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**Mental Health Charter for Sport and Recreation**

 **The next steps…**

**Action plan template for national governing bodies of sport**

As a signatory of the [Mental Health Charter for Sport and Recreation](http://www.sportandrecreation.org.uk/mental-health-charter) we are committed to taking action across the following six areas:

1. Use our sport to promote good mental health and wellbeing
2. Adopt good mental health policies and best practices
3. Appoint ambassadors and role models
4. Tackle discrimination on the grounds of mental health
5. Support a pan-sport platform to develop and share resources and best practice
6. Throughout all of this we should regularly monitor our performance

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

**Name:** Eugene Minogue

**Position:** Chief Executive Officer

**Tel:** 020 3544 5834

**Email:** eugene.minogue@parkour.uk

**Organisation website:** www.parkour.uk

*Parkour/Freerunning is a sport that develops and support’s resilience and bring the* [*Five Ways to Wellbeing to life*](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/)*. Parkour/Freerunning is a method of training one’s body and mind in order to be as completely functional, effective and liberated as possible in any environment. #GiveParkourAGo*

| **Audience** | **Activity description**(the numbers next to the activity description heading correspond with the Charter’s areas of activities listed above) | **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) |
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| All  | ***Raising awareness:* Create introductory website information pages (**1&2) - What is the Charter and why we have signed it? - What we have done so far as an NGB. Links to case-study from member organisations and tips sheet - Information and links about mental health encourage links to local mental health services - Useful contacts including employee assistance programme and links for practitioners/community to get support.  | - Key messages about the Charter- Links to Mental Health awareness  | Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | Content created; Oct 2016 Published; Jan 2017 | Pages live.Number of impressions/downloads. Number of member organisations engaged | June 2017 |
| All  | **Charter action plan working group** Establish an action plan working group to include representatives from the following teams: * Elected Director
* Independent Director
* Chief Executive
* Member Organisation - Free Your Instinct
* Practitioners / Community Representative
* An independent qualified, Mental Health Specialist

The working group will:* Review action plan and to map out what

exists already, synergies and new activities / initiatives / opportunities* Review progress against action plan and agree evaluation activities
 | - Terms of reference established- Peer review/challenge from main board | Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | First meeting booked held by Dec 2016Subsequent meetings scheduled quarterly, thereafter to report into main board.  | Outputs against agreed actions at the meeting. Outcome/impact of activities.  | Dec 2017 |
| All  | ***Raising awareness – keeping the Parkour/Freerunning community up-to-date*** (1, 2 & 5)Secure regular slots in the following: * Social Media
* Website
* Workforce e-newsletters
* Cascade information via member organisations & practitioners to disseminate through their reach

Embed mental health awareness training into all Parkour UK workforce Awards, CPD and/or QualificationsRequire the Mind - [Mental Health for Sport and Physical Activity (MHASPA)](http://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health/mental-health-awareness-training-for-sport/?ctaId=/about-us/our-policy-work/sport-physical-activity-and-mental-health/professionals-in-sport/slices/mha-training/) training to be updated at least once every three years (the same requirement for First Aid & Safeguarding) via the Parkour Professionals RegisterEncourage member organisations/community to complete and implement an Action plan for mental health | - Updates on new resources / activities / training- Community Spotlight  | Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | Launch; Jan 2017Quarterly spotlight features“Celebrate” national events eg; Mental Health Awareness Day  | Social Media Insights dataWeb analytics following publication | June 2017December 2017 |
| AllOther NGBs Sports CouncilsPartners | **Share good practice** (5) Contact other NGB’s / Sports Councils / Partner leads to review what is happening in other sports / national organisations and share good practice. Explore opportunities to work together on specific outputs/outcomes. Share good practice with Mind so that it can be considered as a resource on the Mental Health Charter for Sport and Recreation’s website | - Charter Action Plan Working Group- Engagement from other NGB’s / Sports Councils &/or Partners- Member organisations / community | Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | Ongoing | What has been done differently as a result. Impact of changes. Opportunities for joined up working  | June 2017December 2017 |
| All  | ***Ambassadors and role models*** (3) Recruit a diverse and reflective range of ambassadors / role models who are willing to support the Charter including those who have personal experience / close experience and those who can champion the programme to include: * Board Member / President
* Practitioner
* Workforce
* Member organisation (Free Your Instinct)

Ambassadors to support with: * “Championing” the Charter
* Mental health “selfies” / social media content
* Speaking to stakeholders
* Case studies
* Media
* Attendance at events
 | - Ambassador guidance - Ambassador training / briefing | Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | - Create a brief for ambassadors / role models;Oct 2016 - Recruitment and briefings – Dec 2016 - Identify & recruit Ambassadors - Engagement of ambassadors in internal/external comms;Jan 2017 onwards  | Breadth and reach of coverage. Feedback from stakeholders.  | June 2017December 2017 |
| Employees | ***Raising awareness:* Internal awareness raising campaign** (1, 2 & 4) Raise awareness of the Charter and how to promote positive mental well-being and reduce discrimination through:* Charter and well-being to be a regular agenda item at staff/board meetings
* Make accessible existing resources including ‘Time to Talk’ videos for staff/board members
* Utilise Mind’s [workplace wellbeing](http://www.mind.org.uk/workplace/mental-health-at-work/) resources and online seminars
* Include regular information in staff /board briefings/communications
 | Any supporting materials  | Stephen MitchellChairstephen.mitchell@parkour.uk020 3544 5834Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | Jan 2017;- Charter why we have signed / case studies - What we have available already (employee assistance / flexible working policy etc.) July 2017; (events)- It’s good to talk. - Let’s end discriminationAugust 2017; (events) - How to promote positive mental well-being October 2017; - World Mental Health Day  | Improvements recorded through staff survey.  | June 2017December 2017 |
| All  | **World Mental Health Day Awareness (weekend) event – resources for community club through to national teams**Encourage the Parkour/Freerunning community to support ‘World Mental Health Day’ events across the country. * Produce template press release, statements and resources for member organisations/community/ambassadors
* Article/Feature on website & social media
* Media releases for the weekend
* Sharing of videos and mental health media / video case studies
* Broker relationships between local Mental Health services and member organisations/community/practitioners through invitation to event(s), subsequent programmes of activity, support services etc.
* Utilise ambassadors and champions
 |  | Eugene MinogueChief Executive eugene.minogue@parkour.uk 020 3544 5834 | October 2016 & each year after | Breadth, reach of coverage during the event Engagement of AmbassadorsEngagement of member organisations / community | Oct 2016 |