

APPOINTING A WELLNESS CHAMPION

CREATING AND PROMOTING A POSITIVE ATMOSPHERE IS EVERYONE'S RESPONSIBILITY.

HOWEVER HAVING A DESIGNATED WELLNESS CHAMPION IN PLACE ENSURES THAT THERE IS SOMEONE IN YOUR CLUB WHO ACTIVELY CHAMPIONS POSITIVE MENTAL HEALTH IN YOUNG PEOPLE.

THE ROLE:

With the support of your club committee, the Wellness Champion should:

- Champion positive mental health in young people;
- Promote a culture of listening to young people;
- Promote a positive club culture;
- Support the Club Welfare officer.

BEFORE YOU APPOINT:

Ensure you have considered their appropriateness for this role by checking them against The East Riding FA Mental Wellness Champion – 'Person Specification and Suitability Checklist'.

THE REQUIREMENT:

A Wellness Champion who is operating in a Club or league with youth teams must have:

- An in date and accepted FA Enhanced DBS
- Completed the FA's Safeguarding for Committee Members online course;
- Completed the East Riding FA Wellness Champion workshop;
- Adhere to the Wellness Champion Code of Conduct.

THE TYPE OF PERSON:

The type of person who makes a good Wellness Champion is someone who:

- Always puts children's welfare first;
- Is a good communicator;
- Has a common-sense approach;
- Is willing to learn and seek advice;
- Is over the age of 18.

It is essential that a Wellness Champion is approachable, has a child-centred approach and the ability to maintain this perspective when carrying out their role.

THE RECRUITMENT PROCESS:

Start points:

- Make it known that you wish to appoint a Wellness Champion at your club committee;
- Provide clear information about the role. (See Wellness Champions' Roles and Responsibilities).
- Advertise the role on your website and via any regular communications you have;
- Ask if anyone involved with your club / league has any professional Mental Health expertise. E.g. you may have a member who is or was a Mental Health nurse, teacher, youth worker or social worker that might be willing to take on the role;
- Ensure you have a fair and open recruitment process in line with your club constitution.

PERSONAL SPECIFICATION:

Essential:

- Experience of dealing or working with young people;
- A good communicator in a variety of situations with people from diverse backgrounds;
- Committed to and ability to promote the welfare of young people;
- Empathy when dealing with individuals, sometimes in demanding situations;
- Ability to listen and assess situations fairly;
- Ability to handle confidential information sensitively and with integrity;
- Reasonable level of administration experience and how to deal with confidential documentation;
- Regular access to the internet.

Desirable:

- Knowledge and understanding of Mental Health issues;
- Knowledge and understanding of grassroots football;
- Experience in using IT systems;
- Committed to promoting The FA Respect programme.

Important: If anyone is known to be unsuitable to work with children his/her application should be refused. If in doubt about an applicant contact the East Riding FA Designated Safeguarding Officer.

SUITABILITY CHECKLIST

Essential:

- Previous experience of dealing or working with children;
- Commitment to treat all children as individuals and with equal concern;
- Integrity and flexibility;
- At least 18 years of age;
- Completion of The FA DBS Enhanced Disclosure process and acceptance by The FA of the outcome;
- Understanding of the need for confidentiality when dealing with issues;
- Completion of The FA's Safeguarding for Committee Members online course and The East Riding FA Mental Wellness Champion workshop.
- Willingness to update skills and knowledge and attend in-service training facilitated by The FA or the East Riding FA.

Desirable:

- Knowledge of child protection issues;
- Knowledge of safeguarding children legislation;
- Relevant football knowledge / understanding.