

Wellbeing: the strategy

We will support the mental wellbeing of our groups leaders and help their young people to be physically and mentally healthier.

We will support the Sported workforce, giving them the skills to reflect on their own Wellbeing and be confident where they will go in times of need.

We will work with relevant partners to create a uniformed approach to Wellbeing and be an active participant in becoming a leader in the sector.

Our tactics:

1. Be a good **partner**
2. Develop and launch a **new mental health programme**
3. Support group leaders & volunteers to have the **knowledge, skills and confidence** to better support their young people
4. Explore opportunities for our groups to be involved with **social prescribing**
5. Share **best practice** from groups within our network who are addressing health and wellbeing
6. Grow our **insight** on mental health
7. Internally support HR and staff Culture Club to **review work culture/** mental health.
8. Explore the links between **Wellbeing and Inequalities** further