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.

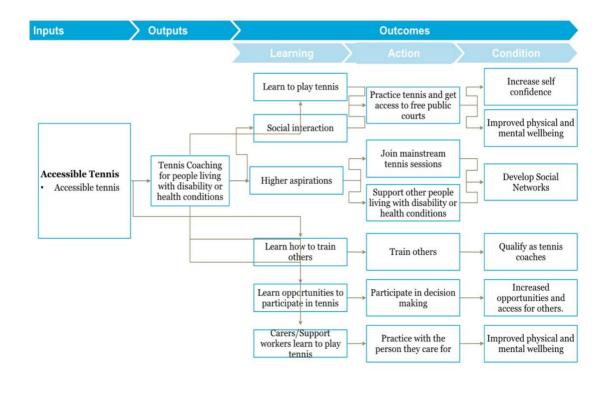


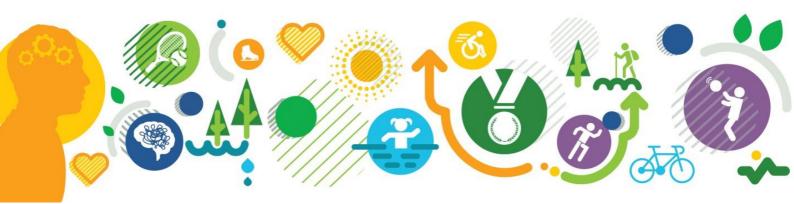
6. Impact of project

Accessible Tennis' Theory of Change (see below) illustrates the different levels this project is working at. A total of six people attended with four people completing the course plus one support worker and three volunteers. Seven people completed the Tennis Activators Course in March 2017. Five people, including women (only 23% of qualified coaches in tennis are women) have shown an interest in completing the Level 1 course which is the next stage in coaching. Accessible Tennis has now secured funding from Phoenix Futures for three people to start the Level 1 course in August 2017.

You can hear more from the coaches and players about the difference the project makes in the video available on the Accessible Tennis website.

Impact pathway/theory of change





7. Future plans

Accessible Tennis has already secured funding from Tennis Scotland for a Tennis Activator course in early 2018 and already has a waiting list of interested people. The project is also looking at ways to employ those who achieved their Level 1 certificates.



8. Further information

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