

Start Archery Week 2024: Free mental health training for clubs

Archery GB is offering free mental health awareness training to all clubs that sign up for Start Archery Week this year.

With the theme for this year's Start Archery Week being mental health, we wanted to support our incredible volunteers to make our clubs even more welcoming by providing training to help support people with different mental health conditions.

In England, **1 in 4** people will experience a mental health problem of some kind each year, the same number of people that can regularly find themselves sharing an archery target. Mental health awareness training can help volunteers support new archers, existing members, fellow volunteers and themselves.

The course

To help sports clubs run great sessions, UK Coaching and Mind, created Mental Health Awareness for Sport and Physical Activity+.

Normally costing £10 per person, Archery GB is funding one free place per club participating in Start Archery Week.

The eLearning course, which takes 3-4 hours to complete, can be completed online in bitesize chunks and is worth **1.5 AGB Coach Licence CPD points**.

After completing the course, you will be able to download your certificate of completion.

What does the course cover?

The course will increase your knowledge and understanding of mental health, giving you the practical skills and strategies to be able to:

- Build people's resilience, self-esteem and confidence
- Adapt your sessions to make them more inclusive
- Enable and support mental health recovery
- Tackle stigma and discrimination

The course was recently updated to include statistics, insight and guidance on supporting young people, healthy relationships with sport and physical activity and helping people to support themselves.

How do I get my discount code?

Your Regional Development Officer will send you your discount code and instructions on how to access the course. Discount codes should be used once by one volunteer at your club.

Who at my club should complete the course?

The course is useful for everyone who delivers coaching in a club including instructors and other volunteers. We would recommend you choose someone who will be involved in delivering your Start Archery Week activities.

The course is suitable for learners aged 16 and over. It has been co-designed and evaluated with learners over the age of 16 and includes signposting to adult services.

What if I want additional course places?

Additional course places can be purchased directly from UK Coaching at a cost of £10 per person. UK Coaching [Club Premium Members](#) enjoy a 20% discount on the course.

What can I do next?

There are a number of free courses available online on mental health issues. Sport in Mind and Archery GB recommend the following:

| Course | Cost | Level |
|---|-----------------------------------|--------------|
| ZSA: Suicide Awareness Training | £Free | Introduction |
| Conversations in the Community Training | £Free | Introduction |
| Adverse Childhood Experiences Training | £Free | Introduction |
| Awareness of Mental Health Problems | £Free to people living in England | Introduction |

What have other people said about the course?

Archery GB offered 10 free places to staff, volunteers and coaches and asked them to review the course. Here's what they had to say:

Gayle Pink, Archery GB's Head of Participation, said: "I work with coaches, instructors, volunteers and a number of different partners through my role at Archery GB. I am aware of the many physical and mental health benefits of archery, but prior to undertaking the Mental Health Awareness for Sport & Physical Activity eLearning Course, I had limited knowledge of the tangible things I could do to support someone with their mental health. Thanks to the training, I now feel confident in managing conversations about mental health and could signpost people to appropriate help and support."

Jamila Bi, Archery GB's Birmingham 2022 Legacy Coordinator, said: "As the Legacy Coordinator for Archery GB and an archery coach, my roles place me at the heart of the community, where I frequently see individuals struggling with mental health issues. Until recently, my understanding of mental health or how to help anyone who is struggling was limited. This made me determined to enhance my knowledge and to be able to support anyone who is in need."

"This course has definitely increased my understanding and empathy towards mental health. Not only did it offer me a wealth of insight into mental health, but it also prompted me to reflect on my own wellbeing and the important of prioritising self-care."

Paul Weight, Archery GB instructor, Level 2 Development Coach, Archery Activity Provider and Scouts Supervisor Level Archery Permit holder, said: "Before the course, I had little to no actual experience of overall mental health, apart from family members. After the course, my knowledge is very high compared to what it was. I now feel very confident in discussing how my archers are feeling to the extent that I will pro-actively suggest they take a break from training or seek extra help if I feel that there is something more than a quick chat with a coach can deal with."

“This is a superb course for anyone involved at any level in coaching any and all sports. Too many times athletes have been pushed beyond what they can handle. Physically they may be able to cope with training and competition, but we need to keep a very wary eye on their mental health. If we can spot the early stages of an issue, we can look to support quickly and steer them in the right direction for professional help.”

Carol Bladen, archer, coach, regional safeguarding officer and secretary of Cheshire Archery Association and Archery England, said: “I think both coaches and welfare officers would benefit from the course and would encourage all of them to have a look. I will definitely be recommending it. It is very useful and informative with the videos being the best bits.”

Rebecca Cusworth is an archer, Development Officer for Leicestershire and Rutland County Archery Association and is currently working towards her development coach qualification. She is also an occupational therapist. She said: “This course has improved my understanding of the role sport and coaches play in improving mental health and wellbeing. It has also helped me to build a toolkit for signposting people to services outside the sport, and to signpost for my patients who may wish to engage in sports. It has helped me to consider aims and goals for archers beyond score, skill, and performance.”