



# NEWTOWN & CHILWELL FOOTBALL NETBALL CLUB

## Wellbeing and Mental Health Framework

This framework aims to affirm our commitment to ensuring the Club is a place where everyone feels valued, respected and included and where the physical and mental health and wellbeing of all members of our Club is a priority. To assist our members to understand this commitment and access support we have developed this framework which outlines the objectives and actions we will take to create a supportive and inclusive environment for everyone involved in our club.

### Objectives

1. **Promote Mental Health Awareness:** Increase awareness and understanding of wellbeing and mental health issues among club members.
2. **Provide Support:** Offer support and resources to members experiencing wellbeing or mental health challenges.
3. **Create a Safe Environment:** Foster a safe and inclusive environment where members feel comfortable discussing mental health.
4. **Encourage Physical Activity:** Promote physical activity to improve mental health and wellbeing.

### Strategies

1. **Education and Training:**
  - Conduct regular mental health awareness sessions for players, coaches, and volunteers.
  - Provide training for coaches and volunteers on how to recognize and respond to mental health issues.
  - Continue to raise awareness of other relevant policies such as the Club's Child Safety and Wellbeing policy.
2. **Support Services:**
  - Establish a wellbeing officer network within the club to provide support and guidance to members.
  - Ensure the wellbeing officers can connect individuals with relevant local mental health organizations to access professional support services.

**3. Communication:**

- Regularly share mental health resources and information with members via sessions for coaches, on social media and other communication channels.
- Encourage open and honest conversations about mental health within the club.

**4. Inclusive Environment:**

- Ensure all other club policies and practices promote inclusivity and respect for all members.
- Ensure that all club activities are accessible and welcoming to everyone.

**5. Physical Activity:**

- Promote regular physical activity as a key component of mental health and wellbeing.
- Organize events and activities that encourage participation in sports and physical exercise.

## Implementation

**1. Wellbeing Officer Network:**

- Appoint volunteer wellbeing officers from across junior and senior netball and football programs to oversee the implementation of the framework.
- Provide training and support to the wellbeing officers to effectively carry out this volunteer role.

**2. Partnerships:**

- Establish partnerships with local mental health organizations and professionals.
- Collaborate with other local clubs to share resources and best practices.

**3. Monitoring and Evaluation:**

- Regularly review and assess the effectiveness of the framework.
- Gather feedback from members to continuously improve the framework.

## Conclusion

By implementing this framework, we can continue to make a positive impact on the lives of our players, coaches, volunteers, and the wider community aligned to our Club values of being selfless, united and respectful.

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