

Workforce Development Training 2019-21

Mindful Sport: mental health + physical health as one

August 2019 - March 2021



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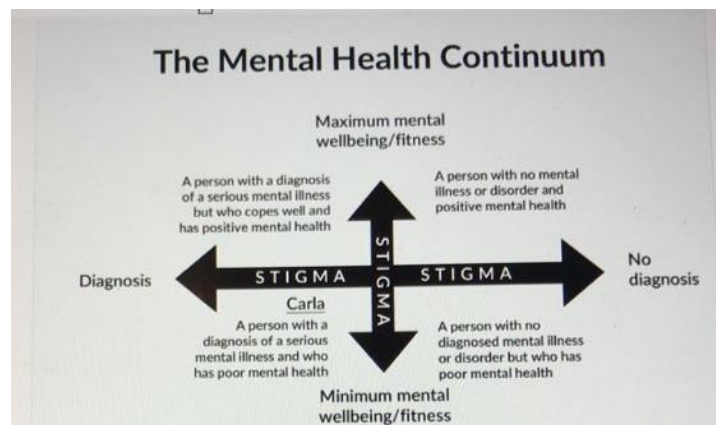
Project Begins September 2019

Aim and objectives

To work with clubs, coaches and employers to establish a highly skilled and competent workforce.

Physical activity has been shown to reduce the symptoms of mental health conditions such as Anxiety and Depression. With the right approach; coaches, staff and volunteers can support people with Anxiety and Depression to access physical activity.

Coaches are also uniquely positioned to be able to and raise awareness of where people can access support from local and national mental health services and charities.



The screenshot shows a digital information board with several sections:

- Children & young people**: Who can you contact when you are in need of urgent help? Call 111 option 2. Mental Health crisis support in Bedfordshire and Luton available 24/7 for all ages. Includes links to www.kooth.com/urgent-support and the Kooth logo.
- Child and Adolescent Mental Health Service (CAMHS)**: Bedford CAMHS - 01234 893300, Luton CAMHS - 01582 708140, Dunstable CAMHS - 01582 707635.
- YoungMinds**: I am a... parent worried about my child. Speak to our experts at the Parents Helpline - call 0800 802 3544. Or email the Parents Helpline https://youngminds.org.uk/contact-us/parents-helpline-enquiries/. The Parents Helpline <https://youngminds.org.uk/first-help-for-parents-helpline/>.
- YoungMinds Crisis Messaging**: Text the YoungMinds Crisis Messaging for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help ring 999 to 9999. All texts are free from E.C. Vodafone, 3 Virgin Mobile, BT Mobile, GiffGaff, Twoo Mobile and Tele2.com. Think you might have or have been diagnosed with a mental health condition? See our guide on finding help.
- Adults**: Who can you contact when you are in need of urgent help? Call 111 option 2. Mental Health crisis support in Bedfordshire and Luton available 24/7 for all ages.
- What to do in a crisis**: In an emergency or out of hours, if you have harmed yourself or someone else, or are worried that you might, you can go to Bedford Hospital, Accident and Emergency Department, South Wing, Kempston Road, Bedford MK42 9DU. You can also call on 01234 355 122 or call 111 as above.
- Samaritans** - Call 116 123 for free. 24 hour crisis line for people contemplating harming themselves. Helpline 0300 304 7000 4:30pm - 10:30pm daily. Calls from a mobile may be charged (Practical information, crisis care and emotional support). You can get in touch with the Samaritans about anything that's troubling you, no matter how large or small the issue. We're here to listen. Telephone: 116 123 (24 hours) Email: jobs@samaritans.org
- Bedfordshire Wellbeing Service**: Making a positive difference through Talking Therapies. The Bedfordshire Wellbeing Service offers a range of free and confidential talking therapies and specialist support to help you feel better. To contact the service please call 01234 880400 from 9am to 5pm Monday to Friday. If you need to speak with someone urgently outside of these hours please refer to our urgent help contact list above.
- Bedford Wellbeing Centre**: Mind BLMK works from Bedford Wellbeing Centre, at Wilton Road in Bedford, but supports people across the whole borough. Contact us on 0300 330 0648 or email us on bw@mind-blmk.org.uk.

September 2020 version - This board needs updating annually, please contact Borough Council Mindful Sport for your update.

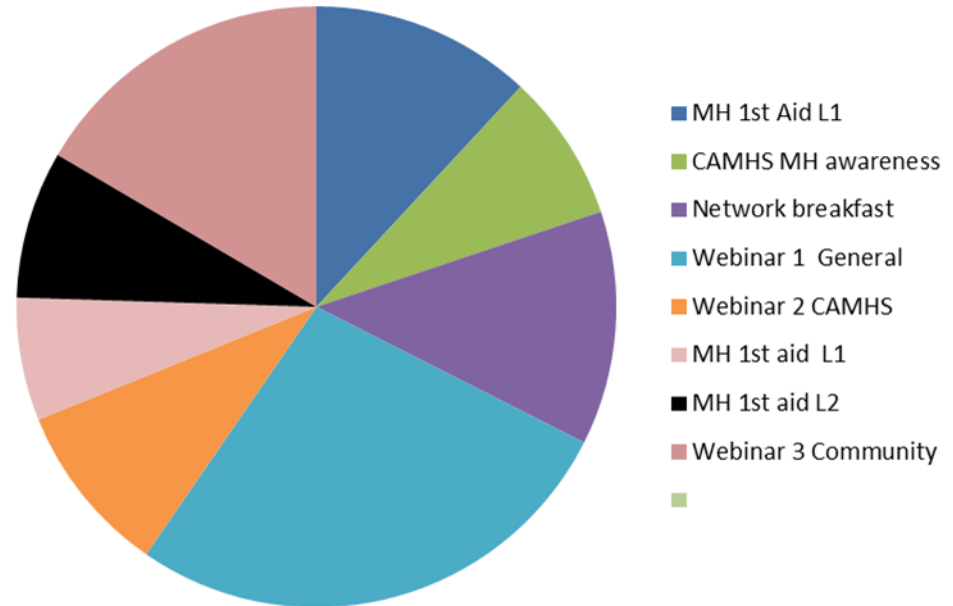
A Range of Courses Delivered

The programme, which, during a 6 month period of growth, posed challenges upon trying new things and adjusting to a “new normal”.

The webinars, were very popular, well received and the online Mental Health First Aid delivery worked very well.

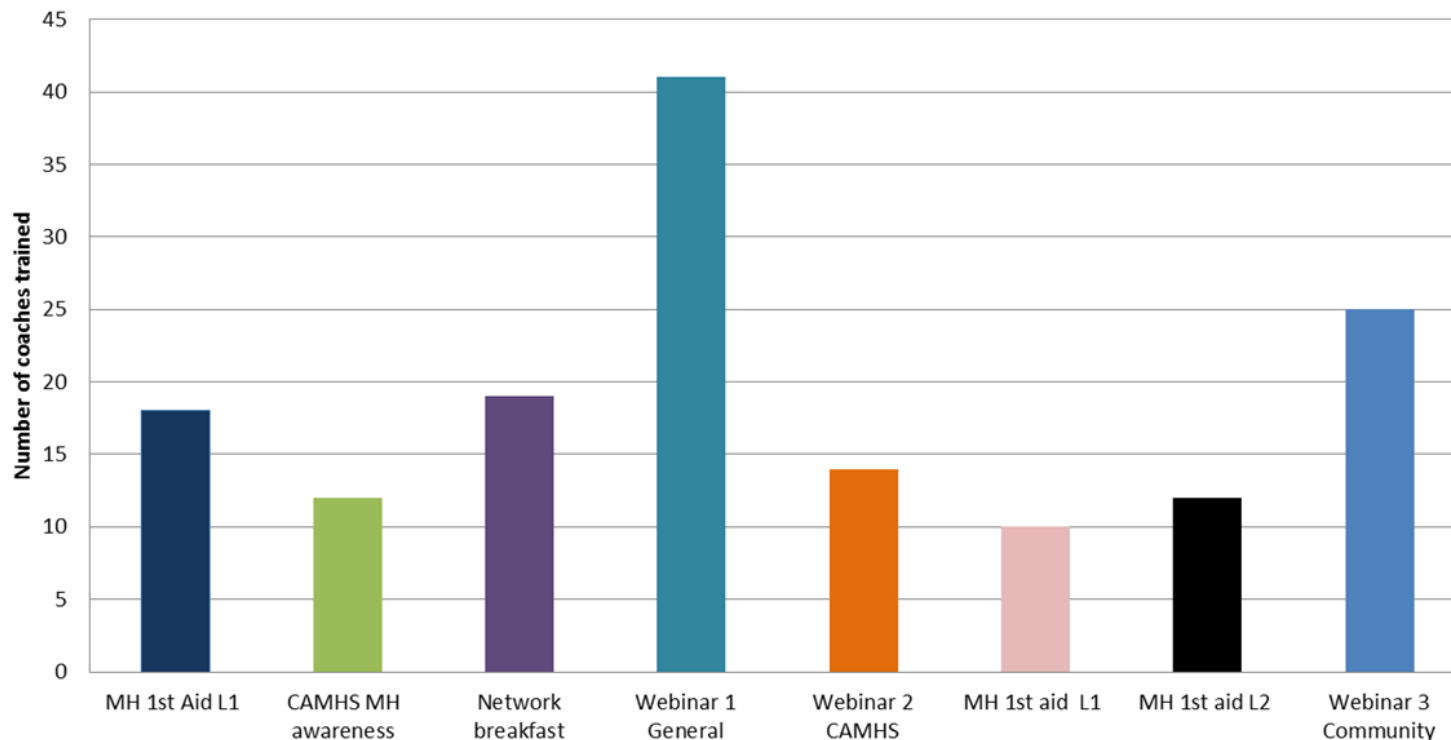
The data, (right), demonstrates course attendances over a 2 year period.

Distribution of engagements



Course #	Course 1	Course 2	Course 3	Network events
Type of course	Level One Mental Health First Aid	Mental Health Awareness for coaching children	Network breakfast	Sharing information via events

The workforce (staff/coaches) engaged

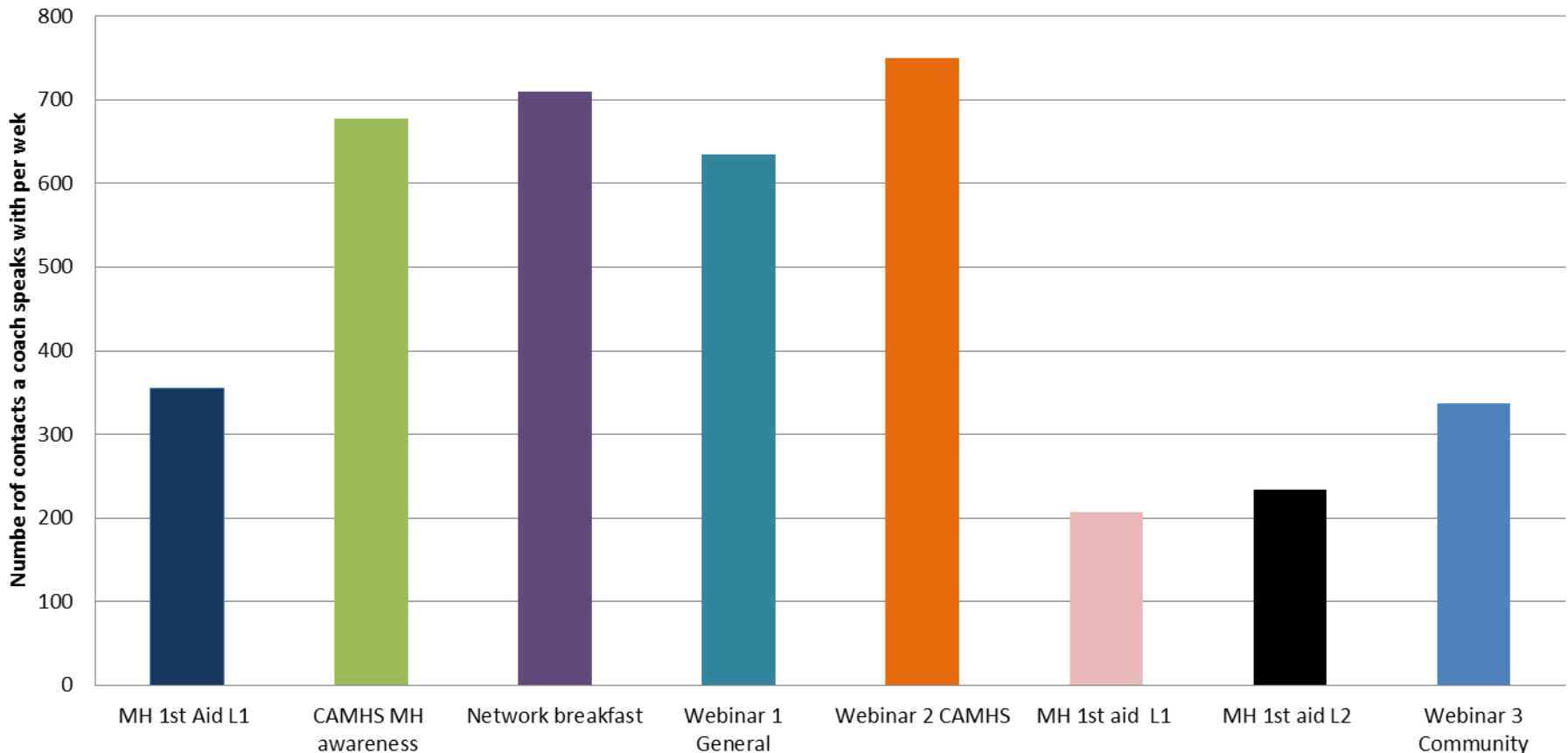


Course #	Course 4	Course 5	Course 6	Course 7
Type of course	Online Webinar for General Mental Health awareness	Online Webinar for Children's Mental Health awareness	Level Two Mental Health First Aid	Level One Mental Health First Aid (A new cohort)

The coaches who were trained have lots of conversations with members of the public each week

Coaches who have attended the training have on average, interaction with 3000 members of the public in a week. This means, that if 10% of these interactions touch on mental health and wellbeing, 300 people receive informal support and sign posting.

Cascading the knowledge to the public



We welcomed a wide range of attendees



24th March 2021 Webinar

This webinar aimed to provide guidance and support to our local communities , clubs, coaches, school staff and volunteers . This grows their knowledge base and empowers a confident approach in supporting people & helping them to maintain good mental health through physical activity

25 people attended the course

They interact with over **330** people per week on average.



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Evaluation From Feedback

The post course evaluations were very positive and the participants particularly liked the presentations from local people working in their communities.

- **Sophie – Social prescriber – Beds Rural Communities Charity –**
“ Really interesting, and inspiring speakers”
- **Karen – Social prescriber Beds Rural Communities Charity**
“Really enjoyed the workshop and it was really valuable to learn more about the various organisations and what they have been doing and hoping/planning to do going forwards. Fantastic speakers and great content”
- **Marianne Wesley – Dance Tutor**
“It was great to hear about other groups around Bedford leading on the campaign or promoting mental health and opening up about it all.”
- **Julia Weatherill – Early Help Family support Bedford Borough Council**
“Very helpful workshop. It is always good to have up to date information what services are available at the moment”
- **Abid Hussain – Faith in Queens Park / Cricket Coach**
“Very informative”

Further engagement

- The Mental Health Awareness boards with information for adults and Children + Young People migrated to digital format.
- Distribution of this free resource was completed online, in poster format and A5 handouts to all those trained.
- The future extension of this is to share the information via QR code at venues and update the site with the latest support info.

A screenshot of a Zoom meeting with five participants: Robert Lindsay, Rachael Monton, Ben Salmons, Jen Foley, and Mano Pillai. The main content is a digital poster for mental health support, divided into two columns: 'Children & young people' and 'Adults'.

Children & young people
Who can you contact when you are in need of urgent help?

Call 111 option 2
Mental Health crisis support in Bedfordshire and Luton available 24/7 for all ages

Find more advice here if you need URGENT HELP NOW
<https://www.kooth.com/urgent-support>

Child and Adolescent Mental Health Service (CAMHS)
Young people or parents/carers who live in Bedfordshire can now self-refer to their local CAMHS service. Self-referral forms should be completed and emailed to the address on each form. Copies of these forms can be found on the following website pages:
www.eftf.nhs.uk/service/113/CAMHS-North
www.eftf.nhs.uk/service/113/CAMHS-Dunstable
Or telephone CAMHS: Bedford CAMHS - 01234 893300 Luton CAMHS - 01582 708140 Dunstable CAMHS - 01582 707635

I am a... parent worried about my child
Speak to our experts at the Parents Helpline - call 0800 802 5544
Or email the Parents Helpline: https://youngminds.org.uk/contact-us/parents-helpline-enquiries/
The Parents Helpline: <https://youngminds.org.uk/find-help-for-parents/parents-helpline>

I am a... young person looking for help and support
Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. Think you might have or been diagnosed with a mental health condition? See our guides on finding help.

Adults
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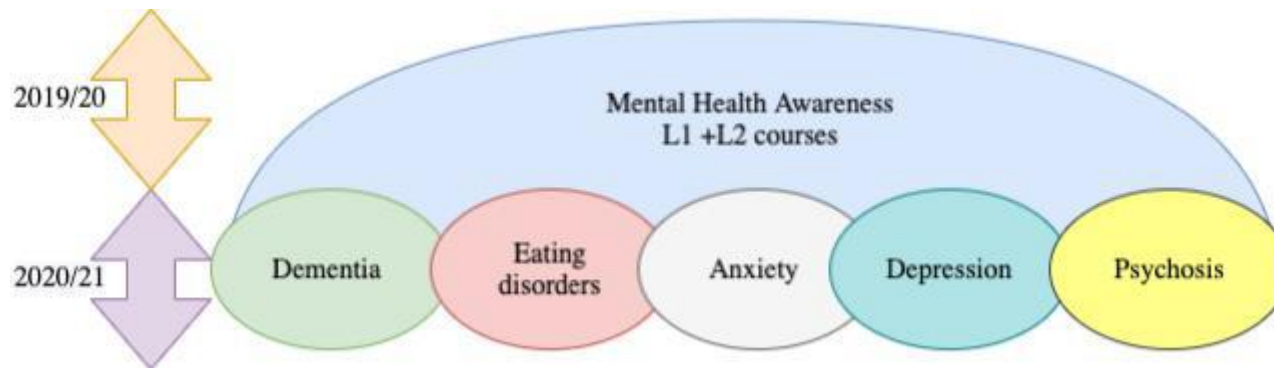
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Continuation of the workforce development

As a Sports Development Unit we would like to further build upon the foundation of mental health awareness training which has been delivered successfully to clubs, coaches and volunteers between 2019-2021. Moving forward, we endeavour to provide a more tailored approach, accounting for specific areas of mental health and wellbeing with a view to inspire a culture against stigma within our sporting community.



We would like to provide a deeper understanding into some conditions commonly known to affect people in our community so that the leisure sector is armed with knowledge and skills to provide a confident and inclusive service. We are keen to do so by offering specific courses.

The next upcoming course is L1 MH first aid for coaches working with young people.