



**LEICESTER-SHIRE  
& RUTLAND SPORT**  
PHYSICAL ACTIVITY & WELLBEING



# Leicester-Shire & Rutland Sport Virtual Conference 2020 Building Resilience Together

## **Supporting Mental Wellness Utilising Physical Activity & Sport**

During the month of November we will be hosting the Leicester-Shire & Rutland Sport Annual Conference, bringing people together from across the system in Leicestershire, Leicester & Rutland.

Join us for a month of information, opportunities, learning and connecting across multiple sectors including; health, physical activity, education, sport, community and voluntary sector. We all have a role to play in building resilience together.

**Cost: FREE**



Book online at: [www.lrsport.org/LRSConference](http://www.lrsport.org/LRSConference)



## Programme

### Introduction to Physical Activity, Sport & Mental Wellness

#### Introduction

Pre-recorded, Link Released.

#### Event Launch

LRS Director & LRS Board outline how mental wellness should be at the heart of our physical activity and sport delivery. Overview of workshops and resources available throughout the month.

#### 3rd November

Pre-recorded, Link Released.



#### Physical Activity, Sport and Links to Mental Wellbeing: Mind

Overview of the mental health statistics in Leicestershire, Leicester & Rutland. Introduction to mental wellbeing and links to physical activity.

#### 4th November

10.30—12.00 noon



#### National Programmes: Mind

Introduction to the partnership between Sport England & Mind including information on their work programme, resources and training.

#### 5th November

1.00—3.00 pm



#### Local Mental Wellbeing Services: Leicestershire County Council Public Health

Showcase of local public health work being delivered to address mental wellbeing.

#### 5th November

5.30—9.30 pm



#### Mental Health First Aid Course: Liz Behnke, Syzygy

Teaching people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. The workshop won't teach you to become a therapist but just like physical first aid, it will teach you to listen, re-assure and respond even in a crisis.

**10th November**

10.00—11.30 am

**More Talk, More Action: Sam Turner, CEO/Secretary General, International Federation of CP Football**

**For: Clubs/Organisations (Coaches, Facilitators & Leaders of Activity)**

A session to discuss applying our knowledge of mental health and wellbeing in a physical activity and sport environment. Sharing guidance and practical examples, participants will develop a greater understanding of how we can all play a part in creating a safe, positive and inclusive activity environment.

**11th November**

9.30—11.00 am

**Health & Wellbeing, Part of Everyone's Business. Supporting Workplaces to Look After the Health and Wellbeing of their Workforce: Leicester-Shire & Rutland Sport**

**For: Workplaces (Individuals with a Remit about Staff Health & Wellbeing)**

The Covid 19 pandemic has resulted in drastic change to working practices. We believe it is more important than ever that employees feel supported to look after their health and wellbeing at work. Hear from local employers of how they are rolling out wellbeing at work in their workplace.

**11th November**

3.30—5.30 pm

**Creating a Needs Satisfying Environment for Young People: Ruth Bradbrook, Accredited Tutor for Developing Youth Practice**

**For: School Teachers/Staff**

Using the Choice Theory (William Glasser) to establish how young people's five basic needs can be met/supported by the school environment.

**13th November**

Live Radio Show/  
Facebook Live

**Men Can Say it's Okay to Not be Okay: Leicester-Shire & Rutland Sport & Sports Clubs**

**For: General Public**

Join local sporting heroes and personalities for an evening of discussion about mental wellbeing and how men can become more confident with connecting with each other about the topic.

**17th November**

Pre-recorded, Link  
Released

**Utilising Physical Activity to Address Isolation and Loneliness in the Twilight Years: Age UK**

**For: Older Adult Practitioners**

Learn more around loneliness, isolation and the impact that it has on older people. Explore how physical activity can support families and carers to address this.

**18th November**

6.00—7.30 pm

**Mental Health & Physical Activity in Early Years Settings: Sunrise Wellbeing**

**For: Early Years Practitioners**

Awareness of mental health in early years and how physical activity can be utilised to support this agenda. The workshop will cover what is mental health, how we can support emotional wellbeing in early years, undertaking a creative emotional support activity, self regulation HIIT and mindful movement (including breathing techniques).

**19th November**

Time: TBC

**Supporting the Mental Wellness of Athletes: EP Sports Psychology**

**For: Athletes, Parents & Coaches**

This session explores the importance of mental health and wellbeing in sport and performance, and how you can offer your support whether you are an athlete, coach or parent.

## Sector Specific Workshops

**24th November**

2.00–3.00 pm



**Safeguarding your Welfare During the Coronavirus Crisis: Nicola Dean, Safeguarding Adults in Sport Manager, The Ann Craft Trust**

Exploring how the coronavirus has impacted on individuals mental health and steps you can take to enhance your own wellbeing whilst working at home.

**26th November**

Time: TBC



**Versus Arthritis Let's Move National Programme: Rhian Horlock, Versus Arthritis Charity**

Introduction to the Let's Move Sport England funded programme. Versus Arthritis are developing a series of digital interventions incorporating movement into everyday life, supporting people with MSK conditions to reclaim physical activity at a level that's right for them to support both physical and mental wellbeing. Find out about the resources and training available for volunteers instructors and healthcare professionals.

## Call to Action

**30th November**

2.00–3.30 pm



**Regional MIND & the Development of a Leicestershire, Leicester & Rutland Partnership: Leicester-Shire & Rutland Sport**

A Call to Action for partners to explore how to take our approach to sport, physical activity and links to mental wellness forward. Opportunities to develop new relationships and future joint working. This session will include a Q&A panel of case study presenters.

**Closing Remarks**

Pre-recorded, link

**John Byrne, Active Partnership Director**

## Other Training

**Online Training & Resources**

**LRS Conference Resources**

**Mind: Mental Health Awareness for Sport & Physical Activity**

**UK Coaching: Mental Health Awareness for Sport and Physical Activity**

**Future Learn: COVID-19 Psychological First Aid**

