

Denbigh  
Harriers  
Dinbych



WELSH ATHLETICS  
ATHLETAU CYMRU



*Mental  
Health  
Champions*



**CLUB**

**WELFARE**

**OFFICERS**

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**CLUB**

**WELFARE**

**OFFICERS**

Every Welsh  
Athletics affiliated  
club has to have **two**  
trained Welfare  
Officers



Menai Baugh



Ed Brown



**CLUB**

**WELFARE**

**OFFICERS**

Safeguarding is the responsibility of **everyone** within the club.

A Club Welfare Officer is a **dedicated person** with responsibility for managing and reporting concerns about children or adults at risk.

Welfare Officers are **trained** by Welsh Athletics and have the right level of knowledge for the role

# Responsibilities



**CLUB**

**WELFARE**

**OFFICERS**

- provide leadership in the safeguarding of children and vulnerable adults within the club
- a key point of contact
- implement effective Adult and Children Safeguarding policies and procedures
- respond appropriately to safeguarding concerns
- be visible and approachable
- encourage good practice
- report to the club's committee

# Responsibilities



**CLUB**

**WELFARE**

**OFFICERS**

- ensure that those working with children and vulnerable adults are recruited, trained and vetted appropriately
- ensure those involved in the club know how to respond to a safeguarding concern and who to contact
- keep up to date with safeguarding developments
- ensure that coaches' and their own safeguarding qualifications are kept up to date

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As part of an exciting  
new partnership, we  
are delighted to  
introduce our new

**MENTAL HEALTH  
CHAMPIONS**

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# Our Mental Health Champion



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Rachael  
Evans

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## What does that mean?

They have undertaken the necessary training to be recognised by Welsh Athletics as members of the network of Mental Health Champions supporting the running community in Wales

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## What will they do?

### Champion Mental Health



### Challenge Stigma



### Be a point of contact for our members



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## What will they do?

Actively listen without  
judgement



Empower and encourage  
people to seek help and  
support



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## What will they do?

Identify resources and  
activities that can support  
positive mental health

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## What will they do?

Signpost to professional  
mental health support if  
appropriate

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## What will they do?

Promote mental health key  
moments:

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— World Mental —  
**HEALTH DAY**

Mental Health  
Awareness  
Week



Time to Talk  
Day

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Our Mental Health  
Champions are  
trained volunteers  
and **not** mental  
health  
professionals, so  
there are some  
things they **won't** be  
there to do...

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What won't they do?

Be available at all times



Please respect the  
boundaries set to  
protect everyone's  
wellbeing

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What won't they do?

Diagnose and provide  
therapy



That's what the  
professionals are for!

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## How do I access support?

Champions will be contactable via:

Facebook/Spond

At designated times

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