• 34 Programmes based across Hertfordshire and Harrow for all ages.

• **Mission:** *Making A Positive Difference For All Through Sport and Learning*

• **Vision:** *Improving Lives, Enhancing Communities*

• **Values:** *Passion, Innovation, Professionalism, Inclusivity, Integrity*
Changing Lives and Wellbeing through Sport

The benefits of sport and physical activity on our mental health are endless: improved mood, decreased chance of depression and anxiety, and a better and more balanced lifestyle. This session will look at a range of interventions that are currently being delivered in the county and available support that can help to address the mental health of our young people through sport and physical activity.

Liam Dwyer & Ryan Gunn
What is Watford FC CSE Trust Mental Health Project?

The Watford FC CSE Trust a registered charity running sports and educational sessions on behalf of Watford FC to enhance lives in there local communities.

The Watford FC CSE Trust Mental Health Project was established in early 2018 with the aim of delivering educational workshops, classroom sessions and physical sessions around the topic of Mental Health. At present we have 10 members of staff working on the project.

4 strands we work on are
• Positive Minds
• Empower
• Coach the Approach
• Man On

For more information visit

www.wfctrustmentalhealth.com
What is mental health?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.”

(The Mental Health Foundation)

Q: Who in this room has mental health?
How Common are Mental Health Issues?

1 in 8 children and young people (5-16) have a clinically diagnosable mental health issue in Hertfordshire. Anxiety disorders are the most common diagnosis in both the United Kingdom and within Hertfordshire.

Source: The five year forward view for mental health, Mental Health Taskforce, 2016
Coping Strategies of Young People in Herts

Boys most commonly use physical activity and sports, and technology and video games as a coping strategy.

Girls most commonly use music or chatting to friends.

A significant number of young people could not identify any coping strategies - this puts a young person at serious risk.
To achieve optimum and good mental health it is recommended we achieve the 5 Ways to Wellbeing on a daily basis.

All of these can be achieved through sport participation.
Empower is our 12 week Physical Activity Wellbeing Sessions aimed at young people aged 9-12 with a mild to moderate mental health diagnosis or who exhibit poor mental wellbeing.

Each week we hold a 1 hour sport session followed by 30 minutes of a wellbeing workshop

Empower is ideal for:
- Young people with poor mental wellbeing
- Anxiety
- Low Mood and Depression
- Social Isolation and Social Difficulties
- Difficulties Transitioning into Secondary School or out of Primary School
- Bereavement
- Stress and Panic Issues
- Anyone who’s wellbeing would improve by participating in physical activity and workshops
Previous Success

From our previous Empower sessions we have been able to elicit a range of positive change to a young persons wellbeing.

• On average a young persons wellbeing will improve by 18% by the end of the 12 weeks.
  • We have a retention rate of 97%
  • One participant recently recorded an improvement of 100% to their wellbeing score
• Both boys and girls who attend 8 weeks of the programme show a significant increase to their mental wellbeing
Anton
What Benefits does Exercise Have on your Mental Health?

- Actively reduces stress and anxiety
- Improved concentration – improved academic attainment
- Higher feelings of self-worth
- More positive social interactions
- Can be a distraction
- Promotes chemical changes (increase in endorphins) in the brain to decrease elements of depression
- Feel more relaxed
- Are generally more positive about themselves
- Sleep better at night
- Improved sense of wellbeing
- Relieves tension in the mind and body
Resilience Game

Rules

• All Players start at Level 1
• In pairs play each other continuously
• If you win your game, move up a level
• If you loose remain or go to Level 1
• The Person who wins 3 consecutive games in Level 3 is the winner!

Keep Going!!!
Benefits of Resilience for our Mental Health

• Mental health issues can be extremely damaging to your emotional, physical, social and psychological wellbeing.

• Although they are extremely prevalent and can be damaging, they are manageable.

• A recent study has highlighted that up to 92% of mental health issues can be managed better by early intervention and showing resilience.
“What are your Sports Highs and Lows?”
How sport changes lives and impacts wellbeing

P – Physical
I – Intellectual
E – Emotional
S – Social

Participating in Sport can have a positive affect of our lives and wellbeing across 4 areas
The physical benefits of exercise through sport are evident...

- Helps controls weight
- Combats health conditions and diseases
- Improves mood
- Exercise boosts energy
- Exercise promotes better sleep
Intellectual

The intelltucals benefits of exercise through sport are learning...

• ... Values of work ethic and success
• ... Learn Values of Competition
• ... Leadership skills
• ... Technical skills and components
• ... Fairness, rules, discipline and life skills
• ... About teamwork
Emotional

The Emotional benefits of exercise through sport by experiencing...

- Relationships and comradery with team mates
- Empathy towards
- Different responses and moods
- Range of Emotions in safe environment
- Enjoyment and fun
- Mentally Resilience
- Increased confidence
Social

• Social Opportunities and Positive Relationships have a positive affect on our mental health
• Higher Self Worth
• Healthier lifestyle habits through peers
• Improved self esteem and self worth
• Reduce stress
• Decreased feeling of low mood
• Better physical health
• Decreased feelings of anxious
Making your impact Incidental not Accidental

What do we think this means?
Incidental Planning for Sessions

- Create a less competitive environment with an emphasis on having fun, teamwork, “doing your best” and overall participation rather than result.
- Help children understand “The Process” of improving in sports, not just the outcomes and results in games.
- Never enable children to select teams or team mates where ability will take preference in the selection process.
- Set Personal Challenges for those with less confidence with achievable outcomes. When these are achieved provide lots of verbal praise and recognise these and how they have been achieved.
- Provide those with less confidence with more specific, needs led interventions and coaching tips in relation to their core development.
- Give praise on effort not just ability or success
- Implement rules and scenarios in games activities to ensure everybody is involved
- Don’t just rely on PE: build physical activity opportunities throughout the day e.g. Daily Mile/Walking to school
- Don’t use physical activity as a punishment within sporting sessions
Examples of Practice

If we’re looking to create an Environment that looks to improve wellbeing, we do this by incorporating

- Teamwork
- Applauding and encouraging others
- Communication
- Offering help and advice
- Making friends
- Behaviour and Enjoyment
- Decision Making
- Patience
- Making and Learning from Mistakes,
- Learn Skills from the Game,
- Awareness to own and others situation within game,
- Appreciating Rules & Security
- Experiencing Success
- Experiencing progress, improvement and Development
- Gaining confidence as part of a team and individually
Football

We include our “Barcelona Rule” / “Passcelona” rule which means a team can not score until every player has touched the ball or made our pass.

• Gaining confidence as part of a team
• Communication
• Patience
• Experiencing Success
• Awareness to own and others situation within game
• Appreciating Rules & Security
Traditionally Dodgeball looks to score players out of the game by players hitting opponents with a dodgeball.

Our sessions we look to continually involve players through various means such as:

- “Capturing players” instead of players going out
- Dr Dodgeball
- Save the President
- Applauding and encouraging others
- Offering help and advice
- Making and Learning from Mistakes,
- Learn Skills from the Game
- Experiencing progress, improvement & Development
- Gaining confidence as part of a team & individually
Foxes & Farmers

Traditionally in Foxes and Farmers once you are caught you are out of the game.

- If a player (foxes) is caught by a farmer then they join the farmers to catch foxes.

- We use Tag Rugby bands to continually play over a time period by catching bands from each other while defending their own.

• Making and Learning from Mistakes
• Awareness to own and others situation within game
• Experiencing progress, improvement and Development
• Gaining confidence as part of a team and individually
• Communication
• Offering help and advice
To Summarise...

• Ensure that within your Sports Session when promoting wellbeing it is incidental and not accidental.

• Everyone has Mental Health, it is relevant that these needs can be met in a sporting environment.

• Be a role model within your coaching, set an example to promote positive mental wellbeing.

• Don’t be afraid to raise the subject the topic of Mental Health and Tackle Stigma.

• Be a leader to other sports coaches and professional in your respective organisation.
James’s Story
Questions?
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www.wfctrustmentalhealth.com

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