

HELP CREATE MINDFUL CLUBS

Become a Wellbeing Champion
with our FREE mental health
training and support your club.

Criteria

Small Club (-100) - 4 champions
Medium Club (101- 400) - 8 champions
Large Club (401 - 1000) - 12 champions

Coaches

All junior coaches attended 5 Ways to
Wellbeing session

FOR MORE INFO:



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Norfolk and Waveney Integrated Care System



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Talking Therapies

MINDFUL CLUBS

5 Ways to Wellbeing



Being physically active, including at school, or at your sports club, improves physical health and can improve mood and wellbeing and decrease stress and anxiety. Walk, dance, jog, create football challenges, play hide and seek, complete jobs around the house, circuit training.



Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing. Spend time outside every day, observe nature, try yoga, be creative, look up at the night sky.



Strengthening relationships with others and feeling close to and valued by others, including at your club, is critical to boosting wellbeing. Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing too.



Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing. Time to relax, help someone with a job, call someone to check they are doing ok, give someone a hug.



Being curious and seeking out new experiences in life positively stimulates the brain. Learn a new skill in your sport, read a book, learn a new fact, cook or bake, share a skill, try something different.

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Feedback

Taking time to listen, talk to them, respond
to their needs.

Listen without judgment, signpost to
appropriate people

Excellent course. Comprehensive coverage
of content.

Show empathy not sympathy

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SCAN ME



Scan to book your
FREE training!

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Sign up to our free training to become a Wellbeing Champion at your club

Tell me about the training.

The training lasts 1 to 1½ hours and covers basic mental health education, reasons people may struggle, and signs of distress. You'll learn how to approach someone and start a conversation, as well as how to signpost to the Wellbeing Service for support.

After the training, you'll receive a PDF booklet with all the information covered and a comprehensive FAQ guide with resources for your club.

How do I become a Wellbeing Champion?

If you would like to improve your understanding of mental health and create a supportive club environment, becoming a Wellbeing Champion may be for you. You can become a Wellbeing Champion by signing up using the link or QR code. The face to face training is free and will be delivered at your club.

Free mental health training for your community!

The project offers free mental health training for club members and coaches with NHS Norfolk and Waveney Talking Therapies, to help recognise when someone may need some support and how to have these conversations.

What is a Mindful Club?

Support your club's commitment to welfare and help foster inclusive, supportive environments. Ensure that all members have access to physical activities that promote wellbeing and a sense of belonging.

Club members and coaches are supported to facilitate a local club of Wellbeing Champions. They will be provided with the skills to recognise mental health issues and provide low level support to individuals facing mental health issues.

