

## Coronavirus – information for sport and physical activity sector partners

As you can imagine, like yourselves we are still in the midst of understanding the impact of the current COVID-19 breakout on our activities and plans and understand you must be too. For now:

- We understand that events both near and further in the future will be affected and therefore we will support you in your decision making for these and likewise, will keep you updated on our plans for postponing events or moving them online.
- We will be working from home where possible. We are still on email and phone, using Microsoft Teams and Zoom video conferencing where we can.
- We are reviewing our plans and activities for the next four months and will be in touch with ideas and support for your staff and members. This includes:
  - how we can support people to be active from home
  - working with you to provide messages to support mental health whilst following social distancing

We know that many of us are worrying about the current situation around coronavirus and how it might affect our lives. Mind's [information page](#)

Please feel free to share this internally with those that need it. We know that this will be a stressful and anxiety-inducing time for everyone, and particularly anyone with a mental health problem, but hopefully this advice can help people's wellbeing over the coming months. In particular, there are lots of tips on how to take care of yourself if you have to work from home for prolonged periods of time.

### Mental Health at Work

There is further support around mental health at work on our Gateway which will be updated regularly – <https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>

### Further support and advice

In addition to your local public health officials and local authorities, we recommend following the [World Health Organisation \(WHO\)](#) [Government](#) and [NHS](#)

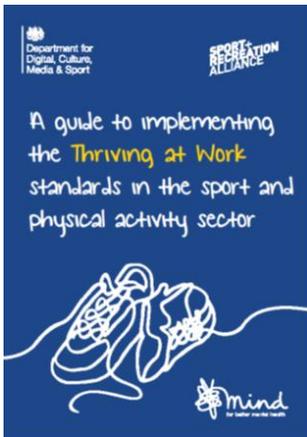
We will be in touch with further developments, feel free to contact us with any updates your side and please let us know if there's anything we can do to support.

Take care

Mind

## Resources

### HR Leads and Senior Managers



A Guide to Implementing the Thriving at Work Standards in the Sport and Physical Activity Sector is a toolkit of practical tips and resources, which supports clubs to understand the independent Thriving at Work review of what employers can do to better support all employees, including those with mental health problems, to remain in and thrive through work.

**Who is this for?** Ideal for HR leads and senior managers to understand good practice

**How can I access it?** The guide is available at [www.mind.org.uk/sport](http://www.mind.org.uk/sport)

### Complimentary Mental Health Training for Academy Staff

Complete our [Mental Health Awareness for Sport and Physical Activity training online](#)

The course takes 2-3 hours. Upon completion encourage learners to download their certificate which is CPD registered with CIMSPA (the Chartered Institute for Sport and Physical Activity). *Please note the content of this course was primarily designed for grassroots coaches. That said, the principles of the training will still be valuable to Academy staff who want to build up their CPD in this area.*

<b>Access Code:</b>	<b>**Please request access code by replying to email with number of participants**</b>
<b>Expiry date:</b>	<b>31.05.2020</b>
<b>Web link:</b>	To access the <b>eLearning course</b> : <a href="#">MHASPA online training - access here</a>  To access the <b>Resource hub</b> (free resources): <a href="#">1st4sport Mind resource hub</a>
<b>Instructions for users:</b>	<ul style="list-style-type: none"><li>• Users will need to click on the link and add the course to their shopping cart.</li></ul>

	<ul style="list-style-type: none"> <li>• At the point of purchase, they will be asked if they have a coupon code which is where they can provide the code and will receive 100% discount.</li> <li>• The VAT may remain in the shopping cart but they shouldn't be charged for this or have to provide any payment details.</li> </ul>
<b>Technical issues</b>	<p>If there are any issues with access, logins, codes 1st4sport can support contact:</p> <p><a href="mailto:hubenquiries@coachwise.ltd.uk">hubenquiries@coachwise.ltd.uk</a> or telephone (+44) 0113 2015530. The office is open 9-5 Monday to Thursday and 9:00-4:30 Friday (excluding bank holidays).</p>

- Sign up to our Mind and the Sport Sector newsletter for monthly updates - email [sport@mind.org.uk](mailto:sport@mind.org.uk)
- Support for staff and members to get active at home, can be found here [Mind - Get Active](#)
- Book on to our [Mental health in sport and physical activity webinar](#) taking place on April 1 11.30-12.15. The webinar will look at the variety of mental health resources, training and services available to the sector

**Further information is available:**

- [mind.org.uk/football](http://mind.org.uk/football)
- [football@mind.org.uk](mailto:football@mind.org.uk)

**To look after your mental health, we recommend familiarising yourself with the five ways to wellbeing ([next page](#))**

# Five ways to wellbeing

What are your 5 a day?

## Connect



Feeling close to, and valued by, people is a fundamental human need and one that contributes to functioning well in the world. Social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

## Be Active



Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting wellbeing.

## Take Notice



Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies show that being aware of what is taking place in the present directly enhances your wellbeing and savouring 'the moment' can help to reaffirm your life priorities.

## Learn



Continued learning through life enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.

## Give



Research shows that giving makes you happier. People with a greater interest in helping others are more likely to rate themselves as happy.

\*The Five Ways to Wellbeing: New Economics Foundation