

5 TOP TIPS FOR CLUBS

SUPPORTING HEALTH & WELLBEING



CAUGHT SHORT KITS

Having small bag that can be filled with period products such as period pads, tampons, & incontinence pads can make all the difference for players. Ensure all members are aware and keep them topped up throughout the season and placed in team kit bags. The Caught Short bags can then be available to all members playing, supporting, coaching or officiating at training sessions or matches home & away. Caught Short kits ensure nobody misses out because of their period or leaks. They support those struggling with the financial burden of period products and give those who carry shame an opportunity to access products without having to ask. Open a dialogue from Somerset clubs to its members about these bags will help show that your club is a safe space for conversations for everyone.

PELVIC FLOOR EXERCISES AT TRAINING

Pelvic floor exercises can be included as part of your club's training. A forgotten area that we also need to stretch and work to ensure it strengthens, preventing leaks, & supporting our pelvic organs. Check out NetballHer's Pelvic Floor exercises and add them into a training session, incorporating into subsequent sessions regularly. Set aside 5 minutes, during a drinks break/while setting up/ specifically dedicate time. Let's normalise pelvic floor exercises within our training sessions & remind our players to continue with them daily, we can work to improve members confidence and performance.



ADVICE & SUPPORT - SIGNPOSTING

- Include helpful links on your websites or social media dedicated to signposting members to help and advice.
- Netballher** – England Netball initiative recognising the different life stages of players. With information on the physical and emotional challenges of our sport and how to overcome them. (netballher.co.uk)
- NHS** – The National Health Service is the go-to provider for physical health advice. Their website has information for a variety of conditions, symptoms and steps on dealing with them. (nhs.uk)
- Childline** – a free private source of advice on all issues for young people (0800 1111 / childline.org.uk)
- The Lowdown** – a women's health review platform, detailing experiences and medications. (thelowdown.com)
- Brook** – Sexual health advice charity. Free confidential wellbeing experts. (brook.org.uk)
- Relate** – largest provider of relationship support in England and Wales. (relate.org.uk)



MENSTRUAL CYCLE & MENOPAUSE WORKSHOPS

Education is empowering. Talking about these topics ensures destigmatisation and build security in your club. Clubs could include a workshop on menstrual health and menopause. We can learn a variety of netball skills, practices and match play techniques, but this is useless if we don't understand the body we are using to perform them. Look at having a designated club or committee member deliver a talk and enable discussion or invite an educator to come to club to provide a workshop. Netball currently provides a space that enables opportunities that can enhance and develop these conversations on Women's health. Whether it's an outlook on body changes that is made more positive; players feeling fully supported keeping them at the club; or learning something nobody had ever spoken to them publicly about before, making them feel less alone, less anxious and more prepared for the life stages the lie ahead.



MENTORING FOR TEENS

The drop out rate of teenage girls in sports so high. Thanks to the wild ride of puberty, in a society that wants answers in an instant & is unrelenting. Mentoring our young players therefore is vital. Buddy schemes, using adult mentors from higher teams is a great way to help young players not only feel looked after, but also a part of your club. This can help them with the develop confidence, feel included and recognised. They are in a space that sees them for them, not for their grades, social media following etc. As we know personalities pay as an important role as athletic ability so by using these mentors to guide and advice our young players we can help form a club first mentality. Establishing crucial core values and producing well rounded, positive and secure young people.