

Mental & Emotional Wellbeing Support

A guide to supporting our people



Who?

- Senior Management Team
- Player
- Club Staff
- Community Staff
- Hotel Staff
- Academy Staff
- Playing Squads Staff

Where?

- At home
- Journey to and from work
- Staff rooms
- The stadium
- The hotel
- The training ground
- Anywhere the person feels comfortable

When?

- Anytime
- 24 hours a day
- 7 days a week
- 52 weeks of the year

Why?

- To provide the most suitable and appropriate support for the individual.
- To help staff.

What?

- Feeling tired
- Poor eating habits
- Bad day at work
- Feelings of stress, anxiety or pressure
- Periods of change and/or uncertainty
- Family

How?

- Face-to-face
- Telephone call
- Text message
- Email

Our goal & contacts for support



Promote

Promote positive mental wellbeing.



Prevent

Prevent poor mental health or further deterioration in those with existing mental health conditions.



Provide

Provide safe, effective, timely, local, compassionate, trauma-informed and evidence-based support, care and treatment, and that takes into account reasonable adjustments, where these are required.

SAFEGARDING TEAM

Group Head of Safeguarding	Joe Shaw	✉: jshaw@bwfc.co.uk ☎: 07512 324022
Academy Designated Safeguarding Officer	Robbie Kipling	✉: rkipling@bwfc.co.uk
Vulnerable Adult & Disability Liaison Officer (VASO)	Daniel Scott	✉: dscott@bwfc.co.uk
Designated Safeguarding Officers	Steve Walton (Matchday) Serena Aspinall (SCR) Elaine Stoddart (BWITC) Annabelle Turner (Hotel) Danielle Heap (HR)	✉: swalton@bwfc.co.uk ✉: Saspinall@bwfc.co.uk ✉: estoddart@bwitc.org.uk ✉: aturner@boltonwhiteshotel.co.uk ✉: Dheap@bwfc.co.uk



Not Improving
Perceived Failure
Job Security
Financial



Shift Patterns
Job
Travel
Friends/ Family

**MENTAL & EMOTIONAL WELLBEING
SUPPORT
COMMON CHALLENGES**

Home Life
What others think
Social Media
Identity



Late Nights
Early Mornings
Bad Dreams
Disturbed Sleep
Patterns



MENTAL HEALTH & WELLBEING ACTION PLAN

1 - Concern Raised



A member of the One Wanderers Family notify DSO or People Team of concern.

2 - Conversation



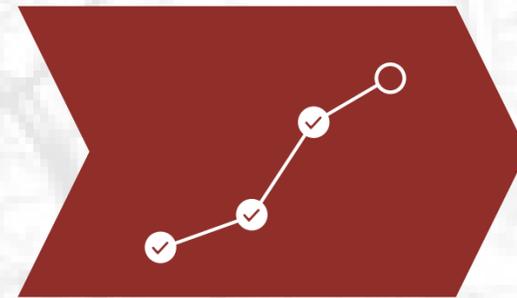
People Team & DSO and the individual will most likely meet and have a conversation.

3 - Support



The People Team & DSO strategises ways they can best support the individual moving forward.

4 - Monitor



All stakeholders will track and monitor progress.

5 - Refer



If little progress has been made the People Team & DSO will look at external support and refer the individual.



Referral Process

Staff member/ player raises concern about themselves or someone else. Then they are asked to speak with the Designated Safeguarding Officer (DSO) and concern is reported using MyConcern. If further action is needed and the issue is outside the scope of practice, a decision is made with support of other Bolton Wanderers FC DSO's to refer for external support. All key stakeholders to be made aware.



Inside Out App
Free to all BWFC staff
Scan QR Code to log in

SAMARITANS

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0330 094 5717 or 116 123
free from any phone

BeGambleAware.org

BeGambleAware
info@gambleaware.org
0808 8020 133



Hub Of Hope
Find the correct, best and local support to you.

FRANK

FRANK
frank@talktofrank.com
0300 123 6600

Fortalice

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