

Mind, in conjunction with Swim England West Midlands are delivering

Mental health awareness for sport and physical activity training

Aimed at coaches, sports administrators, volunteers & front of house staff

Wednesday 22nd January 2020

6.30pm – 9.30pm

St Barnabas Church Centre

High Street, Birmingham B23 6SY

Cost: £20 per person.

If you are a member from a SwimMark club you will be refunded £5 after attendance.

We've listened to people living with mental health problems and people working in the sport and physical activity sector to create a practical workshop that will:

- Give you 3 CPD points
- Help you understand common misconceptions about mental health and how stigma and discrimination impacts on people with mental health problems.
- Help you appreciate the barriers that stop people with mental health problems getting active.
- Enable you to talk confidently about mental health and know where to signpost people who need support.
- Identify practical actions you can take to make your service more inclusive and accessible for everyone.

Places are limited – please reserve your place by clicking the link below. Bookings close Wednesday December 4th 2019

[Click here to book your place](#)

