

Causeway Coast and Glens Borough Council

To: Leisure & Development Committee

World Mental Health Day

13th October 2015

For Information

Report to Committee

Linkage to Interim Corporate Plan	
Strategic Themes	Health & Wellbeing Cohesive Community
Lead Officer	Wendy McCullough – Head of Sport and Wellbeing
Cost: (If applicable)	N/A

The purpose of this report is to Members with information on the Causeway coast & Glens involvement in World Mental Health Day.

Background

The Sport & Wellbeing Service Unit is developing the existing programmes it provides in partnership with local Health Trusts and the Public Health Authority which aim to tackle ill health through increased opportunities for physical activity. It also plans to expand this work with an increasing focus on mental health through working in partnerships with external organisations who can provide information and practical advice and support for those people suffering from mental health issues. The focus on wellbeing is consistent with one of Council's 5 cross-cutting strategic themes to "... enhance our people's health and wellbeing".

Update

Aware NI are a Charity based in Northern Ireland that works to support those affected by the illness of depression and they have approached Council to ask that we might work in partnership with them in promoting World Mental Health Day 2015 (Saturday 10th October) and the benefits of exercise in dealing with the illness.

A number of proposals have been agreed with the Charity;

1. Sport & Wellbeing main leisure facilities will highlight the event and mental illness in general through the display of posters and leaflets throughout the week leading up to 10th October. Display panels will be situated in each of the four main centres across the legacy areas;
 - Coleraine LC
 - Joey Dunlop LC
 - Roe Valley LC
 - Shesburn RC
2. Centre Management teams are planning participation events during October to cover the "get active" section of the "5 steps to wellbeing".
3. Reference to World Mental Health Day and Aware NI will be displayed on Facility Web sites / Facebook.