



Mental Health Charter for Sports and Recreation



Newport County AFC

We aim to create a safe, supportive, inclusive and positive environment for everyone involved within the football club and in our community.

We intend for Newport County AFC to make sports and recreation inclusive for all, contributing to reducing morbidity, promoting mental health and wellbeing; remove the culturally constructed stigma that surrounds issues of mental health. As one of 71 English Football League clubs we believe that we have a responsibility to promote mental wellbeing in our community.

The [Charter](#) outlines actions that we can take to make mental health and wellbeing a priority and to improve the day-to-day lives of those in our community and to improve outcomes for those who experience mental health difficulties. We want to actively encourage people to discuss issues of mental health and wellbeing and also to access high-quality help and support when it is necessary.

To enable us to achieve these aims we will:

- 1. Using the power of sport and recreation to promote wellbeing, with a special focus on encouraging physical activity and social interaction for their contribution to good mental health.*
- 2. Publicly promoting and adopting good mental health policies and best practice within our sports and recreational activities.*
- 3. Promoting positive public health messages using diverse role models and ambassadors to reduce the stigma attached to mental health problems.*
- 4. Actively tackling discrimination on the grounds of mental health to make sure that everyone is treated with dignity and respect.*
- 5. Supporting the establishment of a network to work closely with the mental health sector to develop resources and best practice.*
- 6. Regularly monitoring our performance, assessing progress and taking positive action on mental health issues.*

By signing up to the Charter, we are committing to helping make this vision a reality.



Audience	Activity Description (Number refers to the corresponding area of the Charter)	Lead Name & Contact Details	Support	Timescale to implement	How we will measure success	Progress Update
All	Signing up to the Charter and promote it (1&6)	Colin Faulkner equality@newport-county.co.uk	Chris Ball media@newport-county.co.uk	24/5/2020	Signing Ceremony	
All	Work with key stakeholders in the city to promote wellbeing & support in the wider community (4&5)	Colin Faulkner equality@newport-county.co.uk	Members of the Senedd MPs Newport City Council	25/10/2019	Media publicity from all partners involved	
All	Deliver weekly (at least) physical activity sessions to promote exercise and socialisation (1,4&5) Not limited to but including: - We Wear the Same Shirt - Military Veterans - Every Player Counts	Norman Parselle community@newport-county.co.uk	Chris Ball media@newport-county.co.uk Colin Faulkner equality@newport-county.co.uk	1/3/2020	Increased number of people involved in activities	
All	Working in Partnership with national and local charities/campaigns (2,3&4) - Media releases - Awareness matchdays - Bucket Collections - Charitable Donations - Player Appearances	Colin Faulkner equality@newport-county.co.uk	Chris Ball media@newport-county.co.uk	In Place	Interaction with charities and campaigns with request to work with NCAFC	
1 st Team & Academy	Peer support made available to players at all levels (2&4)	Colin Faulkner equality@newport-county.co.uk	Nigel Stephenson nigel.stephenson@newport-county.co.uk	End of 2019/20 Season	MH issues openly discussed and support provided. Performance levels and results	

Audience	Activity Description (Number refers to the corresponding area of the Charter)	Lead Name & Contact Details	Support	Timescale to implement	How we will measure success	Progress Update
All	Creating a regular message about Mental Health to provide support and ideas to combat issues (2&4) <ul style="list-style-type: none"> - #WellbeingWednesday - Monthly website article 	Colin Faulkner equality@newport-county.co.uk	Chris Ball media@newport-county.co.uk Laura Dernie Laura@mydiscombobulatebrain.com	29/11/2019	Interaction with media releases	
Staff Players Academy CitC	Mental Health training for club employees to help recognise signs and provide support (2&4)	Colin Faulkner equality@newport-county.co.uk	Lisa Van Os Lisa.VanOs@newportmind.org	End of 2019/20 Season	MH issues openly discussed and support provided	
All	Creating volunteer opportunities to people in the region to bring a sense of self-worth and contribution to the community (4&5)	Donna Linton office@newport-county.co.uk	Colin Faulkner (Club) equality@newport-county.co.uk Norman Parselle (CitC) community@newport-county.co.uk	Ongoing	Number of new volunteers	
All	Supporting the wider community (1,3,4&5) <ul style="list-style-type: none"> - Appoint at least 1 MH Ambassador to promote club's work - Support local schools - Military Veterans to facilitate Peer Support - Provide opportunities for people with MH issues to see live matches - Signposting people to relevant partner charities/organisations 	Colin Faulkner equality@newport-county.co.uk Members of the Senedd MPs Newport City Council	Norman Parselle community@newport-county.co.uk Dan Harvey (Schools) dan.harvey@newport-county.co.uk Ryan Courtney (Veterans) courtneygroup@hotmail.com	Ongoing	Media publicity from all partners involved. Regional statistics showing positive improvements	

Audience	Activity Description (Number refers to the corresponding area of the Charter)	Lead Name & Contact Details	Support	Timescale to implement	How we will measure success	Progress Update
Other clubs / organisations	Encourage and support other clubs to sign up to the Charter (1&5)	Colin Faulkner equality@newport-county.co.uk	FA/EFL/FAW Members of the Senedd MPs Newport City Council	24/5/2020	Number of additional clubs and organisations signing up to the Charter	
All	EFL/Mind partnership match (1,3&4) - Vs Bradford City, Saturday 22 nd February 2020	Alex Eagle commercial@newport-county.co.uk	Emily Homan eholman@efl.com Ben Tinniswood ben.tinniswood@newportmind.org Colin Faulkner equality@newport-county.co.uk	8/2/2020	Matchday Activities & Media publicity from all partners involved	
NCAFC Academy CitC	Review Action Plan (6) - 6 month reviews from date of signing - Update accordingly	Colin Faulkner equality@newport-county.co.uk	Gavin Foxall gavin.foxall@newport-county.co.uk Damien Broad damien.broad@newport-county.co.uk Norman Parselle community@newport-county.co.uk	31/05/2020	The amount of green in “Progress Update” and city wide statistics. NB – will never be green	

Key:

Red – Not yet commenced

Amber – Started but not yet fully implemented

Green – Already implemented

Declaration:

"We, as representatives of the organisations named below, sign this Charter and pledge that we will work together in partnership to improve mental health issues in the city of Newport. We will achieve this using the 6 principles set out at the start of this document to support those with mental health issues and promote wellbeing in our community. This Action Plan will be reviewed every 6 months from the date below."



Date: 22nd May 2020
Gavin Foxall
Chairman Newport County AFC



Date: 22nd May 2020
Cllr Jane Mudd
Leader of the Council (NCC)



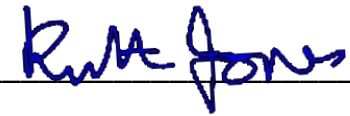
Date: 22nd May 2020
Cllr Kate Thomas
NCC Mental Health Champion




Date: 22nd May 2020
Jayne Bryant
Senedd Member – Newport West



Date: 22nd May 2020
John Griffiths
Senedd Member – Newport East



Date: 22nd May 2020
Ruth Jones
Member of Parliament – Newport West



Date: 22nd May 2020
Jessica Morden
Member of Parliament – Newport East