



What is JOCA? JOCA was formed by Welwyn RFC after the passing of a couple of their members and something we are adopting after suffering our very sad and similar losses.

Every minute in the world, over 80 people die by suicide. That's over 80 sons, daughters, husbands, wives, brothers, sisters, fathers & mothers for every 80-minute game of rugby.

Partnering with JOCA (**Just One Click Away**) and Govox, BSRFC aims to destigmatize mental health & create awareness among our members to allow conversation without prejudice and in confidentiality.

Collectively as a community club, if we can support our wellbeing it may just save a life

BSRFC has adopted this initiative with an internal volunteer welfare team of 5 "mental health first aiders" created to make this live and promote it as part of our one club ethos".

JOCA BSRFC is a platform to signpost anyone who needs advice or support to local professional services with a service directory in one place covering everything from addictions to terminal illness and everything in between.

This site will also have contact details to the Bishops Stortford welfare team who will be available to offer support, guidance and a friendly ear should it be needed.

<https://jocarugby.co.uk/>

Please note, this site is currently managed by JOCA @ Welwyn hence the WRFC branding, with our details on, however this will soon be a generic JOCA page.

Govox is a regular email campaign designed with a series of questions giving our members the opportunity to tell us how they are doing across a range of areas, as well as the chance to discuss anything in a very safe environment. An incredibly simple tool to start conversations that matter and allow the welfare team to engage should a request be needed.

For info on Govox - (<https://www.govox.co.uk/>)

Both the JOCA site and Govox software is totally confidential, as is any "friendly ear".

We are not qualified therapists; this is not a 24h service, but if we can get talking about mental health and support just one person before the dark clouds start forming then we have made a difference.

What happens next - We are launching on 1.2.2020 and will be inviting our members to register on the Govox site via the club database, as well as sending out links via social media and age group channels to allow those that we do not have email for to sign up. We will have a permanent presence of flyers and cards available to take away from at the club giving handy contact details if ever needed.

The ongoing plan of this initiative is to be in a position soon to provide financial support covering 1-1 counselling for those that require it and we will be looking to fund-raise to provide this additional service, naturally any donations are gratefully welcomed. (BSRFC JOCA, Account Number 44541460 Sort Code 30-91-91)

BSRFC JOCA Committee, January 2020

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