



United Twirl England Mental Health & Wellbeing Policy

Introduction

United Twirl England (UTE, we, our, us) respect the rights and dignity of all our athletes and acknowledge that everyone who is involved in our organisation has mental health and wellbeing needs.

This policy will be reviewed annually by the Board.

Note: The term 'athlete' describes any person partaking in the sport of baton twirling. References to 'parents' should be read as parents and carers inclusively. 'Technical Members' describes coaches, judges, club directors registered with UTE.

As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:

- we support our technical members to hold some level of mental health and wellbeing awareness training
- we demonstrate how our technical members can be welcoming towards people experiencing a problem with their mental health and wellbeing
- we respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others

There are key members of professionals (Club Safeguarding Officers, UTE Designated Safeguarding Lead or other designated roles) in our organisation who are happy to discuss how our sport can be adapted to suit mental health and wellbeing needs or how we can be more inclusive. In order to facilitate this :

- We regularly ask all our athletes if they are happy with the level of support, they receive from us and whether it could be improved in any way
- we recognise how the pressures of competitive sport can affect athlete's mental health and wellbeing
- all technical members know the details of the mental health and wellbeing support services available to all members
- all technical members know how to raise concerns to protect athletes who are experiencing a mental health crisis or identifying as at risk of self-harm or suicide as part of our safeguarding reporting procedures*
- support and information on mental health and wellbeing continues to be shared as athletes progress on the talent pathway and the potential pressures of funding, sponsorship and achievement come into play

*Further guidance for technical members on identifying and managing concerns is available from the CPSU: <https://thecpsu.org.uk/resource-library>



People in United Twirl England you can talk to:

- Club Director
- Club Safeguarding Officer
- UTE Safeguarding Officer
- UTE Deputy Safeguarding Officer

In a safeguarding emergency,

where a young person is at immediate risk of harm, call 999.

Support services

NSPCC helpline

If you're worried about a child, even if you're unsure, contact the NSPCC's professional counsellors for help, advice and support

Tel: 0808 800 5000 | [nspcc.org.uk/helpline](https://www.nspcc.org.uk/helpline)

UK Sports Institute

UK Sports Institute works with elite athletes to improve performance and athlete wellbeing

uksportsinstitute.co.uk

Mind

Sport, activity and mental health information and advice

[mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health](https://www.mind.org.uk/about-us/our-policy-work/sport-physical-activity-and-mental-health)

Rethink

Information and advice on mental health and local support services [rethink.org](https://www.rethink.org)

Support services for children and young people

Childline

Information and support line for young people Tel: 08001111 | [childline.org.uk](https://www.childline.org.uk)

The Mix

Information, support and listening line (24 hours) for people under 25 Tel: 0808 808 4994 | [themix.org.uk](https://www.themix.org.uk)

info@unitedtwirlengland.org



Samaritans

24-hour confidential listening and support for anyone who needs it Tel: 116123 | [samaritans.org](https://www.samaritans.org)

Young Minds

Information and signposting to mental health support for young people and parents
[youngminds.org.uk](https://www.youngminds.org.uk)

Further information

NSPCC Child Protection in Sport Unit (CPSU)

Information and resources related to this topic are available at:
[thecpsu.org.uk/help-advice/topics](https://www.thecpsu.org.uk/help-advice/topics)