



# Mental Health in Sport and Physical Activity Conference

**Date:** Wednesday 13 October 2021

**Time:** 10:00 – 13:00pm

**Event pack for virtual delegates**

# 1. Welcome

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

This virtual delegate pack outlines the key information that you need for the online event. 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](mailto: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

**Live Stream:** 10:00am – 13:00pm

**Join Zoom Meeting:** <https://encoreglobal.zoom.us/j/97400750114>

**Webinar ID:** 974 0075 0114

**Passcode:** 291394

### 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
<b>1<sup>st</sup> innings (10:00-11:30) – Live Stream</b>	
Welcome from Mind and Chair	<b>Karen Mellanby</b> (Chair) – Director of Networks & Communities, Mind
Welcome from Sport England – Uniting the Movement and mental health	<b>Mike Diaper</b> – Executive Director of Children and Young People, Tackling Inactivity, Sport England
Physical activity and mental health	<b>Nigel Huddleston MP</b> – Minister for Sport and Tourism, Department for Digital, Culture, Media and Sport (DCMS)
Mobilising sports system and structures - Evaluation of Mind's Sector Support Programme and recommendations	<b>Dr Florence Kinnafick</b> - Senior Lecturer in Psychology, Loughborough University
Expert by experience panel discussion: Moving at scale	<b>Gary Bloom (Chair)</b> – Sports Performance Psychotherapist and TalkSPORT host <b>Clarke Carlisle</b> – Former PFA Chairman, professional footballer, and Mind ambassador <b>Andrea Corbett</b> – Coach, Personal Trainer, Advisory Group member and British Champion Bodybuilder
<b>Break (11:30-12:00)</b>	
<b>2<sup>nd</sup> innings (12:00-13:00) – Live Stream</b>	
Spotlight: Being fearless in the fight for mental health. <i>EFL and Mind's game changing 'On Your Side' partnership</i>	<b>Trevor Birch</b> – Chief Executive, English Football League (EFL)
Spotlight: Using research to Uplift the Nation	<b>Caroline Fisher</b> – Communications Director, ASICS <b>Dr Brendon Stubbs</b> - Physical Activity & Mental Health Researcher, Evidence Based Strategies
Spotlight: Putting athlete mental health first, mental health in elite sport	<b>Sam Cumming</b> – Head of Mental Health, English Institute of Sport
Panel discussion and Q&A – Please submit your questions via the Zoom chat function.	
<b>End of virtual conference (13:00)</b>	

**Afternoon innings will not be available by live stream. Recordings of sessions post lunch will be available after the conference.**

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

### 3. Zoom Live Stream

Our live stream will be hosted on Zoom. Please follow the instructions below to join the event. The morning session will commence at 10:00 so we recommend that you log onto the platform well in advance of this.

**Join Zoom Meeting:** <https://encoreglobal.zoom.us/j/97400750114>

**Webinar ID:** 974 0075 0114

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The morning plenary sessions (10:00-13:00) will be live streamed. Recordings from the afternoon sessions will be shared via email and on our [Conference webpage](#) after the event.

Closed captioning will be used on the platform. If you have any additional access requirements, please contact [sport@mind.org.uk](mailto:sport@mind.org.uk) as soon as possible.

All microphones and cameras will be disabled. Staff from Mind's Physical Activity team will be on hand to answer any questions sent in via the chat box during the sessions, and we would welcome your contributions throughout. We will also be sharing a link to a feedback form via the chat at the end of the stream.

### 4. Looking after yourself

We have a packed agenda so it will be a busy few hours. We have built in a break from 11:30-12:00 but it is important that you take time away from your device if needed. The event will be recorded in case you miss anything. During the break, feel free to continue to engage with the chat or to take a look at the [Five Ways to Wellbeing](#).

#### **If you're feeling unwell or need support:**

- [Mind Infoline](#) – 0300 123 3393 (9am-6pm)
- Talk to someone you trust such as a friend, colleague or family member – [Time to Change resources](#)
- GPs and health care providers NHS 111

#### **Listening services**

[Samaritans](#) - 116 123 (24-hour helpline)

[SHOUT](#) - Text SHOUT to 85258

## Online services

Peer support online [Mind's online peer support community – Side by Side](#)

Find out what is available in your local area via the [Hub of Hope](#)

## 5. 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.

## 6. Make a pledge

Throughout the Conference, we will be encouraging both in-person and virtual delegates to make a pledge to turn intention into action. It may be small or big; it may be something you can work on directly, or require your senior management team to support. We will be sending out resources to support you to transform the pledge into practical actions as well as checking-in after 3 months to see if we can provide any further support to help you fulfil your commitment.

If you would like to make a pledge, please email [sport@mind.org.uk](mailto:sport@mind.org.uk) with the following:

Name:

Email:

Organisation & Role:

“I make a commitment to...”:

“...with the initial step of”:



## 7. 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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