

BLACKBURN UNITED COMMUNITY SPORTS CLUB

AN SFA LEGACY &

WLC ACTIVE ASSURED PLUS CLUB

BITESIZE CLUB NETWORK EVENT

WEDNESDAY 28th AUGUST 2024

► **HOW CAN THE WEST LOTHIAN
SPORTING COMMUNITY BETTER
SUPPORT MENTAL HEALTH &
WELLBEING?**





AGENDA



- ▶ Club Context
- ▶ Club Priorities (*Internally*)
- ▶ Club Priorities (*Externally*)
- ▶ Actions and Projects
- ▶ Impact and Learning
- ▶ Future Work
- ▶ Break for Networking
- ▶ How Can Your Club Do More to Help Your Community?

CLUB CONTEXT

- ▶ Football at the heart of the community
- ▶ Roots in a working-class village
- ▶ Modern facilities
- ▶ Growth in membership and involvement
- ▶ SCIO status since 2018





CLUB PRIORITIES

(Internally)



- ▶ **Mental Health People Focus**
- ▶ **Child Wellbeing Officer**
- ▶ **Coaches and Volunteers Wellbeing – Coach Coordinators**
- ▶ **Induction, Training and Development**
- ▶ **Growth Capacity with Membership and Involvement**
- ▶ **Duty of Care - SCIO Status and Responsibilities**

CLUB PRIORITIES *(Externally)*



▶ **Mental Health**

- ▶ **Community Outreach**
- ▶ **Inclusion, ED&I**
- ▶ **Anti-poverty**
- ▶ **Sustainability**
- ▶ **Partnership working**
- ▶ **Infrastructure and use**
- ▶ **Volunteering and jobs**
- ▶ **Youth involvement**

CLUB ACTIONS & PROJECTS



- ▶ Active Kids School Holiday Programmes
- ▶ Youth Council
- ▶ ASN Schools Projects
- ▶ Fun Football (*non-team play*)
- ▶ Networking and Representation



CLUB ACTIONS & PROJECTS



- ▶ Sporting Memories Group
- ▶ Monthly Dementia Cafe
- ▶ Darts, Dominoes and Chat
- ▶ Warm Space Hub
- ▶ Walk and Talk Club
- ▶ Yoga



“ The staff are very helpful, patient and understanding.

Appreciate the attention and kindness from Trevor and staff. Our day out to Hampden was a special day thanks to you all – looking forward to the next trip out!

The group leaders are fantastic, very patient and make my visit a pleasure.

Every week it is great for me to do something on my own (plus I love the tea & biscuits!). Big thank you to Blackburn United/the NHS for all the support they give.”





FUTURE WORK



- ▶ Remains a priority
- ▶ Listen to our community
- ▶ Build on projects and learning
- ▶ Increased collaboration and partnerships
- ▶ Embedded as mainstream theme in everything we do
- ▶ Succession planning – youth, future, leaders

Break for Networking



- ▶ Discussion – how can we as Clubs do more to help with Mental Health and Wellbeing?



How Can Your Club Do More To Help Your Community?

- ▶ Where are you with Mental Health and Wellbeing?
- ▶ Do you have policies and practices in place?
- ▶ Where did you start and what has helped?
- ▶ What framework do you have?
- ▶ Would the SAMH Bolt-on be helpful?
- ▶ What else is needed to help you and your Members, Coaches and Volunteers?
- ▶ How can we work together as WL Clubs?



THANK YOU



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