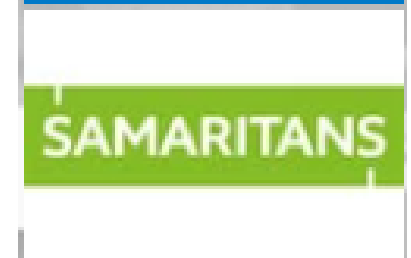
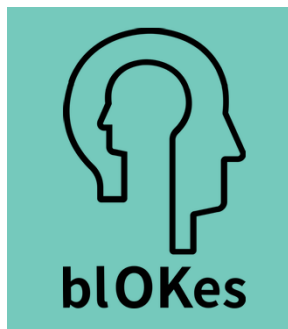


Why Mindset Sport?

WHAT SUPPORT IS
AVAILABLE FOR
YOUR CLUB?



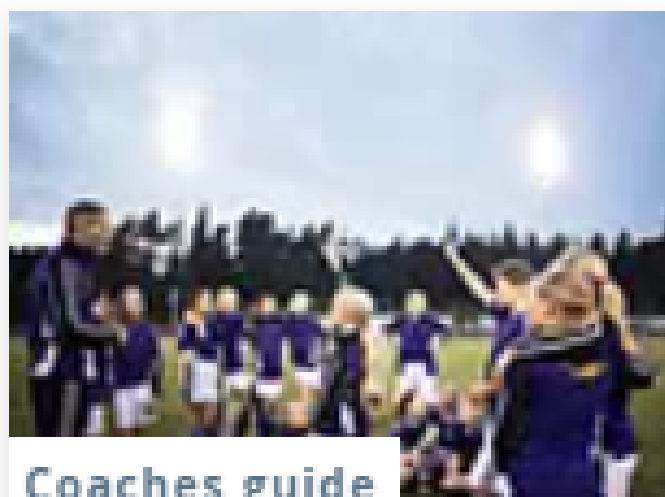
Mental
health
resources



The Magic Academy

The Magic Academy is all about helping coaches to create better experiences for themselves and their players.

[Go there](#)



Coaches guide to conversations

Learn how to approach difficult conversations with a guide from Mind

[Go there](#)

COACHES
RESOURCES
FROM THE
MAGIC
ACADEMY
AND FYB
RUGBY



FILL YOUR BOOTS

f t @ h v

MAKING GAMES HAPPEN

Helping Grass Roots Rugby Clubs & Players #MakeGamesHappen

DIRECT
LINKS TO
RESOURCES
FROM ALL
THESE
AMAZING
SUPPORT
CHARITIES



PHYSICAL HEALTH ADVICE AND COACHING



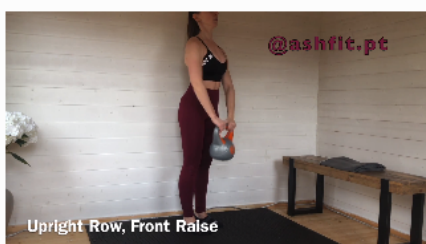
www.wellsphysiofit.co.uk

www.wellshf.com



HEALTH X FITNESS

work out with @ashfit.pt



@ashfit.pt brings you an upper body, kettle-bell workout, for more information and routines follow on instagram



@ashfit.pt brings you a whole body kettle-bell workout, for more information and routines follow on instagram



EVER
EXPANDING
RESOURCES
AROUND
ED&I

Show Racism the

Red

Card

Autism
In Rugby

est. 2019



PRIDEOUT



RACE
EQUALITY
WEEK



Stonewall

Acceptance without exception



the Money Advice Service

Hints and Tip's

Huge thanks to Alex Plows for writing these
Alex is a Recruitment Specialist and Ex Overton RFC player



MoneySavingExpert

Cutting your costs, fighting your corner

Founder, Martin Lewis · Editor-in-Chief, Marcus Herbert

StepChange
Debt Charity

FINANCIAL
AND
WORKPLACE
SUPPORT

AND SO
MUCH MORE

relate
the relationship people



NeoPro® Sports
Prevent. Protect. Perform.