

Mental Health Charter

Case study

June 2017



1. **Project name:** Tennis Recovery Group
2. **Organisation name:** Accessible Tennis Community Interest Company
3. **Target group:** People recovering from addictions to drugs and alcohol
4. **Aim of project:** To build and sustain long-term recovery from addictions to drugs and alcohol through tennis
5. **Project overview**

Accessible Tennis is a Community Interest Company set up as a Social Enterprise with an asset lock. Its guiding principles are:

- Improving and maintaining good mental health and wellbeing
- Participation - service users should be involved in the service
- Respect for carers - carers views should be included

An independent Recovery Steering Group was set up comprised of four people recovering from addictions and had its first meeting in December 2016. A small grant application of £1500 was successful from The Recovery Initiative Fund (www.scottishrecoveryconsortium.org).

The Steering Group decided that the project would start with 4/5 people completing a six-week learn to play tennis course. The participants were self-referred from the Phoenix Futures service which supports people recovering from This would be followed by participants, volunteers and support staff completing a Tennis Activators Course delivered in partnership with Accessible Tennis, Phoenix Futures and Tennis Scotland who funded the course. The Tennis Activators are community role models that spread the message that tennis is accessible to all. It is a Tennis Foundation, Lawn Tennis Association-backed venture. The Tennis Activators have started taking tennis to people to encourage them to give it a try including Phoenix Futures Family Easter Event on 15 April 2017, Springburn Park, Glasgow.



