

# MINDSET SPORT NEWS



Monthly Newsletter for Mindset Sport followers and members

## IN THIS ISSUE:

We welcome our first ambassador and Stains Rugby Club

We have removed the need for sign up  
Supporters spotlight - Ripple Suicide prevention  
New resources- new videos from ASHFIT.PT

We are now global  
New 'Not merchandise'

## WHATS GOING ON IN MARCH

SELF-INJURY AWARENESS DAY  
SIAD: 1ST OF MARCH

MARCH 1 - MARCH 7 UNITED KINGDOM  
EATING DISORDERS AWARENESS WEEK

BRAIN TUMOUR AWARENESS MONTH

OVARIAN CANCER AWARENESS MONTH

## A HUGE WELCOME TO THE FAMILY KIRK 'SPIKE' HUGHES- OUR FIRST OFFICIAL AMBASSADOR

When I suffered injury in 2000, I thought my sporting opportunities were over. I had never considered adaptive sport and hadn't really heard about it. That changed when I watched the London Paralympics in 2012 and was inspired by the incredible athletes representing their respective countries.

From that moment on, I knew that I could become active again with the generosity of Help for Heroes, I was able to purchase my first handcycle which helped my fitness and mental well-being.

Fast forward a couple of years and again, witnessing the Invictus Games in London 2014 gave me a renewed sense of competitiveness, and being a Military Veteran, it was something that I wanted to become involved in. I was fortunate enough to represent Team UK in the Toronto 2017 Invictus Games at wheelchair basketball, wheelchair tennis and handcycling. I was also chosen by my teammates to be the flag bearer at the opening ceremony, which was an incredible experience.

I was able to come away from the Games with two bronze medals and lots of personal bests in all the sports I played but more than, being involved in sport again gave me a focus and commitment to my mental and physical health.

This past year had been incredibly difficult for everyone, especially mentally, but knowing that I can keep on handcycling, keep on getting out and about for walks has been a lifesaver for me.



# A HUGE WELCOME TO THE FAMILY TO STAINES RUGBY CLUB

**STAINES RUGBY**  
**WELL-BEING TEAM**

**STAINES R.F.C.**

Kimmy Rowles  
Women's section

Paul Taylor  
Men's section

Marcus Talbot  
Youth's section

Chris Kennedy  
Club Chaplain

HERE TO SUPPORT YOUR OVERALL WELLBEING

ANNOUNCING

**STAINES RUGBY**  
1926

Mindset  
Sport

Wellbeing Partner

Staines Rugby are already involved with looking after their players on and off the pitch so its been really nice to become part of what they are offering to payers.

'Physical and Mental wellness are extremely important to us at Staines, and to support with this we have launched our new taskforce.

We are delighted to announce the set up our very own mental well-being task force! Head over to @stainesrfc\_wellbeing on instrgram and Staines RFC well-being on Facebook for find out more information.

Open  
for all



We realised that some people who need or want to use our site may be reluctant to do so with the need to sign up, so we removed that step. Everyone is now free to use the resources available as they see fit, without having to disclose information. All we ask is that if you club is using a link on your site that you send us a logo so we can include you on our wall of fame



# R;pple



We are proud to be partners with Ripple and Alice Hendy, Alice has been making huge waves in the mental health world recently appearing on both the BBC and Sky news so we thought we should tell you a little more about Ripple and what they do and why.

Alice Hendy tragically lost her brother, Josh, on the 25th November 2020 from suicide. Josh was her only sibling, and sadly passed away too soon at just 21 years of age.

Alice's day job involves working in IT and Cyber Security, with experience in working for global financial institutions and insurance firms in the city of London.

After examining Josh's phone and laptop following his death, Alice found that Josh had been researching techniques to take his own life via internet searches, suicide forums and video tutorials.

The content available online following a harmful online search is far too readily available and fails to provide enough of an intervention between a user searching for harmful content and the subsequent display of the search results. To ensure more help and support is given to individuals in mental health crisis and searching for harmful content online, Alice set up R;pple Suicide Prevention.

R;pple addresses the lack of intervention and instead provides an immediate, vibrant display on a user's device once they have been flagged as searching for online content relating to self-harm or suicide.

R;pple is an online nudge technique which consists of a powerful message of hope, as well as providing a selection of mental health support resources in a range of different communicative options (call, text, webchat, self-help app, pocket resources).

Through R;pple, an individual feeling despair and researching harmful content will be urged to instead seek mental health support they deserve and need in a way that works best for them.

Newsletter Registration: <https://ripplesuicideprevention.us7.list-manage.com/subscribe?u=a3149e04ece5b2ad4417a7861&id=89905ed5ac>

Facebook: @Ripplesuicideprevention

Twitter: @Rippletools

Instagram: @Ripplesuicideprevention

LinkedIn: @Alice Hendy – Ripple Suicide Prevention

Website: [www.ripplesuicideprevention.com](http://www.ripplesuicideprevention.com)

Email: [info@ripplesuicideprevention.com](mailto:info@ripplesuicideprevention.com)

Crowdfunding: <https://www.justgiving.com/crowdfunding/ripplesuicideprevention>

# Not merchandise

We have teamed up with S66 sportswear to bring you a range of sportswear at affordable prices. Don't confuse this with cheap merchandise, this is proper sportswear that is meant for playing and training in. Combine this with our boot exchange and you can be fully kitted out for £50 + postage. Any profits will go towards free or discounted training from Mindset Sport



Shirt or Vest

£25

Shorts or Skort

£20

Socks

£10

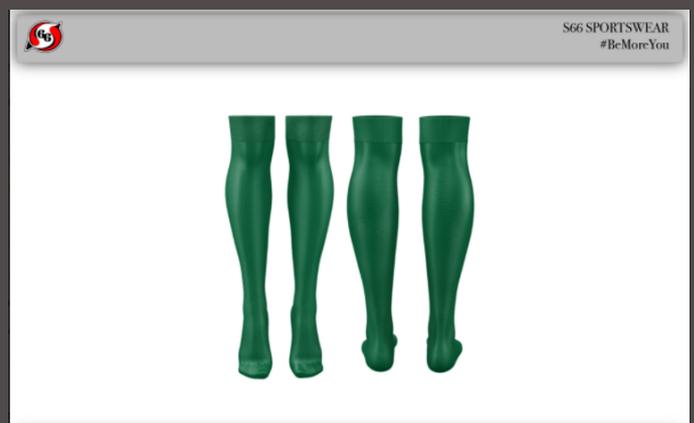
Hoddie

£30



Shirt or Vest plus Shorts or Skort  
with Socks -£50 Saving 10%

to keep prices low we currently have to place orders in batches of 1,0 so get together with your team mates and friends to order a batch together. Single orders will have to be held until there are enough ordered but we will keep you updated on any wait. Sorry its the only wy we can keep the prices down



# Other news

## work out with @ashfit.pt

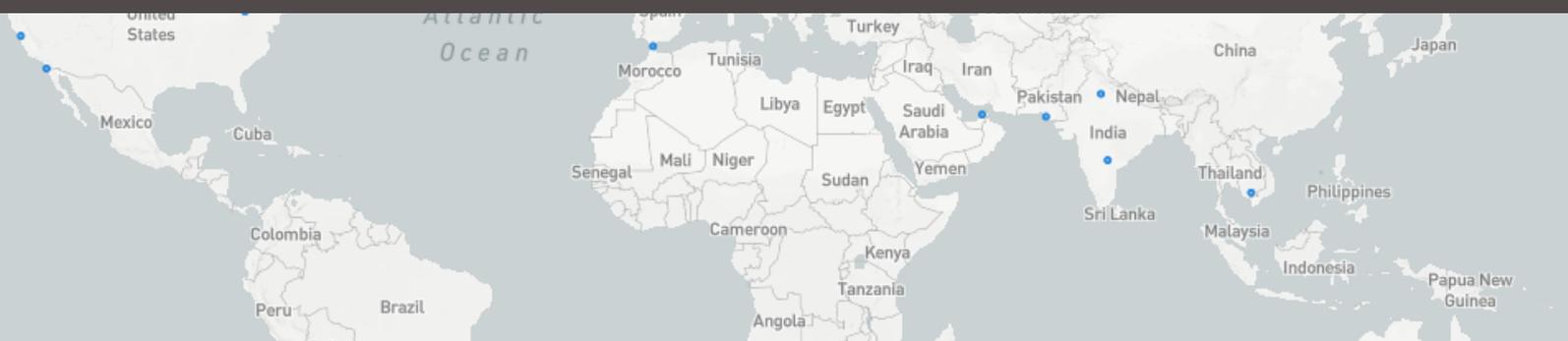


@ashfit.pt brings you an upper body, kettle-bell workout, for more information and routines follow on instagram



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

We have uploaded more videos to help you stay fit in lock down from our partners at ASHFIT.PT



I cant believe I'm saying this but Mindset Sport is now a global family and we have reached out as far as New Zeland and Canada . Don't wait until its too late, get your club signed uo to our resources now

Mindset

Matthew Mason-Hames

(He, Him, His)

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