

Men's mental health program, Head in The Game update

Committee -Housing & Health Advisory Committee - 23rd January 2024

Report of: Chief Officer People & Places

Status: For Information

Key Decision: No

Executive Summary: Men's mental health program, Head in The Game update for the Housing & Health Advisory Committee.

This report supports the Key Aim of: Council Plan & Community Plan

Portfolio Holder: Cllr. Perry Cole

Contact Officer(s): Kelly Webb, Ext. 7474 & Jolanda Gjoni, Ext. 7121

Recommendation to Housing & Health Advisory Committee.

To note the report.

Reason for recommendation:

For information only.

- 1) Head In the Game (HITG) is a preventative participant focused mental health service that addresses the stigma of mental fitness and wellbeing. Our approach is to offer a safe, secure and comfortable community environment to allow people to engage with one another before any poor mental health escalates. Our aim is to reduce the number of people who complete suicide at its earliest intervention point. We use football as a vehicle to start these often-difficult conversations.
- 2) Head In the Game has two main directorates, they are Mental Health and Community.
- 3) They reached out to the Health Team Leader at Sevenoaks District Council to put in place a fully functioning and District expanding delivery model that will enable demonstration of the impact of making a small change to someone's mental wellbeing can have on every aspect of participants' life.

- 4) They host a weekly football training sessions at 3G/artificial all-weather floodlit pitches across the UK and invite people between the ages of 18 to 65 of any footballing ability to attend and play. This is accompanied by a talking therapy session for the participants to talk openly about how they are, any problems they have and get friendly support from within the group after each session.
- 5) Each week we focus on specific mental health topic as a theme for the session. We cover such MH support needs such as: stress, sleep, mindfulness, habit forming, identifying personal strengths and gratitude to mention a few.
- 6) HITG was commissioned to deliver a 12 week pilot program at Sevenoaks, starting from Monday 30th of October 2023-5th of February 2024 from 6-7pm (with online support available during the festive holiday period) at the Trinity School, Seal Hollow Rd, Sevenoaks TN13 3SL. This report will highlight progress of the program to date.

Other options Considered and/or rejected.

None

Key Implications

Financial

No financial implications have been highlighted.

Legal Implications and Risk Assessment Statement.

There are no legal implications associated with this report.

Equality Assessment

The decisions recommended through this paper have a remote or low relevance to the substance of the Equality Act. There is no perceived impact on end users.

Net Zero Implications

The decisions recommended through this paper have a remote or low relevance to the council's ambition to be Net Zero by 2030. There is no perceived impact regarding either an increase or decrease in carbon emissions in the district, or supporting the resilience of the natural environment]

Also insert any other "Key Implications" headings as appropriate such as:

- **Community Impact and Outcomes**
This report links in with the community and any impacts.

- Wellbeing
This report supports the health and wellbeing of residents through targeted intervention with an under-represented population group who experience higher risk of suicide.

Conclusions

To update members on the Men in the Game Pilot project.

Appendices

Appendix A – PowerPoint Presentation (to be provided by presenters on the day).

Sarah Robson

Deputy Chief Executive and Chief Officer – People & Places