**Awards for All – On and Off the Pitch**

**On and Off the Pitch** is a Lottery funded project delivered by **Wesport** and **Off the Record,** aimed at raising awareness of positive mental wellbeing and health promotion for young people accessing sports clubs and engaging in physical activity.

The project will consist of training for both coaches/volunteers and the creation of youth peer support structures within local sports clubs.

The profound positive impacts of physical activity on mental health are widely reported. However, understanding how to draw these links as well as feeling able to talk about mental health in a non-clinical sports setting can be a daunting prospect, particularly when you’re young. This training will support sports coaches and volunteers to promote the mental health and wellbeing of the young people they work with in their clubs.

* The pilot project will engage 6 sports clubs from Bristol and South Gloucestershire. The clubs will have access to the following during the 12 month project:
  + Mental Health Awareness workshop – aimed at coaches and volunteer club staff, this will reduce stigma and help the existing club workforce and members to interact with young people and talk openly about mental health in a positive and solution focused way.
  + Existing junior club members to be identified as ‘peer supporters’ who will be offered training to enable them to provide a support mechanism within the club setting and their community.
  + Health Promotion Events – peer supporters will lead the development of these - reaching out into their community and actively promoting physical activity as a way of supporting good mental health. They will be guided in the planning of these events which will be delivered in a way that works for their local community.
  + Creation of a kite-marking system to recognise clubs as safe and welcoming environments.
* M&E:
  + Success will be evaluated through the numbers who have accessed training and the number of active peer supporters. The impact on the club setting will be evaluated through face to face dialogue, focus groups and questionnaires of key club volunteers/coaches.