



BRIXHAM RFC

Lets
#TackleTheStigma
Of Mental Wellbeing Together

Join the movement @ LooseHeadz.co.uk/RUOK

Lets start the conversation :

Mentalhealth@brixhamrfc.co.uk



BRIXHAM RFC & MENTAL WELLBEING

Brixham RFC are delighted to announce a long-term partnership with Rugby Mental Health Charity Looseheadz as part of the clubs wellbeing commitment to its player's, members and rugby community. Looseheadz aim is normalise the conversation and #tackle the stigma of mental health.

BRFC Chairman Chris Forster commented; "It has been a difficult couple of years for everyone in different ways. I am inspired by our Wellbeing Team who have sought to form a partnership with LooseHeadz and I am fully behind the positive impact this will have on everyone involved in the club. Creating a safe environment for people to talk, share, listen and support one another is fundamental to everything we believe in at the Club."

LooseHeadz Co-Founder Rob Shotton said: "We're delighted to have joined forces with Brixham RFC. It's important for us to widen our reach and strengthen our presence in the South West and through this partnership we are able to do that. We're excited to get started."

WHO ARE LOOSEHEADZ?

LooseHeadz are a rugby clothing brand working to #TackleTheStigma that surrounds mental health in sport. Each sale of their rugby clothing helps to fund the LooseHeadz Foundation. 100% of the profits from the sales of their rugby leisurewear will go towards improving the mental wellbeing of players at every level of the game





The LooseHeadz Foundation is the cornerstone of Looseheadz campaign to #TackleTheStigma. Currently the Foundation is funded through the sales of clothing, donations and fundraisers.

The Foundation is run by a board of trustees, and headed up by their patron Shaun Edwards, to ensure total visibility in everything they do. The trustees then decide where to distribute the money raised, and report back to the team on the impact of their campaigns.

Looseheadz are immensely proud to have Shaun Edwards as the Patron of the LooseHeadz Foundation. Shaun, a legend of both codes of rugby needs no introduction. His help, support and association allow Looseheadz to further help the silent majority affected by mental health. The Foundation operates entirely separately to LooseHeadz to ensure that all funds received are appropriately distributed.

More information on the Foundation at: <https://looseheadz.co.uk/pages/foundation>

HELP & SUPPORT

If you are experiencing a mental health problem, help and support is always [available](#).

A list of numerous helplines and listening services for support and advice can be accessed at: <https://looseheadz.co.uk/pages/help-support>

More information on their website at: <https://looseheadz.co.uk/>

AT BRIXHAM RUGBY CLUB










Our Looseheadz Mental Health Ambassador is Bryan Pitman backed up by a team of volunteer ambassadors willing to help anyone at BRFC.

Bryan's role will be to liaise with Looseheadz in regard to mental health, well-being, resources, courses, events and act as the clubs point of contact if anyone is looking for more info.

Email: mentalhealth@brixhamrfc.com and we will be in contact to start a conversation and signpost help.

Brixham RFC Wellbeing Team are

Building a mental health friendly rugby club

-  *Provide staff with appropriate training.*
-  *Ensure coaches are role models.*
-  *Provide positive feedback.*
-  *Talk openly about mental health.*
-  *Be there for your team mates.*
-  *Educate and signpost.*
-  *Include every team inside the club.*
-  *Listen to people who may be struggling.*
-  *Check in on absent team mates.*



FUNDRAISERS

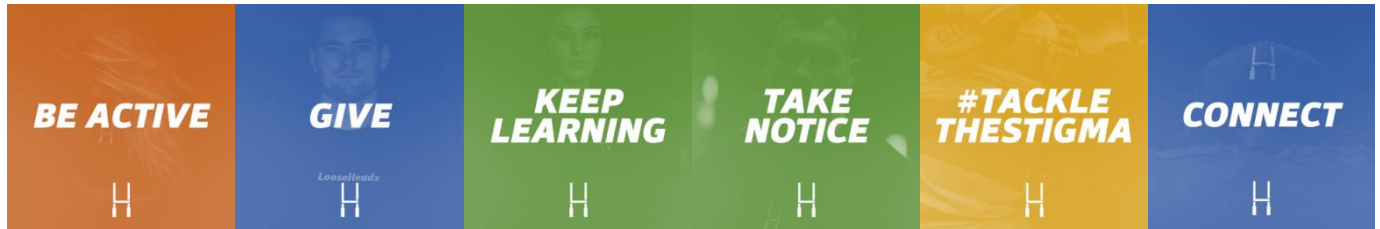
Brixham RFC will be raising money for Looseheadz at various fundraisers over the year – watch this space! Some of the proceeds from the Albion v Combined Services Vets being played in August 2022 will go towards Looseheadz Charity.

DON'T BE ALONE ASK FOR SUPPORT FROM YOUR TEAM MATES



Rugby means getting up after a hard tackle. It means having teammates to cover you when you're down. It means getting together at the clubhouse after a drubbing and sharing a drink. It means always having someone with you, next to you, behind you, supporting you, binding, covering, and rucking over. On and off the pitch. It means having a community to talk to, to listen to you, a team to conquer life with.

WE WILL TRY OUR BEST TO LOOKAFTER YOUR MENTAL WELLBEING DURING THESE UNCERTAIN TIMES



THE 7 STEPS TO MENTAL FITNESS

- 1** **SOCIALISE**
Whether online, or in person, staying connected with your friends and family is key to improving the mental fitness of yourself and others. 
- 2** **WORKOUT**
Exercise should be a key part of our daily routine. Whether it's going to rugby training, or just getting out for a walk. 
- 3** **FOCUS**
Being able to focus on being present and in the moment provides us with the time to recognise, understand and process our thoughts. 
- 4** **TRAIN**
Having a structure and routine can help build our mental fitness, but continuing to learn and stimulate ourselves can have a huge impact. 
- 5** **GIVE**
The smallest acts of kindness can be a huge boost for ourselves & others. Simply appreciating what we have can also help provide perspective. 
- 6** **NUTRITION**
A healthy, balanced diet can support good physical and mental health. Limit your intake of processed food, and drink plenty of water. 
- 7** **SLEEP**
The average adult will need 7 - 9 hours of sleep each night, so make sure you have a good sleep hygiene routine. 

WAYS TO WELLBEING

1. **CONNECT** ~ *Stay connected with family, friends and colleagues. Regular contact enables us to share ideas, concerns, worries and offer or received support.*
2. **BE ACTIVE** ~ *Physical activity is good for our mental health, done in a way that is safe and right for you. A good diet, sleep and staying hydrated benefits towards good mental health.*
3. **TAKE NOTICE** ~ *It is important for us to try and focus on being present and in the moment, as our thoughts and feelings about the unknown can overwhelm us.*
4. **KEEP LEARNING** ~ *Mental stimulation has been shown to protect our mental health, taking up a new hobby or rediscovering old interest gives us goals to achieve.*

HERE AT **BRIXHAM RFC** WE AIM TO BUILD A MENTAL WELLBEING FRIENDLY RUGBY CLUB

Signs Of Mental Health Problems

Low Mood	Reduced Performance
Low Energy Levels	Feeling Tense
Sleep Problems	Social Isolation
Feeling Irritable	Unusual Behaviour
Loss Of Focus	Change In Appetite
Racing Thoughts	Feeling Overwhelmed
Unhealth Coping Mechanisms	Not Feeling Good Enough

Hx TEAM MENTAL HEALTH
(Hobbs, 2017; Health & Safety Executive, 2018b; NHS, 2017; Sheffield, 2015)

How to look after your mental fitness during this uncertain time

- 1. **Connect with friends & family.**
- 2. **Focus on self care.**
- 3. **Take time to slow down.**
- 4. **Always be kind.**
- 5. **Pause but don't stop.**
- 6. **Take time to focus on positives.**
- 7. **Plan your day.**
- 8. **Exercise regularly.**

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FURTHER HELP AND **SUPPORT** **SIGNPOSTING**

Looseheadz Help & Support

If you are experiencing a mental health problem, help and support is always available.

In an emergency call 999 or immediately go to your local Accident and Emergency department;

- If your life is in danger (for example you are at risk of taking your own life or have seriously harmed yourself).
- If the life of someone else is in danger (for example they are at risk of taking their own life or have seriously harmed themselves).
 - If you or someone else needs immediate help and you are worried about safety. If you are not able to do this yourself, ask someone else to help. **Find out more.**

When it's not life threatening, but you need urgent medical advice;

- Call 111.
 - Book an emergency GP appointment.
 - **Contact your local mental health crisis team.**
- For advice and guidance in non-emergency situations;

- Make an appointment with your GP.
 - Speak to a healthcare professional.
 - Text the word **RUGBY to 85258.**
- If you are experiencing emotional problems ...

If you want to speak to someone now;

There are different helplines and listening services available that can provide emotional support.

- **The Samaritans** (24 hours a day) – 116 123
- **CALM** (5pm – midnight) – 0800 58 58 58
- **Shout** (24 hours a day) – text 'RUGBY' to 85258
 - **Childline** (24 hours) 0800 1111
- **Papyrus** (9am – 10pm weekdays and 2pm – 10pm weekend & bank holidays) – 0800 068 4141

If you would like access to talking therapies;

- Make an appointment with your GP
- **Visit the NHS website to refer yourself.**
- Search for a private therapist through the British Association for Counselling and Psychotherapy **website.**

If you are in employment;

- It may be helpful to explore whether you are able to access support through your workplace? For example, an occupational health department, an employee assistance programme, private medical insurance, in-house or telephone counselling services
 - **Remploy's Access to Work Mental Health Support Service** may be able to support

If you are looking for support and advice;

- **Mind** – 0300 123 3393
- **Rethink Mental Illness** – 0300 5000 927
- **YoungMinds Parents Helpline** – 0808 802 5544
 - **Hub of hope** (find local services).
 - **NHS: Find Mental Health Services.**
If you are looking for self-help;
- **My Possible Self: The Mental Health App**
 - **Every Mind Matters**
Other Mental Health Helplines;

[NHS recommended helplines.](#)

Local Support Numbers

THE MOORINGS

07483 991848

6pm - midnight

7 days a week

[Click to visit website](#)

BRIXHAM DOES CARE

01803 857727

[Click to visit website](#)

YES BRIXHAM

01803 851414

[Click to visit website](#)

LUPTON HOUSE

01803 845800

[Click to visit website](#)

YOUTH GENESIS

01803 463158

[Click to visit website](#)

Mayfield/ St Lukes Medical Centre

01803 495400

[Click to visit website](#)

Compass Medical Group

01803 855897

[Click to visit website](#)

BRFC LOOSEHEADZ TEAM AND SECTORS



E MAIL : Mentalhealth@brixhamrfc.co.uk



NAME	SECTOR	SECTOR	SECTOR
Bryan Pitman	LOOSEHEADZ AMBASSADOR	TRAINING / EDUCATION	ALL
Geoff Andrews	LOOSEHEADZ LEAD	TRAINING / EDUCATION	ALL
Julie Sparks	ADMINISTRATION	COMMITTEE	
Charlie Wardman	SCHOOL/ COMMUNITY LIASON	YOUTH UNDER 12s TO 16s	
Lindz Mckee	YOUTH	LADIES	PARENTS & SPECTATORS
Jake /Gemma Lawrence	YOUTH UNDER 7s TO 11s	PARENTS & SPECTATORS	
Leon Sexton	YOUTH UNDER 7s TO 11s	PARENTS & SPECTATORS	
Mike Coyle	YOUTH	PARENTS & SPECTATORS	
Paul Curtis	SENIOR MENS /COLTS	SOCIAL MEMBERS	
Johann Tucker	SENIOR MENS	SENIOR COACHES / PHYSIO	
Gary Williams	SENIOR MENS	SENIOR COACHES	
Beth Chitty	LADIES	SENIOR PLAYERS	TRAINING/EDUCATION
Louise Arr	GIRLS & LADIES	SOCIAL MEMBERS	
Henry Lyne	IN HOUSE PR	SOCIAL MEMBERS	
Mark Williams	IN HOUSE PR	SOCIAL MEMBERS	
Steve Mckee	SOCIAL MEDIA /PR	SOCIAL MEMBERS	
James Onslow	ADMIN	PAST PLAYERS	
Steve Skeet	COMMITTEE / DEVON	COACHES & REFEREES	
Sarah Mclean	COMMITTEE / SPONSORS	SOCIAL	
Steve Shipway	COMMITTEE/ PAID STAFF	SOCIAL	
Robert Dart	PAST PLAYERS	SOCIAL	
Chris Forster	COMMITTEE & PAID STAFF	NON AFFILIATED	
Steve Alexander	COMMITTEE & COLTS	SENIOR & COLTS	REFEREES
Andrew Foster	COMMITTEE	DEVON	
Darren Francis	COMMITTEE	SOCIAL	

BRIXHAM RFC



MENTAL WELLBEING TEAM

#TACKLETHESTIGMA

