

Mental Health Charter

Case study

January 2016

1. Project name: World Mental Health Day

2. Organisation name: Karate Union of Great Britain

3. Target group: Members of the Karate Union of Great Britain and the general public. The KUGB has members aged from 4 years old to 80+.

4. Aims of project:

- To help raise awareness of the importance of mental health on World Mental Health Day – 10 October 2015.
- Get KUGB Clubs and members talking about mental health
- Highlight what they can do to support people with mental health problems
- How they can look after their own mental health and wellbeing

5. Impact of project:

Clubs chose different and innovative ideas for their events to raise awareness of mental health.

- Activities were as simple as running a karate class followed by a talk using reference material from Mind and the Mental Health Foundation. Other ideas involved free Karate taster sessions open to both members and the general public; auctioning exercises for black belts to do in their club; a raffle; cakes and squash; children produced banners and posters; and clubs visited local mental health organisations - e.g. Mencap - to run dedicated classes
- To increase awareness the KUGB used Social Media, mainly Facebook and Twitter, linking to the national organisations such as Mind and the Mental Health Foundation and also contacted local newspapers.

Feedback from the day has been very positive and a number of people have been pleased that Karate raised awareness of the subject that causes such stigma in everyday life.

Many people felt it was an opportunity to talk about this publicly within Karate circles for the first time and increasing local communication on the subject amongst their Karate friends.

Clubs have reported new members joining as a result of them supporting this initiative and explaining how Karate can help them with their Mental Health.



Here are some quotes from the day:

"When we talked about mindfulness and its benefits for mental health it helped me understand that my karate training is my 'me time' and that fitness is for both the body and mind"

"Our event on World Mental Health day helped to raise awareness of mental health, not only with our members but also the general public. After taking part in our free taster session on WMH day a number of people have joined our Karate Club"

"I really struggle with my mental health but putting on my Karate suit and going to train makes me feel both good and valued. Karate has helped me get through some dark, troubled times in my life"

6. Further information

Website: www.kugb.org

Facebook: www.facebook.com/KarateUnionOfGreatBritain/

Twitter: [@TheKUGB](https://twitter.com/TheKUGB)

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