

## Case study

### MINDFUL CLUBS

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.

Course Participants said following the course.

**"Don't be afraid to talk"**

**"Listen without judgment, signpost to appropriate people"**

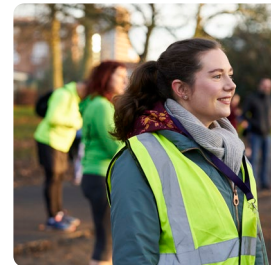
**"Listening and directing to known support"**

#### Overview of the Mindful Club Project

The "Mindful Club" programme aims to enhance mental health awareness and support within sports and community clubs. It offers free mental health training in collaboration with NHS Norfolk and Waveney Talking Therapies, covering essential topics like mental health education, recognising distress, and providing support.

Club members are encouraged to become Wellbeing Champions, receiving free face-to-face training to foster a supportive environment. This training equips them with the skills to recognise mental health issues and offer low-level support.

The programme's implementation has led to increased mental health awareness, confidence in supporting others, and improved overall well-being among members. The inclusive environment has also strengthened community engagement and a sense of belonging within the club.



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## Dragons on the Move

DRAGON's (Disability Real Action Group of Norfolk) On the Move is a project which focuses on making services and venues more accessible and providing a voice for disabled people across Norfolk.

With On the Move we visit Leisure facilities, sports clubs and green spaces in your local area. On a visit, the group would then take part in an activity, view the facilities, take a walk, or swim or whatever the venue has to offer. We record our experiences and detail practical elements of the facility as well. This information will then be gathered and shared on Active Norfolk's Every Move activity finder. Our aim is to give people across Norfolk a more detailed picture of what experiences and opportunities are out there.

**“When I hear the word safeguarding,**

**I think of policies and procedures.**

**But what makes me feel safe in sport, is people.”**

Hannah, Dragons on the Move participant.

Anita worked with the young people, following a visit, we discussed if their focus could include questions about safeguarding procedures. They suggested asking leisure providers about the measures in place to protect vulnerable individuals, how staff handle safeguarding concerns, and who is responsible for managing such issues within the facility. These questions are now an integral part of all future facility visits.

In a subsequent focus group titled "What Does Safeguarding Mean to You?" the young people agreed that safeguarding is about creating a safe and supportive environment. They emphasized the importance of well-trained staff, clear points of contact for reporting concerns, and the need for approachable, attentive staff members to foster a sense of safety and trust.

As a result of this initiative, safeguarding-related questions are now a standard part of leisure facility assessments. Additionally, Active Norfolk are working with leisure providers to enhance staff training and make reporting processes clear and accessible to all visitors. This initiative ensures both safety and accessibility are prioritised in leisure facilities moving forward.

