the rooms we have hired are accessible by both lifts and stairs. If you have access requirements, we have tried our best to cater for them. You may receive an additional email to confirm which measures have been put in place for you.

Looking after yourself

It will be a busy day, and if at any point you need some time away from the event, there is a quiet room available in **Box 52 & 53** and access to outdoor seating overlooking the pitch all day. This will be signposted.

There will also be several Mind staff attending the conference who are Mental Health First Aid trained and are able to listen and support you if needed.

Hayley Jarvis – Head of Physical Activity

Sam Perks – Physical Activity Operations Manager (Physical Activity)

Karla Burton – Physical Activity Officer (Sector Support)

James Durcan – Physical Activity Officer (Projects and Programmes)

3. What to do when you arrive

Registration and refreshments will commence from 09:15am – 09:50am. You are welcome to arrive any time during this period*.

The Kia Oval is the home of Surrey County Cricket Club, based in Kennington, South London. You can find out more information about the venue and how to get there on the [Kia Oval website](#). You can also see [images and take a 360 virtual tour of their conference rooms](#) to get a feel for the venue.

Finding the entrance

The Kia Oval has two main entrances. The closest entrance to our conference is the **Alec Stewart Gate**. Upon entering via the main reception, you will be directed to the England Suite and our registration desk.

You are then welcome to take a seat at any table. Refreshments will be available and this may be a good time to network and connect with other delegates before the conference begins at 10:00am. We do ask you to use the same seat during the conference to minimise the risk of cross-contamination. Cloakroom rails will be provided for you to hang up any items†.

Posting on social media

We would love for you to support us by posting about the conference across your own social media channels before, during and after the event. We just ask that you keep the content on message with the conference, use the hashtag #SportMinds, and tag [@MindCharity](#) where applicable.

We also have a LinkedIn page where we share regular updates about our work. Search [Mental Health Charter for Sport and Recreation](#) and give us a follow.

Joining the Wifi

Wifi Name: SCCC

Wifi Code: Hobbs598

* If you arrive after 9:50am, there will be a member of staff available to register you and help you find a seat.

† We ask delegates to hang their own items on the cloakroom rails. Leaving items on the cloakroom rails is done so at the owner's discretion; Mind and the Kia Oval will not be liable for any belongings.

4. Information regarding COVID-19

The number one priority for both Mind and the Kia Oval is the health and safety of our delegates, speakers and staff.

We are continuously monitoring the situation and will be implementing appropriate health and safety precautions on the day. The venue has reassured us that they are increasing the cleaning and disinfection of all event equipment and hand-sanitiser stations will be available on the day.

Please ensure you follow guidance around handwashing and using sanitiser. The wearing of masks is optional, it's important you do what is right for you.

As per government guidelines please do not travel if you are unwell. If you are showing symptoms or feeling unwell, email sport@mind.org.uk so that we can provide you with a virtual link. All session recordings will be shared after the event.

Whilst not official Mind guidance, it would be kind to ourselves and others if we take a **lateral flow test** (where possible) within 24hrs of the event. We would also suggest asking before handshakes/hugs, and generally taking extra time to check in with each other.

If you are worried about Coronavirus and how it could affect your everyday life, [our website](#) includes information on the pandemic and how you can support your mental health and wellbeing.

Thank you once again for signing up to our Mental Health in Sport and Physical Activity Conference. We are looking forward to seeing you on the day.

If you have any questions before, during, or after the event, please get in contact with Mind's Physical Activity team via sport@mind.org.uk.

5. Sector Support resources

The below resources have been developed as part of our Sector Support programme and aim to help sport, physical activity and mental health organisations to support and engage people living with mental health problems in physical activity.

Mental Health and Physical Activity Toolkit:

The toolkit is made up of a variety of guides. Each one provides guidance, tools, templates and good practice case studies to help organisations provide an inclusive and welcoming environment for people experiencing mental health problems to be physically active.



Mental Health Awareness for Sport and Physical Activity eLearning:

Completing this online course will give you the knowledge, skills and confidence to better understand and support people living with mental health problems, and create a positive environment that ensures they enjoy the benefits of being active and keep coming back for more.



Regional Networks:

Eight Regional Networks bring together organisations from across the sport, physical activity and mental health sectors. They work at a local to regional level to increase the number of groups who are equipped with the skills to support and engage people with mental health problems in physical activity.



Mental Health Champions Toolkit:

The toolkit is for organisations, clubs and groups in the sport and physical activity sector that want to support the mental health of their members, participants, staff and volunteers. It introduces the idea of mental health champions, and provides guidance on establishing a mental health champions scheme.



Case studies:

We've captured learnings from across the sector to help you to consider what more your organisation could be doing around mental health and/or physical activity.



Conference information:

For more information on the conference or to access recordings and slides post conference.





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