

The Academy Dover - Boxing Gym & Running Club

The Academy Dover - Boxing Gym & Running Club is an amalgamation of various community clubs and organisations that focus on both physical and mental health for young people in Dover. The club teaches a variety of skills including fitness, health and mental wellbeing. The services they offer are tailored to meet the needs of every ability level. Community is at the heart of everything they do, their philosophy is train and sweat together, build relationships/ friendships and progress as people. Building confidence and empowering young people to feel stronger inside and out.

CUSTOMER REQUIREMENT

The Academy Dover had a specific requirement to upskill their employees in Mental Health Awareness to provide support to members who were involved in the LADS (Live And Discuss Support) initiative. The LADS initiative aims to create awareness of men's mental health and to help normalise speaking about any issues that any members of the boxing gym and running club may be facing.

They wanted to provide their employees with support to help them to spot signs and symptoms of poor mental health, to signpost where appropriate and act as a listener; with the aim to combat stigma around men's mental health.

The Academy Dover wanted to enrol their employees on a nationally recognised and accredited qualification and they were looking for a training provider to partner with.

THE PEARSON TQ PROGRAMME

The Academy Dover discussed their needs with a Mental Health trainer at Pearson TQ who fully understood their needs and recommended the Level 3 Supervising First Aid for Mental Health (Nuco accredited training course) for employees involved in supporting the LADS programme.

All of Pearson TQ's Mental Health First Aid courses help raise awareness of mental illness, enabling people to support themselves and others to aid recovery and are designed to reduce stigma through education and increase the provision of care for those with a mental illness.

So far, six employees have taken part in the two-day training course, delivered by Pearson TQ at the The Academy Dover in Kent.



"Our aim is to normalise lads talking with each other about daily issues between other like-minded lads, we are different than any other group... we have a team of qualified specialists at hand if needed, and now we ourselves are qualified to help by listening and guiding!"

Supervising First Aid for Mental Health course participant

A range of First Aid for Mental Health related subjects were covered on the training programme, including:

- What is First Aid for Mental Health?
- Identifying mental health conditions
- Providing advice and starting a conversation
- Drugs and alcohol
- First Aid for Mental Health action plan
- First Aid for Mental Health in the workplace
- A large range of Mental Health conditions covered in detail

Summative practical assessment was ongoing by the instructor each day, along with a daily written assessment.

On successful completion of the course, learners were awarded the Ofqual regulated Level 3 Award in Supervising First Aid for Mental Health (RQF)/Award in Leading First Aid in Mental Health at SCQF Level 6, which is valid for three years.

MEASURING SUCCESS

Potential benefits for businesses:

- Reduced business costs
- Reduced absence and staff turnover
- Enhanced reputation
- Improved productivity, teamwork and morale
- Increased awareness of mental health
- The business being more attractive to new job talent.

For individuals, it can mean:

- Reduced risk of depression
- Increased self-esteem
- Reduced anxiety
- Improved mood
- Clearer thinking
- Improvements in relationships
- A greater sense of calm.

"Chris was an amazing trainer! I felt quite nervous about the topic of mental health before I started, but by the end of the course I felt much more confident in how to spot signs and symptoms of poor mental health and how to signpost individuals to get more support."

Supervising First Aid for Mental Health course participant