



WELLBEING MODULE





This Module

We will cover:

- What is expected of clubs
- What is wellbeing
- Useful considerations
- Grievance / Misconduct
- Support services & signposting
- Learning and training opportunities
- Looking after your own wellbeing

Introduction

Here at the Sports Union, we consider the Club Captain, Secretary, Treasurer and Wellbeing roles to be the 'Leadership Group' of the Sports Club – often you'll hear us refer to the group as the 'CSTW'.

These roles are crucial to the functionality of your sports club, so it's essential to work together as a team and support each other in your roles.

Club Sport at Strathclyde wouldn't exist without all of the volunteer work you do, so we thank you in advance for your time and efforts!



What do we mean by 'wellbeing'?

WHO (World Health Organisation) defines Mental Health in the following way:

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.”

At USSU, we understand our members have come to Strathclyde to study a vocation first and foremost. We love that we can provide an opportunity for students, staff and alumni to engage in extra-curricular activity, and we want to ensure it's the best experience possible - that it not only promotes positive physical health, but supports positive mental health too.

Club Responsibility

While the 'Wellbeing Officer' is constitutionally a mandatory position within all sports clubs, it does not mean they are the sole role holder to everything and anything 'wellbeing'.

It is the responsibility of the full club - committee and members - to support and promote wellbeing within your club, ultimately creating a safe and enjoyable space for individuals to thrive in your sporting activity.

The 'Wellbeing Officer' role purpose is to act as a lead contact to prioritise a wellbeing agenda around the activity you offer - sporting and social, engaging in campaigns, providing signposting, and being informed to spot any signs of concerns through official training and education provided to our committees. These responsibilities are not limited to this role holder however.



Wellbeing Officer - Role Descriptor

- Be the main point of contact for club members, coaches and volunteers if they have any concerns
- Provide the membership with awareness of Students' Union and University signposting for anything linked to behaviour and wellbeing
- Ensure everyone in the club recognises they have a common-sense duty of care towards one another
- Raise awareness of the Sports Union Code of Conduct with all members
- Make a conscious effort to get to know all members and demonstrate approachability, reiterating your role and responsibilities at regular points throughout the academic year
- Follow Sports Union policies and procedures, particularly around behaviour and wellbeing
- Take responsibility to appropriately report any concerns or incidents with the Sports Union in an efficient manner, engaging in any processes laid out by the Sports Union
- Take the time to attend appropriate training and workshops relevant to the role as outlined by the Sports Union, on topics such as mental health, self harm, gender based violence, and consent.

Considerations around Wellbeing

We all have mental health just as we have physical health - it moves up and down along a spectrum, from good to bad

Talk about mental health. Create a culture of openness within the club to help normalise conversations about mental health

Look after yourself first and foremost
- “you can’t pour from an empty cup”

Never assume someone is ok. You might not always notice concerning behaviour with someone that’s struggling

Be mindful of individuality. Everyone is unique, and comes from varied backgrounds with different life experiences - reserve judgement, treat everyone with respect

Your role will be varied, and some of the things you might expect to deal with as wellbeing officer are listed as follows:

- Members seeking out help to deal with mental health
- Noticing worrying behaviours which might lead you to be concerned about your members
- Receiving complaints
- Dealing with grievances
- Incorporating the club development plan to reduce barriers around wellbeing
- Working with other committee members to boost wellbeing - e.g. social sec for organising varied inclusive socials; or social media officer to promote a wellbeing campaign



University Disability & Wellbeing Service

The University has a Disability and Wellbeing Service. The service has a range of advisers with specialist expertise in disability, health, mental health and counselling. They offer a broad range of support to students with any disability, mental health and wellbeing related needs, and can offer the following:

- one-to-one mental health and wellbeing assessment
- counselling
- cognitive behaviour therapy (CBT)
- group therapies
- an online mental health support programme - SilverCloud
- mindfulness-based stress reduction programmes





Strath Union Advice Hub

Strath Union has an Advice Hub Service which is available to all students at any level of study.

The Advice Hub is an independent and confidential advice service, run by professional staff advisers who can support on various matters such as:

- Academics (e.g. course transfers, appeals)
- Housing (e.g. tenancy checks)
- Funding and finance (e.g. emergency financial support)
- Health & Wellbeing (e.g. provision of period products and condoms, as well as access to Strath Pantry Food Bank)

External Wellbeing Support

We highly recommend utilising the following areas for support:

For someone to talk to in a crisis situation:

- [Samaritans Glasgow](#)
- [Breathing Space](#)

For useful resources and information:

- [SAMH](#)
- [NHS](#)
- [BEAT](#)
- [LGBT Health & Wellbeing](#)
- [National Self-Harm Network](#)
- [Anxiety UK](#)
- [Lifelink](#)



Grievance and Misconduct

Grievance and misconduct can be tricky to deal with, and this is where you should lean on the Sports Union for support. The likelihood is that the SU has already dealt with a similar situation, so don't feel like you can't come speak to us to get the appropriate help. Depending on the extent of misconduct, the club can either deal with the situation internally, or escalate to SU/Strath Union/University disciplinary. Not all cases need to go as far as a disciplinary.

Further things to consider:

- Ensure you have read and understand the USSU Code of Conduct
- Respect confidentiality, and know when and who you should escalate to if necessary
- Provide support through signposting to ALL parties involved
- Don't attempt to deal with misconduct internally within the club if you're not equipped to do so
- Look after your own mental wellbeing in the process

'Report and Support'

As part of Strathclyde Safe360°, UoS are committed to a safe campus for all and believe everyone who is a part of the University community: staff, students, and visitors, have a responsibility in ensuring this is the case. Report & Support is a facility where anyone can disclose behaviours or issues they believe puts the safety of the Strathclyde community at risk.

You can use the form to report problematic behaviours such as harassment, Gender-Based Violence, stalking, discrimination, or to raise concerns about safety, and issues that undermine our inclusive University.

If you have doubts as to whether this is the right way to disclose an issue, it is recommended you still submit a report and you will be contacted to talk through your options. Reports can be submitted anonymously, however it will likely reduce the action UoS can take.

For further support - staff in the SU office can help you fill out a report.

Learning & Training Opportunities

There are various learning and training opportunities to aid your knowledge and experience to enable you to provide support to members through wellbeing and misconduct issues.

Workshops are open to all club committees and sometimes general members too, where appropriate. Information on courses available are publicised through the year, but below is an example list of the types of training we offer annually:

- Committee Training Day
- Eating & Exercise Disorders
- safeTALK
- Whats the Harm: Self-Harm workshop
- First Aid Training
- Concussion Awareness



Resources

This module covers a lot of areas to consider as wellbeing leads within your club committee, however the real training is gained from experience doing the job. We have several resources to support you in your role:

- Advice Hub Service
- Disability & Wellbeing Service
- Sports Union Recommended Signposting
- Report & Support Form





Looking After Your Own Wellbeing

While the wellbeing module covers a lot of topics, it is not expected of clubs to tackle all issues. Sometimes it can become overwhelming, and that's why we have various avenues for clubs to access support from the Sports Union and wider University where appropriate.

Any involvement in wellbeing or misconduct issues can be challenging, so ensure you are following up with peers and staff on how you are coping in the role, and voice any impact you are experiencing with your own wellbeing.

Office Contacts

We understand that committee members and volunteers change every year and levels of experience can vary from person to person.

The Sports Union is here to help you deliver a great student experience for your members, but to achieve success, it's important that you and fellow committee members proactively engage with the office.

If you have any questions regarding Club Sport Wellbeing, please do not hesitate to contact a member of staff or the Sports Executive



CONTACT US!