Mental Health Charter REFERENCE Professional PPE Case study





May 2017

1. Project name: How does rounders help mental wellbeing

2. Organisation name: Rounders England

3. Target group: Women

4. Aims of project: Provide inclusive rounders sessions that support women to benefit physically and mentally from being active

5. Project overview

Rounders England runs local, inclusive sessions for women across the country. The sessions aren't targeted at people with mental health problems but the open and supportive environment makes them welcoming to all. The stories below were shared by Rounders England because when asked about their experience of rounders, the women highlighted the mental wellbeing aspect as a key reason for why they play the sport.

6. Claire's story





Claire is 40 years old and works as a duty manager at her local Beefeater. She has two boys, Joel, 12 and Ethan, 9. She loves photography but at present lacks the confidence to take it to the next level. Claire also play rounders supported by her husband Chris.

Over the last few years, Claire has suffered with anxiety which on occasions has led to depression. She manages it by medication. About two and a half years ago, Claire saw an advert for back to



rounders for ladies, run by <u>Somerset Activity & Sports Partnership</u> (SASP). She thought it looked great so messaged a few friends and went along to a session. She was nervous, overweight, unfit and under confident but says it's one of the best things she's ever done.

As time went by, the group's confidence grew, their fitness improved and it had a marked effect on Claire's moods. She looked forward to Thursday morning and was proud to be part of an all-female team – the Batty Birds.

The group became more than a rounders team. They encouraged each other, didn't judge each other and became friends. If someone wasn't feeling their best before the session they were guaranteed to leave feeling 100% better.

7. Kim's story



Kim is a married mum of one, who one of her main reasons for wanting to get fitter. Kim works as a Senior Nurse within District Nursing, which is a very rewarding but highly stressful job, making it her second reason for taking up rounders!

Kim loved rounders at school and while reminiscing came across Rounders England on an internet search, which eventually led her to finding a brand new session starting right on her doorstep! Playing rounders every Thursday evening allows Kim to keep fit and have fun. It has increased her confidence so she joined a zumba class.

Kim is now captain and looks forward to Thursday nights. She loves keeping active and socialising. Kim has made new friends and invited work colleagues to join in when she realised how much rounders helps her de-stress and takes her mind of the pressures of work and home.

Kim encourages any other woman who is thinking about taking up rounders, to just do it!

8. Further information

To read Claire and Kim's stores in full visit: http://www.roundersengland.co.uk/ngb/our-sports-impact/mental-wellbeing/

Or for further information on Rounders England's projects contact:
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