



**LONDON
SPORT**

APPENDIX M

Youth Mental Health First Aid in Partnership with StreetGames

Youth Mental Health First Aid

Context:

In 2019, the national campaign #21by21 was launched to unite sports organisations with businesses and policy makers to provide 21,000 sport coaches and volunteers with mental health awareness training. London Sport wanted to ensure the Satellite Clubs delivery partners had access to this training as part of its efforts to ensure that young people received a positive experience whenever they attended our funded activities.

Activity:

StreetGames were commissioned as a trusted partner to provide the training. They'd previously been commissioned to develop multiple Satellite Clubs across London through their Sport for Good networks and to deliver training courses as part of the workforce continued professional development programme in 2015-17.

London Sport invested in StreetGames London region to train and develop five new Mental Health First Aid tutors in return for delivering a variety of Mental Health First Aid courses across London, which Satellite Clubs projects could attend for free.

Youth Mental Health First Aid

Impact and Success:

The approach London Sport took showed our commitment to workforce by providing access to training that gave skills to the delivery workforce that could be applied to all delivery including beyond Satellite Clubs. It also grew the tutor workforce significantly providing more training for a broader network of deliverers across London.

With five new tutors recruited and trained StreetGames has been able to increase its capacity to deliver more mental health first aid courses. Between April 2019 and March 2021, StreetGames have delivered 46 mental health courses to 586 delegates across London, contributing to the #21by21campaign. This included four two-day Youth Mental Health First Aid courses and four Youth Mental Health First Aid Lite Workshops for representatives of our Satellite Clubs programme to attend.

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Challenges and Missed Opportunities:

Initially plans to deliver set workshops for Satellite Clubs was difficult to implement as travel became an issue to attending, long before the pandemic began.

With mental health as an increasing issue during the pandemic, there was an opportunity to draw further attention to the training and draw out the importance of a deeper awareness of mental health first aid through guest blogs and sharing learning from the #21by21 campaign members.

Reflections for the future:

- Join campaigns with complimentary aims. This will make it easier to raise awareness, reach beyond existing networks and give access to additional resources.
- Ease of access to training is a priority. This includes locations, formats, time and costs.