



Luton Rugby

A guide for looking after your mental health
through COVID-19 and beyond

Hi everyone...

During what we know has been the craziest year, it has become increasingly clear that we all need to take a moment to look after our mental wellbeing.

Particularly as we head into the winter months, and with continuing uncertainty about the Covid-19 pandemic, we want to make sure you have as many resources as your fingertips as possible.

This booklet is for anyone with any association with Luton RFC in any capacity - whether you are a player, club member or parent - we are a family and it is really important that we are there for each other.

This booklet is not meant to replace any professional medical assistance you may require - if you are in a mental health crisis, please contact your GP immediately.

You'll see on page 4 that we are proud to be running a pilot of Luton RFC Listening Ears for the next three months. Take a look for more information.

If you have any feedback on the contents of this booklet, drop Taff an email: taffysteve@hotmail.com

#lutonrfc #listeningears



Local Support

There are a number of local organisations who can support your mental wellbeing - here is just a few:



Total Wellbeing Luton supports people living in Luton who want to improve their physical and emotional health

Mind BLMK works across our communities to support positive mental health and wellbeing. Working closely with a range of partners, we offer a number of activities from our wellbeing centres and local venues to make a difference to the mental health and wellbeing of people in Bedfordshire, Luton and Milton Keynes, and our aim is to make sure that no-one has to face a mental health problem alone.



Bedford and Mid-Bedfordshire Crisis Team: **01234315691**
Luton and South Bedfordshire Crisis Team: **01582556971**



Get Self-Help - Free courses at www.getselfhelp.co.uk



Luton RFC Listening Ears

We are beyond grateful that when we reached out we had an incredible number of volunteers who offered to be 'listening ears'. **To be clear, most of the people who have volunteered are not trained professionals.** Their purpose is to be a friend if you need one. We will pilot this programme for three months and see how we get on - and they will be on hand from 9-5pm every day. If talking on the phone is not your thing, you can also WhatsApp anyone in the group and chat that way.

All volunteers are aware of the need for confidentiality and your chats will not be discussed with anyone outside of the two of you. The only exception to this is where there is a concern that you are a risk to yourself or others.

For Over 18s

Volunteer name	Phone
Carlene Bantick	07849449330
Chris Lodder	07951946303
Steve 'Taffy' Evans	07875744559
John Hunt	07909937469
Clare Hudson	07568505048
Kelly Phillips	07931474756
Nikki Day	07527827068
Adriano Montana	07426410765
David Hamm	07824097943
Jordan Gatehouse	07375027849
Aidan Kenny	07388323157
Dave Jones	07967754004
Jamie Stack	07583159697
Martin O'Grady	07512334104
Tom Flannery	07585334933
Sally Haynes	07730604446
Tom Perring	07736888454
Tyrese Wilson	07765331930

For Youth and Minis*

Volunteer name	Phone
Carlene Bantick	07849449330
Chris Lodder	07951946303
Clare Hudson	07568505048
John Hunt	07909937469
Jamie Stack	07583159697
Dave Jones	07967754004

*These volunteers are DBS checked



Remember, if you need professional support please contact your GP/local healthcare provider or see page 3 of this booklet

Some good reading



We've collated some really good articles & websites which can help you stay on top of your mental wellbeing:

- Looking after your mental health while working during coronavirus - [Read more...](#)
- How to manage and reduce stress - [Read more...](#)
- How to look after yourself using mindfulness - [read more...](#)
- Complete this simple [stress test](#) to measure the stress in your life.
- How to sleep better - [read more...](#)
- Facing a winter during the coronavirus pandemic - [read more...](#)



Recommended Apps



We have the world in the palm of our hands - these Apps come highly recommended...many will come with some sort of cost for subscriptions, but it tends to be on the more affordable side of subscriptions. This small investment in your personal wellbeing can pay big dividends



CALM



THE MINDFULNESS APP



HEADSPACE



RELAX MELODIES



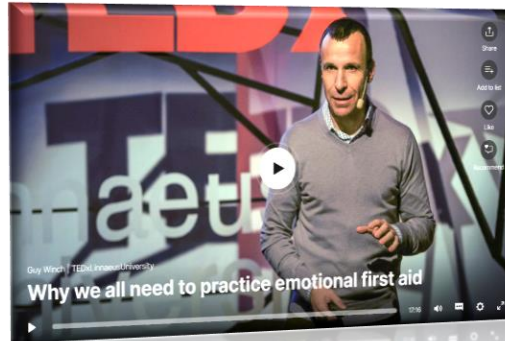
MINDDOC: DEPRESSION & ANXIETY



Watch these videos



We've collated a few videos which you may find useful, inspiring or eye opening:



If you need help...



We hope you have found this resource useful. The intention is simple - to let you know you are not alone and that we are here for you, our rugby family.

If you are feeling depressed or suicidal, here is some critical information:



Call the NHS support
line 24/7 by dialling
111 and selecting
option 2

Day or night
We're here
when life's
difficult

Call free day or night on

116 123

Email

jo@samaritans.org

SAMARITANS

samaritans.org

A registered charity



Luton Rugby In a mental health emergency call 111 and select option 2 - 24 hours a day