COPING THROUGH FOOTBALL

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LONDON PLAYING FIELDS FOUNDATION

A 127 year old charity that aims to create a happier, healthier and more cohesive London by providing places to play sport forever.

Its main audiences are schools, clubs and socially and economically disadvantaged groups that it reaches via a combination of innovation, partnership working and external funding.
WHAT IS COPING THROUGH FOOTBALL?

Coping Through Football is a transformational project that demonstrates how two sporting charities and the NHS work together to produce a sustainable recovery model approach to engage with and improve the well-being of young people and adults experiencing mental health problems. It is delivered in the London boroughs of Waltham Forest, Redbridge, Havering and Barking and Dagenham that have a combined population of just under a million.
PROJECT AIMS TO

• Improve the physical health and well-being of the target group
• Enhance self-esteem and confidence
• Enhance opportunities for improving interpersonal and social skills
• Increase service user confidence and ability to access mainstream community opportunities
• Build awareness of the correlation between exercise and improved physical and mental health
• Reduce their reliance on alcohol, cigarettes and recreational drugs
• Provide a route back to employment, volunteering, education and training
• Build more positive relationships with health professionals and reduce the use of acute care services.
KEY FEATURES

• Three community venues to host 4 x 2 hour (for adults) and 2 x 1.5 hour (for young people) practical sessions per week taken by qualified FA coaches who have undergone bespoke mental health awareness training
• Fifteen months spent designing contact, referral, assessment and review processes
• Guided by Dr Oliver Mason evaluation and intervention developed side by side
• Regular healthy lifestyle workshops running in parallel with the sessions
• Exit route planning that focuses on social, educational and vocational outcomes
WHAT LPFF WANTS TO GAIN FROM THE EVALUATION

• Helping to transform community mental health services
• Positioning with Government priorities
• Developing a transferable measurement methodology
• Providing an evidence led platform for collaboration with PHE, NHS and The FA
• Creating a toolkit for wider dissemination
• Evidencing the cost benefits
• Credibility with funders
CTF PHILOSOPHY

• Success is not about football outcomes
• Creating a positive and inclusive environment
• Focus on being normal doing normal things
• Building on existing best practice and continuous improvement
• Partnership working – shared vision, planning and working
• Clinical and coaching credibility
• Coherent referral system
• Accredited assessment and evaluation procedures
• Consultation with service users
• Importance of being positive, proactive and persistent