

Swansea Tennis Centre Mental Health Policy



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| 1.0 | Changes from last Issue. |
| | <ul style="list-style-type: none"> • Change Logo |
| 2.0 | Objective and Scope |
| | <p>This Policy is applicable to all staff, volunteers, committee members, coaches and club It is in line with national legislation and applicable across the UK.</p> <p>Advice, guidance, and support is available from the LTA Safeguarding Team.</p> |
| 3.0 | Reference Documents |
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| 4.0 | Policy statement |
| | Swansea Tennis Centre is committed to prioritising the well-being of all children and adults at risk, always promoting safeguarding in our club, including all programmes and events we run. All activities, events and trips arranged by the club run in accordance with the LTA's Safeguarding at Events and Competitions guidance. This Policy strives to minimise risk, deliver a positive tennis experience for everyone, and respond appropriately to all safeguarding concerns/disclosures. |
| | Tennis is a fantastic sport for young people to be involved in and can have a positive affect on your wellbeing. |
| | However, you may find there are some situations which have a negative impact on your wellbeing. Here are some topics below which could affect you and advice on how to deal with some issues you may face whilst playing tennis |
| | Bullying in tennis |
| | <p>Bullying is unwanted, aggressive behaviour that can be in several forms:</p> <ul style="list-style-type: none"> • Verbal bullying – saying negative or mean things e.g. name calling • Social bullying – hurting someone's reputation or relationships with other people e.g. spreading rumours about someone |

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| | <ul style="list-style-type: none"> Physical bullying – hurting a person’s body or their possessions e.g. breaking someone’s phone or kicking someone |
| | Bullying is wrong in any area of life and we do not encourage bullying. If you find someone is bullying you, do not deal with it alone and please tell someone you trust |
| | Bullying is negative behaviour which can make you feel not very good about yourself so it’s important to try and stay positive. Visit the childline website for more information on ways you can deal with bullying. |
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| | Mistreatment in tennis |
| | There are different types of mistreatment or abuse that can occur in life, including in a tennis environment. If you find someone is being abusive to you, you should report it immediately to an adult you trust. |
| | <p>These are the types of abuse and some examples that could occur in tennis:</p> <ul style="list-style-type: none"> Verbal abuse: e.g. someone calling you names when you don’t play well Emotional: e.g. someone giving you the silent treatment when you don’t win Physical: e.g. someone hitting tennis balls at you Neglect: e.g. being left alone at a tennis club all day Sexual abuse: e.g. someone touching you in an inappropriate manner |
| | Another common issue young people can have is inappropriate contact from adults. If you find an adult is being overly friendly, please tell another adult you trust. |
| | Abuse is never ok. It’s not your fault and please don’t deal with it alone |
| | People you can report abuse to are: |
| | <ul style="list-style-type: none"> Parents, coaches, teachers, club welfare officers or other adults you trust Childline – online through their website or by phone on 0800 1111 Police – call 101 or 999 if it is an emergency LTA Safeguarding Team – via the Register a concern form |
| | Discrimination in tennis |
| | Discrimination is when you are treated unfairly or worse because of your age, disability, relationship status, family status, gender, religious beliefs, race or sexuality |
| | Discrimination in tennis is not acceptable and everyone should be given an opportunity to enjoy the game. |
| | You may find that there are times in tennis where tournaments, matches and practices are only for certain ages, abilities and males or females. This is done so people can play with others of a similar standard |
| | If someone stops you from playing tennis for a reason that doesn’t seem fair, please tell someone you trust so it can be raised with the organiser |
| | Mental health in tennis |
| | Tennis can often feel like an individual sport, particularly if you're a singles player. This can lead to experiencing loneliness due to the potential pressures feeling like they fall on one person. |

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| | But tennis can also be a great remedy to feeling low. It can take your mind off worries, give you an opportunity to socialise and boost your confidence |
| | Mental health and wellbeing is a sliding scale and everyone will move up and down the scale on a daily basis. Below you can explore our advice on how to take care of your mental health, the mental health of others, and what support's available. |
| | It can be normal to experience a range of both positive and negative emotions in response to life's experiences and challenges. Good mental health is when you're able to think, feel and react in ways that enable you to live a happy life the way you want to. If you go through a period of poor mental health you might find that the ways you're thinking, feeling or reacting become difficult to cope with. |
| | Mental health and wellbeing is a sliding scale and everyone will move up and down the scale on a daily basis. There are many different types of mental health illnesses, some of which, like anxiety & low mood, are very common |
| | Research suggests the following steps can promote positive emotional well-being. Why not give them a try? |
| | <p>Connect</p> <p>With the people around you such as family, friends, colleagues, or neighbours. At home or in your local community. Talk and listen. Be there for others. Building these connections and social relationships will promote wellbeing.</p> <p>Be active</p> <p>Regular movement and exercise makes us feel good. Play tennis. Go for a walk or jog. Step outside or cycle if possible. Play a game that gets you moving. Go to a park, walk the dog or do the garden. Maybe dance. Most importantly, try a physical activity that you enjoy and that suits your level of mobility and fitness.</p> <p>Take notice</p> <p>Be curious. Catch sight of the beautiful. Remark on the unusual. Park in a different parking bay or visit a different lunch spot. Notice the sights around you and be aware of the world around you, the sounds, smells and textures. Maybe try out a mindfulness exercise.</p> <p>Keep learning</p> <p>Why not try something new or rediscover that old hobby? Perhaps sign up for that new course or learn to play an instrument, fix a bike, or cook your favourite food. Set a challenge you'll enjoy achieving. Learning new things gives us a sense of achievement as well as being fun.</p> <p>Give</p> <p>Helping others can give joy and happiness. Give your time, your words, and your presence. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer. Join an online group. Look out, as well as in.</p> |
| | Tips to support those feeling overwhelmed |

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1. **Try and speak to them about their feelings** - perhaps name what you've noticed in their behaviour and let them know you're there to talk if they ever need to. If they do want to talk, validate their perspective & feelings, and acknowledge how hard it can be to talk about them. Try to really listen and not jump in and try to 'fix' the issue or challenge.
2. **Encourage them to talk to other people whom they trust** - this could be parents, a friend, colleague, or perhaps a schoolteacher.
3. **Support them to think about ways to manage their upset or difficult feelings** - this could include encouraging them to spend time with family and friends, writing their feelings down, or doing activities that make them feel good. If you're particularly worried, encourage them to seek professional support from their GP or one of the services listed at the bottom of this page.
4. **Plan to check in on how they're feeling** - this could be when you next meet.
5. **Speak with a trusted person yourself** - to review your support, debrief and acknowledge your own emotional response. Supporting others can be a hard role at times.

Seeking support

Experiencing a mental health problem can often be frightening and confusing but the key thing to remember is that many people feel this way and it's important you find the right support and/or treatment for you.

We recommend that if you're experiencing any feelings of continued low mood or continued worry/anxiety that you speak to someone you trust. Talking to someone is key to helping you understand what you're feeling and what support you might need.

You could also call the NHS line111 for advice or seek help from your GP. They're well placed to be able to support you and recommend any professional support options or treatment.

Crisis support

For immediate concerns, where you feel there may be a serious risk of harm to someone and they need professional help fast, call 999 or take them to A&E for an urgent mental health assessment.

The below organisations are immediately available if you're struggling emotionally and need support:

- Samaritans - Phone 116 123 (24 hrs) or email: jo@samaritans.org or samaritans.org
- Saneline – Phone 0300 304 7000 or sane.org.uk
- Childline - Phone 0800 1111 or chat online childline.org.uk
- Shout 85258 - is a free, confidential, 24/7 text messaging support service

Sources of support

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| | <p>The NHS offer mental health services for both young people (CAMHS) and adults. GPs can make these referrals, and local adult mental health services usually accept self-referrals.</p> |
| | <p>Your local LTA venue welfare officer can also provide signposting advice</p> |
| | <p>If you're an LTA venue looking for support, Mind have a fantastic Mental Health & Physical Activity Toolkit which offers advice and support in various areas</p> |
| | <p>The organisations below can also provide general information and advice if you're worried about someone, want to know more about different types of mental health issues, or if you've had a recent diagnosis or issue yourself and want to connect with others who can relate.</p> <ul style="list-style-type: none"> • Mind (or phone 0300 123 3393) • Rethink Mental Health (or phone 0300 5000 927) • Togetherall • Kooth <p>Several helpful apps are also available which can offer wellbeing advice & support, these include:</p> <ul style="list-style-type: none"> • Headspace • Superbetter • Calm |
| | <p>Playing tennis with a disability</p> |
| | <p>Tennis is a game for everyone. Throughout the UK there are playing and coaching opportunities available for people with learning disabilities and physical impairments. Wheelchair tennis has grown massively and there are also a growing number of tennis events for deaf and visually impaired players.</p> |
| | <p>Tennis and education</p> |
| | <p>It's important to think about your education and how this fits in alongside your tennis. You may find your schedule becomes very busy when playing tennis as well as doing school work and this can often result in a pressurising environment for you. If you find this does become an issue, please discuss with your parents and/or teachers who can help you manage the demands of playing tennis whilst studying.</p> |
| | <p>There are plenty of opportunities to continue playing tennis once you leave school as well. At a higher education level, there are many universities across the UK who offer ways to stay involved in the sport through playing and competing.</p> |
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