

STATE OF MIND SPORT COME ON BOARD

17/08/2021

The Co-op Lincolnshire Women & Girls League are delighted to announce the first of three charity and community partners for the upcoming 21/22 season. The first announcement will focus on our developing partnership with Mental Health Charity, State of Mind Sport.

State of Mind Sport is a charity that harnesses the power of sport to promote positive mental fitness, to improve performance of sportsmen and sportswomen, supporters and wider communities, and ultimately prevent suicide. State of Mind Sport raise awareness of the issues surrounding mental fitness and deliver education on the subject to all levels of sport, business, and community groups.

The State of Mind programme was established in 2011 with the aim of improving the mental health, wellbeing and working life of rugby league players and communities with an aim of getting people to talking about mental health. Since their inception they have grown to cover a multitude of sports, partner with high profile organisations and support the Women & Girls game.

Their team of mental health and sport professionals deliver comprehensive education sessions throughout the UK in Super League, Championship and amateur clubs as well as colleges and community groups across a host of sports and audiences, aimed at raising awareness of mental health issues within sport.

Mental health is something that we should be taking care of and learning more about and has touched us all in some way on the past couple of seasons. Member clubs can expect to be contacted over the next couple of weeks to arrange delivery of their multi award winning mental fitness session to clubs, volunteers and players within the league.

We would like to thank Joanne Phillips for supporting the partnership and can't wait to introduce you to our fantastic individuals within the league.

To find out more about the partnership or to get in touch with State of Mind Sport please get in touch with the League's Development Officer, Steph Powell on steph.powell@lincolnshirefa.com or to book an award winning mental fitness session at your club, email anne.griffin@stateofmindsport.org

