



SCOTLAND'S MENTAL HEALTH CHARTER DECLARATION



OF SUPPORT

PACE

People Active for
Change and Equality




Scotland's Mental Health Charter for Physical Activity and Sport aims to improve equality and reduce discrimination for anyone with a mental health problem, ensuring there is no barrier to engaging, participating and achieving in physical activity and sport.

To become a Charter signatory you must:

- Complete the contact details section in your Declaration of Support.

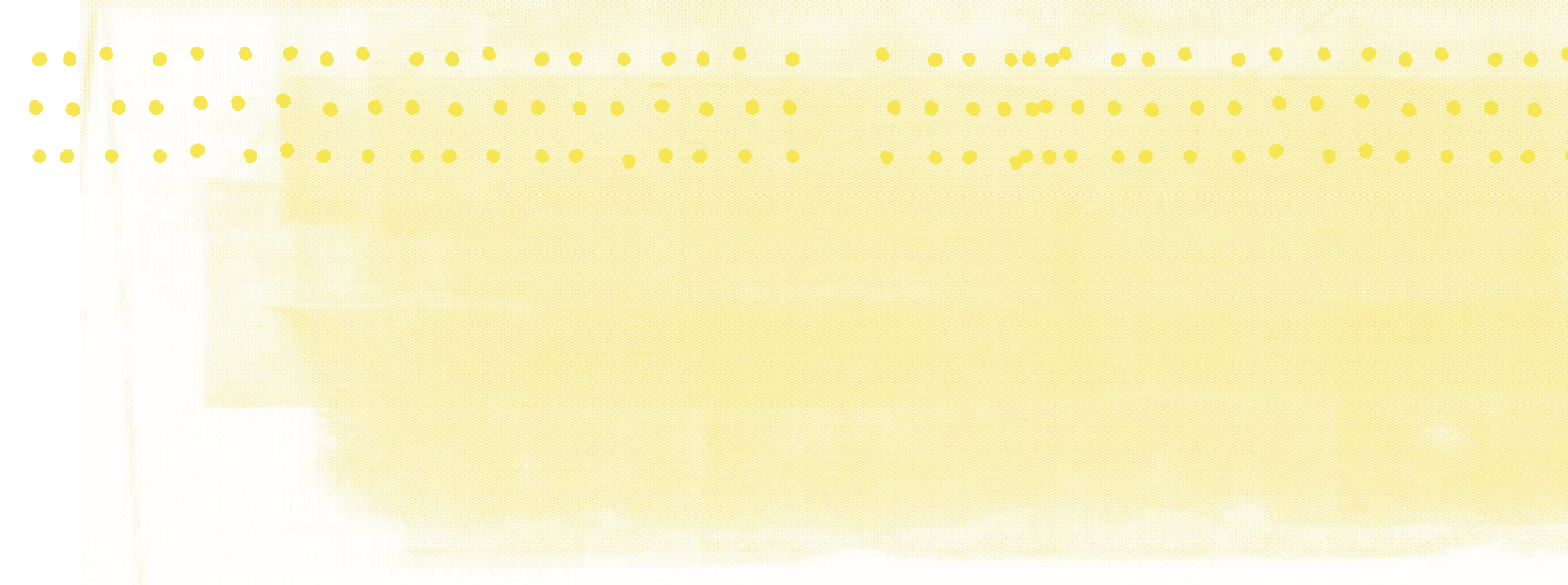
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- Submit your Statement of Support in your Declaration of Support.
 - Submit your action plan in your Declaration of Support.
 - Review Charter privacy policy included in the Declaration of Support.
 - Complete the consent section in your Declaration of Support
 - Return your Declaration of Support to mhc@samh.org.uk.

As a signatory we are committed to the following:

- Actively promoting inclusive practice and ensuring a positive and welcoming environment for all.
- Developing inclusive policies and practices which are informed by the inclusion of mental health in strategic planning.
- Actively encouraging participation and promote messages focusing on the benefits of physical activity on mental health.
- Participating in Scotland's Mental Health Charter Network supporting meaningful collaboration, sharing resources and best practise.
- Routinely reviewing performance and identifying ways to improve working in relation to mental health.

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Contact details and statement of support

Organisation	Abertay Sport
*Name of lead contact	Ian Lowe
Position	Student Services Manager (Sport)
Phone number	01382 308022
Email address	i.lowe@abertay.ac.uk
Organisation web address	https://www.abertay.ac.uk/life/abertay-sport/
Date submitted	
Organisation Statement in support of the charter. Please use the space below to compose a short statement on why your organisation chose to sign the charter.	
Abertay University aims to provide a challenging and stimulating environment with opportunities for academic, social, cultural and sporting engagement. In this way, the University aims to make a positive contribution to the mental health and wellbeing of all students.	

To this end, the University aims to provide a supportive environment in which all students, including those with mental health difficulties, have the opportunity to realise their full potential and meet the academic requirements of their programme of study.

Abertay Sport supports this wider commitment to positive mental health by developing and delivering various programmes aimed at helping our staff and students to be as active as possible in an environment that promotes mental as well and physical wellbeing. We feel that sport and physical activity can and should play an important role in supporting positive mental health in our community.

We have updated an existing action plan

We have completed the Action Plan Template as follows

*The Lead contact must have the authority to commit and sign up to all stages of the Charter on behalf of your organisation/agency/project/company.

Date: 09.11.2018 Version: 1

Creating an action plan

For a Charter to have real value and be meaningful, it needs to have a series of actions, which demonstrates commitment to change and equality.

We have created a template for you to use should you wish to however we are happy to accept a preferred action plan you or organisation already work with. Importantly, the development of any action plan must reflect the key action areas within the Charter, and we would encourage you to identify success measures or outcomes.



Action Plan

Focus Area	Action Description	Resources Required	Lead Person	Timeline	Success Measure or Outcome	Progress Update
Staff Training	<ul style="list-style-type: none"> All Abertay Sport staff to attend Scottish Mental Health First Aid training 	Training Course Financial Resource	Ian Lowe	All current staff to be trained by Feb 2019, all new staff to be trained as part of their induction	% of staff attending Scottish Mental Health 1 st Aid Training	
Volunteer Training	<ul style="list-style-type: none"> Each Student Sports Club to have at least 1 member attend Scottish Mental Health 1st Aid Training 	Training Course Financial Resource	Michael Devlin (Sports Development Officer)	All student sports clubs to identify suitable attendees by Feb 2019, training completed by May 2019 with	% of Student Sports Clubs with Mental Health 1 st aider in place	

				subsequent additional training arranged once per year thereafter		
Physical Activity	<ul style="list-style-type: none"> Abertay Sport to hold weekly free opportunities to take part in physical activity. Abertay Sport to host Step It Up Abertay challenge twice yearly. This step count challenge will promote free of charge physical activity, fresh air & taking breaks. Promotion of activity will centre on Mental Health ahead of physical health. 	<p>Staff time to deliver activity</p> <p>Venue</p> <p>Promotion & marketing resources</p> <p>Staff time to deliver activity</p> <p>Promotion & marketing resources</p>	<p>Michael Devlin (Sport Development Officer)</p> <p>Ian Lowe</p>	<p>Weekly programme of activities published at start of each term</p> <p>Autumn Challenge throughout November</p> <p>Spring Challenge in April – May</p>	<p>Number of students and staff attending</p> <p>Number of staff & students taking part and % of those engaging with the programme throughout its entirety.</p> <p>Academic research to be undertaken highlighting impact of taking part</p>	<p>Free Sport Fridays delivered throughout Term 1</p> <p>Autumn 2018 challenge in progress. 75 signed up participants</p>
Promotion of Abertay Sport Service & SAMH Charter for Physical Activity & Sport	<ul style="list-style-type: none"> Promotion of SAMH Charter for Physical Activity & Sport on all Abertay Sport documentation, signage, social media channels & communication Celebrate our role within the SAMH Charter for Physical Activity & Sport 	<p>Marketing & promotional materials (poster, handouts, signage, social media posts)</p> <p>Survey</p> <p>Staff Time</p>	Ian Lowe	From Jan 2019	<p>Number of members, social media reach</p> <p>Potential change of name and increase/decrease in service performance</p>	

	<ul style="list-style-type: none"> • Active engagement in Scotland's Mental Health Charter • All Abertay Sport promotional activities will focus on the positive impact that sport and physical activity can have on mental health and wellbeing. • Emphasis on fun and enjoyment with Double Goal coaching central to our provision • Consideration and consultation on the name of the Abertay Sport Service • All Abertay Sport Student/Staff focus groups/surveys to have a focus on mental health • Develop a series of Mental Health Case Studies with an emphasis on Sport & Physical & Student Attainment / Staff Engagement / General Wellbeing 	Student, Staff and member engagement				
Links across campus	<p>Abertay Sport to work in tandem with:</p> <ul style="list-style-type: none"> ▪ Division of Sport & Exercise Science ▪ Mental Health Nursing & Counselling 	<p>Staff time</p> <p>Marketing and promotional materials</p> <p>Student Volunteers</p>	Ian Lowe	From Jan 2019	<p>Uptake of gym buddy programme</p> <p>Research on impact of walking tutorials</p>	

	<ul style="list-style-type: none"> ▪ Abertay Advisory Service ▪ Abertay Counselling and Mental Health Service ▪ Abertay Student Association <p>(and other services not yet identified) to develop:</p> <ul style="list-style-type: none"> ▪ Physical Activity Activators ▪ 1st time gym users support ▪ A gym buddy programme ▪ Exercise Referrals programme ▪ Trialling of walking tutorials / active teaching ▪ Walk & Talk Programme <p>Abertay Sport to work with Estates & Campus Services to develop the campus in line with promoting positive mental health.</p> <p>Positive Mental Health to be a key focus of our review of Sports Facilities and any subsequent new build/ redevelopment of our sports facilities</p>	Training for volunteers			Number of referrals to Abertay Sport and subsequent membership uptake	
Active Travel	<ul style="list-style-type: none"> • Active Travel (walking & cycling) to be promoted throughout the year as an alternative to using public or private transport • Cycle to Work Day, Tour De Tay, Step It Up Abertay used as 	University to undertake a Travel Plan Promotion and marketing materials	Ian Lowe	From Jan 2019	Uptake of programmes	

	promotional activities throughout the year to increase Active Travel uptake					
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Checklist:

- Review the Mental Health Charter action plan to reflect the key areas within the Charter.
- Complete your Declaration of Support.
- Submit your Declaration of Support and Action Plan.

Next steps:

Once you receive the Mental Health Charter Logo;

- Promote your involvement in the Mental Health Charter through partners and relevant stakeholders.
- Be actively involved in Scotland's Mental Health Charter Network.
- Live the Charter – deliver your action plan and help improve equality and bring about positive change



Signature of Lead Contact:

Date: 09.11.2018



***Upon completion please return to mhc@samh.org.uk. Please note your organisation will be added as a signatory for two years from date of approval. Following this you will be invited to resubmit an updated Declaration of Support.**

Mental Health Charter Privacy Statement

SAMH's Privacy Policy can be found on our [website](#). The following Privacy Statement is specific to the Declaration of Support to Scotland's Mental Health Charter for Physical Activity and Sport.

In signing-up to the Charter you are agreeing to SAMH processing your information as follows:

Signing up to the Charter

SAMH will collect the following information:

- Name of Lead Contact
- Position
- Name of Organisation
- Telephone numbers, email address, website details.

In addition SAMH will collate information relating to your 'statement' and 'action plan'.

Looking after your data

- The information will be stored on our database, please see SAMH's Privacy Policy on our [website](#).

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- We will undertake to protect the information you share with us in line with data protection regulations.
- We will review the data every two years to ensure it is relevant and remains valid.

Using your data

We will use the data you provide to:

- Promote the Mental Health Charter – by advertising the name of the organisations who are signed-up.
- Demonstrate good practice: through case studies; but we will anonymise the information before we share it (unless you give us consent in advance – see below).
- Highlight positive action being taken: by using examples; but we will anonymise the information before we share it (unless you give us consent in advance – see below).
- Generate statistical reports (for example on the level of activity; number of organisations participating) which will be shared publicly.

Your rights

Please refer to our [Privacy Policy](#).

Consent

Please tick the following boxes where you wish to 'opt-in':

- I agree to SAMH using the information I have provided without anonymising it to demonstrate good practice; developing case studies and highlighting positive action
- I would like to receive more information about SAMH's work.
- I would like to find out more about supporting SAMH.

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For more information about the Charter please contact: mhc@samh.org.uk



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