Club Development and Training Programme

October 2019 - June 2020

www.slleisureandculture.co.uk

South Lanarkshire Leisure and Culture Ltd is a recognised Scottish Charity, No. SC032549
South Lanarkshire Leisure and Culture
Club Development and Training Programme

Find us on Facebook
www.facebook.com/leisureinsouthlanarkshire
or follow us on @ActiveSchoolsSL
and @sportsDevSL
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Welcome to the new edition of our Club Development and Training programme spanning August 2019 – June 2020. This resource will provide your club or team with the relevant information regarding CPD opportunities over the coming months.

Club Development – Local CPD

We now have local club development groups, comprised of clubs, sports council representatives and South Lanarkshire Leisure and Culture Development officers. We hope to use this document to meet the need of clubs at a local level, and deliver the right course at the right time for clubs – with your input.

We will encourage these groups and your club to tell us what your needs are in relation to training of coaches and volunteers alike.

We trust you will find a course that will benefit your club. If however there is something you wish to discuss about the workshops, or add value, please contact us.

How to use this menu

We would encourage clubs to identify your own particular CPD needs in order that we can provide the most relevant workshops. We can offer specific workshops to your club or as part of a wider area/multi sport.

Community sports hubs

Most of the courses or workshops are scheduled to take place mainly in or near one of the many hubs (where practical). We will endeavour to work with clubs to meet their coaching/CPD needs. Courses can be organised via community sports hub and may be monies available to support based on collective working or local impact.

Please take time to look through the brochure. If you find a course that will benefit you, and therefore your club, simply follow the instructions below.

Funding support

You may be eligible for support funding through the following:

- **Local sports council** - The main criteria for sports council funding, is that you are a resident and attached to a club from the relevant area (below):
- **Club SL** Gold clubs within South Lanarkshire’s club accreditation programme
- **Community sports hub** There may be additional support available (SLLC)
• **sportscotland – UKCC 1 & 2** courses are subsidised via Sports Governing Body
For more information on local sports council funding opportunities please contact South Lanarkshire Leisure and Culture 01698 476108.

**How to book our courses/workshops**

Courses can be booked by calling the following number;
Weekdays: 9.00am - 4.15pm **01698 476262**

All courses are ‘book and pay’, and must be paid at time of booking (see terms and conditions). Please note: if there are insufficient numbers, courses may be rearranged, postponed, cancelled or merged with other similar courses.

**For more information**

Gavin Maclure, Community Sports Hub Officer
Telephone: 07795454215
Email: Gavin.Maclure@southlanarkshireleisure.co.uk

**Terms and Conditions**

- All courses, classes and sessions must be pre-booked and paid in full (unless stated otherwise) prior to the commencement of each course
- Bookings will be taken on a first come first served basis (unless otherwise stated)
- If there is insufficient numbers, courses may be rearranged, postponed, cancelled or merged with other similar courses. Also note that the course may change after time of print. In the event of an activity being cancelled we will take reasonable steps to notify participants
- South Lanarkshire Leisure and Culture will not be held responsible for any travel, accommodation or other ancillary costs incurred by the participant
- South Lanarkshire Leisure and Culture cannot be held responsible for injury or loss of belongings sustained whilst participating in any course or session
- Participants must agree to abide by South Lanarkshire Leisure and Culture’s Management Rules at all times. These are available to customers on request and/or are displayed within facilities and venues
- The unauthorised use of photographic or recording equipment is strictly prohibited
- Payments cannot be refunded except in circumstances where the course, class or session has been cancelled
Autism awareness

Autism (general) and sport and physical activity course

Access to sports and physical exercise has been proven to have many health benefits for autistic people; it can enhance physical and emotional well-being, reduce anxiety and distressed behaviour, boost self-esteem and help improve social skills.

However, people on the Autism Spectrum Disorder (ASD) are far more likely to miss out on sporting opportunities due to the condition’s ‘hidden’ differences.

Recognising and understanding these key areas of difficulty is vital to providing effective support, therefore enabling sports to be fully inclusive for autistic people.

Our one day autism, sport and physical activity course covers the theory around autism and practical strategies for sports and physical activity leaders.

This training will support and empower you to:

- develop an understanding of autism
- understand some of the difficulties faced by autistic people
- identify key factors that can impact on the delivery of sports and physical activity and coaching
- identify factors that can impact on an autistic person’s experience of sport and physical activity and recognise and respond to these
- develop and implement practical strategies which support engagement within sports and physical activity for autistic people

Training available to all clubs/coaches/uniformed groups/third sector and general public. We are also working with local partners to create opportunities for autistic children in the
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<th>Date</th>
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<tr>
<td>Sunday 16 February 2020</td>
<td>10.00am-6.30pm</td>
<td>East Kilbride Sports Club, Calderglen Country Park</td>
<td>£18.50</td>
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For further information or organising a course please contact:
Gavin.Maclure@southlanarkshireleisure.co.uk
You can also contact Tanya Tennant directly at: contactme@tanyatennant.co.uk
Child protection

Safeguarding and Protecting Children 1

This sports coach UK workshop meets the same learning outcomes as the original Good Practice and Child Protection workshop. Therefore, despite this revision to the content and change of title, previous attendance on a Good Practice and Child Protection workshop will still be valid. When coaches are required to update their certificate of attendance, they will attend the new Safeguarding and Protecting Children workshop. There is no need to undertake the new workshop immediately as a result of this change.

Protect yourself, the young people you are coaching, and your employer by understanding and following good coaching practice. Learn about child abuse and how to handle situations that cause you concern.

Child wellbeing and protection in sport

SportScotland have been working with Children 1st to create a new training resource for Safeguarding in Sport. This resource is now called Child Wellbeing and Protection in Sport (CWPS) replacing UK Coaching Safeguarding and Protecting Children (SPC). This resource has been piloted over the last few months and its ready to go live.

This is now recognised as the course for coaches, volunteers, clubs to attend, superseding the previous sports coach UK Safeguarding and Child Protection workshop that was delivered.

The main change from SPC is that each learner booked onto a CWPS course will first have to complete a short eLearning module, prior to attending a three hour face to face learning seminar. This CWPS eLearning module 1 can be found on via this link: CWPS eLearning module 1.

https://sportscotland.info/childwellbeing/
Children 1st – In Safe Hands – Child Protection Officer Training

This three hour workshop helps clubs to put child protection policies into practice. It is most suitable for those acting as the club Child Protection Officer, but is also relevant for those responsible for managing or organising the club.

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<tr>
<td>Tuesday 19 November 2019</td>
<td>6.00pm - 9.00pm</td>
<td>Hamilton Palace Sports Grounds, Motehill Hamilton ML3 6EF</td>
<td>£26.55</td>
</tr>
<tr>
<td>Monday 20 April 2020</td>
<td>6.00pm - 9.00pm</td>
<td>Newton Farm Community Wing, Harvester Avenue, Cambuslang G72 6AA</td>
<td>£26.55</td>
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<tr>
<td>Monday 2 December 2019</td>
<td>6.00pm - 9.00pm</td>
<td>Alastair McCoist Complex, Quarry Road, East Kilbride, G75 9LW</td>
<td>£26.55</td>
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<tr>
<td>Monday 18 May 2020</td>
<td>6.00pm - 9.00pm</td>
<td>Hamilton Palace Sports Grounds, Motehill Hamilton ML3 6EF</td>
<td>£26.55</td>
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For further information please contact:
Ian Steele:
Ian. Steele@southlanarkshireleisure.co.uk
To book call 01698 476262
While Club Development Scotland can’t guarantee success on the pitch, we can show you a route to succeed off it as one of Scotland’s leading sport club consultants.

Club Development Scotland is a consultancy service offering guidance and support to enable the development of sustainable sport clubs that win for everyone. We bring unrivalled experience having supported sports groups raise more than £50 million.

We know finding the time and expertise to develop, grow and generally improve your sports club can be difficult. However, help is at hand through our support.

Whether it be facility development, fundraising, legal structures/incorporation, managing volunteers, online membership and payment systems or business planning, we can help you grow a winning club.

To organise a consultation or for any more information contact Gavin Maclure:
Gavin.maclure@southlanarkshireleisure.co.uk

Or you can contact Andrew Jenkin directly: andrew@clubdevelopment.scot
Fairplay foundation –
club education programme

Equality and Diversity

We are committed to giving clubs the
best possible training opportunities and
ensuring that clubs are open, welcoming
places for everyone to come and develop
and thrive. This two hour workshop
addresses the environment we create
as coaches and the culture that exists
within clubs and society. The workshop
challenges us as coaches and facilitators
to consider how we operate and realise
our role and responsibility within that.
The Fairplay Foundation are delighted
to be able to offer these workshops for
free through the Scottish Governments
commitment to addressing hate behaviour
and inequality in sport be it preferential
treatment or discrimination.

Workshop leaders will come to you and deliver a two hour workshop for all club staff that
hold a position of responsibility within the set-up which includes coaches, managers and
club secretaries, or anyone else who will be responsible for the provision or delivery of
regular organised sporting activity.

The workshops are delivered at a time and location convenient to your club for what should
be an enjoyable, thought provoking and hopefully a stimulating experience for all involved.
The primary object of these workshops is to provide the participants with the following:

- An up to date understanding of the prevalence of hate behaviours in Scottish society and specifically sport
- More confidence to challenge hate behaviours if/when encountered.
- A better appreciation of the manifestations of hate behaviours
- An understanding as to the potential consequences of hate behaviours both in sport and in wider society

For the last three years this content has been delivered for schools, active schools, colleges, universities, and clubs… **NOW IT’S YOUR TURN.**

Get in touch to see how we can help your club become a better place to play and work. (These workshops are limited however we will aim to accommodate you where we can.)

**For more information, clubs can contact:**
Gavin Maclure  
email: gavinmaclure@southlanarkshireleisure.co.uk  
Mobile: 07795454215  
Alternatively you can contact the foundation directly:  
Call: 0141 319 8927  
Email: info@thefairplayfoundation.org
Community Sports Hub Projects

We all understand the social value sport has in our communities and the power it has to impact on people’s lives. Across South Lanarkshire we are supporting clubs to support their communities and supporting communities generally. Below are some of the projects areas that have been resourced via sports hubs or partnerships. Whether you are an individual, a club or a community organisation interested in contributing or finding out more we’d be delighted to hear from you.

Autism

Through working in partnership with local community organisation in Cambuslang/Rutherglen we have trained local sports clubs in autism awareness and inclusion via workshops to accommodate those individuals into sessions. Through a community consultation and the training we have upskilled 5 local clubs, 3 of which are coordinating taster sessions/creating pathways across Cambuslang/Rutherglen for local children with autism.

Inclusion

We are working with our active schools team to develop opportunities and pathways into club sport via events and community programmes involving provision from sports clubs. We are currently working with two clubs in Hamilton giving access to annual active schools inclusion event, school programmes and a community hub let to develop ASN provision at their clubs. Training and other opportunities through equipment and links to community organisations are also available and open to any clubs interested in this type of provision.

Mental Health

In East Kilbride several clubs across the sports hubs have undertaken Mental Health First Aid (MHFA) training in order to have a MHFA contact at their club for members and prospective members. Clubs are now able to actively promote this and we have delivered a referral programme via our health team and community partners directly into local sports clubs offering tasters at East Kilbride Sports Club through Calderglen Sports Hub.

continued overleaf
Mental Health contd

The programme stimulates social and physical wellbeing through club tasters, greenspace activities at Calderglen Country Park and lunch/social aspects.

Sporting Memories

Our sporting memories programme is a partnership between SLLC, Sporting Memories Foundation and East Kilbride Sports club, tackling dementia through sport. Local sporting memories reminiscence groups who meet weekly come to the sports club for a monthly hub event to take part in physical activity in a community sport setting, link with sports clubs/activity providers and have lunch. This is a Changing Lives through sport and physical activity programme and individuals are setting personal goals such as posting a letter. Impact will be measured via CAPA strength and balance indicators and general wellbeing. Any clubs interested in contributing would be welcome and training for coaches and volunteers on dementia awareness and strength and balance. The programme also involves intergenerational activity at clubs.

For further information please contact:
donna@thesmf.co.uk

Training opportunities affiliated to these projects are available and listed throughout.
For any more information contact Hub Officer Gavin Maclure.
Email: Gavin.Maclure@southlanarkshireleisure.co.uk
Mobile: 0779544215
Coach Connect

sportscotland offer a range of free workshops to support coaches with varying levels of knowledge and experience.

Physical Literacy

1. *The role of Physical Literacy in Athlete Development*

   By the end of this workshop you will be able to:
   
   - Recognise and understand what foundation movements are and the value they have within their sport
   - Understand the impact of foundation movement on long-term athlete development and injury reduction
   - Understand how foundation movements can be taught, identified and developed.
   - Explore how these movements can be introduce and develop within your own sessions

2. *Physical literacy in the athletic development of talented athletes*

   This is a highly practical workshop, by the end of you will:
   
   - Understand the importance of keystones in developing well prepared athletes
   - Experience the keystones and fundamental movements within a talent domain
   - Explore how you can introduce, develop and maximise fundamental movements and the keystones in to your coaching
   - Develop a further understanding of the importance in developing a ‘complete’ athlete
Coordination and control

Coordination and control - Coach Connect

Introduces how the coaching process and the environment a coach creates can impact upon the following:

- Coordination and control
- The likelihood for skill exploration
- The number of ‘trials’ and feedback experienced
- Skill retention and transfer
- An understanding of the importance of error,
- Maintaining a level of skill performance under pressure
How an athlete adapts and learns given number of trials and their understanding of errors

Growth and maturation (Two workshops)

1. Understanding the concept in your coaching practice (Coach Connect - UKCC level 1/2)
   
   By the end of this workshop coaches will:

   - Understand the key principles of growth and maturation and development
   - Identify how this affects your athletes
   - Identify challenges this brings to you as the coach and potential solutions within your coaching practice
   - Recognise that athletes and players with different impairments may require adaptation in coaching practice

2. Putting theory in to practice in a talent environment (Coaching Talent - UKCC level 3/4)

   By the end of this workshop coaches will:

   - Understand the key principles of growth and maturation and how this effects their coaching
   - Know how to implement these in to their coaching practice: identifying; selecting; training; competing
Multi-skills

sportscotland offers both Introduction to Multi-skills and the Multi-skills Award. We also have an additional module called Fundamentals of Movement which has been created in partnership with sports coach UK.

Introduction to Multi-skills

This is a three hour workshop and has been developed as part of sportscotland’s multi-skills/physical literacy coach CPD pathway. This can be a standalone workshop for coaches or could be a precursor to sportscotland’s full two day Multi-skills Award, which is assessed and accredited through the Scottish Qualifications Authority which goes in to the subject areas in more detail.

Multi-skills Award

This is an SQA qualification in multi-skills and can lead on from the introduction workshop above. If you are interested in either of the workshops above you can now request a workshop to take place.

Fundamentals of movement - with UK coaching

This is a stand alone module created in partnership with sports coach UK to introduce the Youth Development Model.

For any more information contact:
ian.Steele@southlanarkshireleisure.co.uk
Understanding talent

Under the topic Understanding Talent we have two workshops.

Understanding talent - Coach Connect

By the end of this workshop you will be able to:

- Understand the key aspects and implications of physical suitability
- Understand what is meant by the development process and how to implement this in your coaching role
- Understand how beliefs shape performance and what this looks like in practice

Coaching talent - Putting theory in to practice - Coaching talent

By the end of this workshop you will be able to:

- Understand talent theory and research
- Improve knowledge and understanding of; nature v nurture, maturity v ability, deliberate practice, mindset, pressure & more.
- Know how to implement learning into coaching practice; identifying, selecting, training, competing

For any more information contact:
Ian.Steele@southlanarkshireleisure.co.uk
CoachSL Award

South Lanarkshire Leisure and Cultures new Coach SL award aims to develop new and current coaches through the delivery of three key components (detailed below). Completion of the Award provides the *opportunity to progress to employment within our popular ACE programme.

The Award has three components – all of which must be completed.

Welcome to South Lanarkshire Leisure and Culture

This is an introductory course for participants who are starting a placement with South Lanarkshire Leisure and Culture’s – Development Services. The course covers communication, organisational skills as well as how to plan and deliver a session. It also provides basic information on child protection.

Infant Resource

This resource aims to provide volunteers, teachers, and coaches with assistance in planning and delivering sessions on the Infants Programme. The programme aims to help primary 1-3 children develop their fundamental skills, including; running, jumping, throwing and catching. These skills can be improved through participating in fun games and activities.

Multi Sport

The resource aims to provide coaches and volunteers assistance in planning and delivering relevant activities for 10 targeted sports. Each sport has four appropriate drills and activities that have been selected due to their suitability for delivery in a school gym hall for p4-p5 pupils.

*Please note, this is not a guarantee of employment as there will be comprehensive recruitment procedure at any recruitment period.

For more information contact development officer Colin McKendrick

Email: Colin.McKendrick@southlanarkshireleisure.co.uk
Disability Inclusion Training – Scottish Disability Sport

South Lanarkshire Leisure and Culture offer a range of disability sports and activity provisions and are developing and promoting pathways in to community and club sport via sports hubs and active schools links. As such we believe it is important clubs have the opportunity to develop this aspect of their clubs and club personnel. We are delighted to list Scottish Disability Sport inclusion training.

The full day workshop includes a mix of theory and practical delivery to allow participants to positively include people with a disability in physical activity and sport. A half day version of the course has also been developed which focuses on the theory element.

Workshop aims

- Focus on ability rather than disability
- Influence and deliver good practice
- Communicate effectively
- Support the inclusion of disabled people in sport
- Where to go to for further information

Theory

- Section 1: Perceptions and experiences
- Section 2: Understanding the participant
- Section 3: Legislation
- Section 4: Barriers and possible solutions to participation
- Section 5: Who can help
Practical

The practical session involves putting into practice the underlying principles of STEP interaction of:

- **S** pace
- **T** ask
- **E** quipment
- **P** osition
- and the Inclusion Spectrum as per the diagram above

**Please contact:**
Gavin.Maclure@southlanarkshireleisure.co.uk
or
David.Crawford2@southlanarkshire leisure for more information.
Early Years and Play Training

The theory and practice of play work recognises that children’s play must be ‘freely chosen’, personally driven and intrinsically motivated.

It is the job of a play worker to ensure that the broadest possible range of play types are available to children, to observe, reflect and analyse the playing that is happening and select a mode of intervention or make a change to the play space if needed. Play workers ensure that the play space is inclusive – supporting all children to make the most of the opportunities available in their own way. To ensure this is happening we have play training on;

Play types and spaces training

Play types, spaces and planning a session, a three hour training session on the different play types and spaces and to ensure children are accessing as many as possible during their play session.

Games training

Games and activities is a 2.5 hour session including circle, team and quiet games along with some ideas for arts activities.

Disability training

Disability Play, this training gives you tips and ideas on how to adapt the play sessions for children and young people with additional support needs along with some ideas on how to manage different behaviours. This training can take between 2-3 hours.
Go Play! Training

These sessions are designed to encourage all areas of the child’s development from 18 months - 4 years, physical, social, emotional, intellectual, communications through a variety of preschool play methods in a FUN and ACTIVE environment. This training will take between 2-3 hours and may include participation in one of our Go Play! sessions.

For more information please contact:

Telephone: Kim Thomas 01698 476131
Email: Kim.Thomas@southlanarkshireleisure.co.uk

or

Telephone: David Crawford 01698 47661
Email: David.Crawford2@southlanarkshireleisure.co.uk
First Aid / Sports Injury Prevention

First Aid

This course aims to provide you with basic first aid knowledge of CPR, heart attack, stroke, head injury and more. This course will also have sports injury content including strains/sprains broken bones, cuts/grazes.

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<tr>
<td>Sunday 27 October 2019</td>
<td>10.00am - 4.30pm</td>
<td>South Lanarkshire Lifestyles Eastfield, Rutherglen G73 3LW</td>
<td>£47.75 pp</td>
</tr>
<tr>
<td>Sunday 1 March 2020</td>
<td>10.00am - 4.30pm</td>
<td>Carluke Leisure Centre 135 Carnwath Road, Carluke ML8 4EA</td>
<td>£47.75</td>
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First Aid in Sport

SYFA approved provider (two day course) also available externally. The following provider based in East Kilbride can be contacted directly:
Accreditation Period: 3 Years
Course Cost: £45 + VAT per person

For more information please contact:
Greg Rodgers, Suite 25, St James Retail Park, East Kilbride, G74 5QD
Telephone: 01355 239609
Mobile: 07926 945204
E Mail: greg@l-o-v-e.org.uk
Website: www.lovelearningscotland.co.uk
Area / region: Scotland wide
Sport Psychology for Sport Coaches  
Dr Hayley McEwan (Senior Lecturer in Sport Psychology)

The psychology workshop will focus on how coaches may develop participants’ psychological characteristics. Specifically, the course will focus on what the relevant psychological characteristics are for success in sport (and wider life) and how, as coaches, we may develop these.

Sport Nutrition for Sport Coaches  
Professor Chris Easton (Professor of Exercise Physiology)

Nutrition usually makes a small but potentially valuable contribution to successful performance in sports competition. The quality and quantity of nutrition has a particularly key role to play in how the body adapts to exercise training. This workshop will cover some of the contemporary issues in sport nutrition, including the use of periodised nutrition, the use of nutritional supplements, and contextualised nutritional guidance for different populations of athletes.

Strength and conditioning  

Strength and Conditioning for Sport Coaches:  
Dr Antonio Dello Iacono (Senior Lecturer in Strength and Conditioning)

The role of a strength and conditioning (S&C) professionals includes teaching people how to proficiently perform exercises, thereby improving movement efficiency and performance, building up resilience against injuries, keeping them motivated over time and creating a long-term healthy life style. To achieve these goals, researchers and practitioners dedicate time and effort to investigating training-related variables, such as training frequency and duration, external load, number of sets and repetitions, exercise selection, subjective ratings of perceived exertion (RPE), among others.

continued overleaf.
Until recently, the S&C profession was mostly led by a “one size fits all” approach with training prescription commonly driven by general guidelines and recommendations rather than being based on individual needs and precise expectations. Fortunately, this is beginning to change as demonstrated by a growing number of studies also supported by practitioners’ opinions and position stands highlighting the usefulness of individualised training approaches which implement evidence-based practice strategies and also favour the provision of choices as a way to support trainees/athletes buy-in and their need for autonomy.

Each of these courses are available to be booked for you club via our partners at UWS.

Professor Chris Easton
Professor of Exercise Physiology
Head of Division, Sport and Exercise
School of Health and Life Sciences
University of the West of Scotland
Lanarkshire Campus
G72 0LH
Tel: 01698 283 100 [Extension 8648]
Do you have an interest in your own and other people’s mental health?

- The Mental Health First Aid course is like a physical First Aid course although it trains participants in giving initial help to people experiencing poor mental well-being and gives them the confidence in offering support prior to the appropriate professional help or treatment being obtained.

- Scotland’s Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.

- The course does not train people to be mental health workers or counsellors. It offers basic general information about mental health difficulties. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

What will I learn?

In addition to learning the skills to help others, many of our participants have found their own mental health has improved as they have the necessary skills to monitor themselves and reach out for help when needed.

The course aims to help participants:

- Preserve a life where a person may be a danger to themselves or others
- Provide support to prevent a mental health difficulty developing into something more serious
- Promote recovery of good mental health
- Promote comfort to a person experiencing mental ill-health
Training available to all clubs/coaches/uniformed groups/third sector and general public. We are also working with local partners to create opportunities in the community and have Mental Health First aids at clubs. This is a two day course to gain certification and both days must be completed. If you cannot make both an alternative may be arranged.

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<tr>
<td>Sunday 29 March 2020</td>
<td>10.00am - 4.30pm</td>
<td>South Lanarkshire Lifestyles Eastfield Rutherglen G73 3LW</td>
<td>£50.00</td>
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<tr>
<td>Sunday 5 April 2020</td>
<td>10.00am - 4.30pm</td>
<td>South Lanarkshire Lifestyles Eastfield Rutherglen G73 3LW</td>
<td>£50.00</td>
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**Contact:**
Gavin.Maclure@southlanarkshireleisure for any more information on getting involved or organising a course.
You can also contact Hina Sheikh directly at:
hina.sheikh@lanarkshire.scot.nhs.uk
LETS TALK Workshops

Operating in Glasgow and Lanarkshire, SAMH’s Let’s TALK Project is looking to tackle stigma and discrimination against people experiencing poor mental health and help signpost people to local support services.

Do you, or someone you know, want to find out more to maintain their mental wellbeing? Are you someone who could volunteer and would like to help create safe spaces for people to have positive conversations around mental health and support people in finding other aids to recovery?

Are you a charity or an organisation that can provide advice and support around issues such as health and wellbeing, equal opportunities, employment, learning, finances? We’d love to hear from you.

Workshops recommended for clubs are as follows:

- Let’s TALK Mental Health and Wellbeing – a brief overview of some of the most common mental health conditions
- Let’s TALK Mental Health in your Team
- Let’s TALK about having Positive Conversations around Mental Health
- Let’s TALK about Supporting Others

LETS TALK Workshops continued

For more information on the SAMH Let’s TALK project and a full list of workshops available please contact Emma Straughan, Let’s TALK Project Facilitator on the contact details below.
Email: Emma.Straughan@samh.org.uk
Mobile: 07595 244 761

SAMH is the Scottish Association for Mental Health. Scottish Charity No. SC008897
Performance Psychology Workshops for Coaches

It is recognised that the psychology of the athlete and the coach will play a key role in performance, and coaches consistently ask for more information, and is becoming more relevant to developing not just athletes, but adding knowledge to the coaches’ tool box. We are working with two delivers working across various educational institutions to offer the following workshops:

All these sessions are 2.5 hours in duration.

Communication and Motivation

This is an interactive workshop that will help develop your communication skills and enhance athletes’ performance through effective, positive language. Additionally, this workshop will help you develop your non-verbal communication skills so your day-to-day coaching sessions will improve. This workshop is also aimed to increase your awareness of motivation and also to give you tools to motivate others.

In this workshop, you will gain:

- Awareness of communication and understand the barriers of communicating in sport
- Strategies on how to develop your own communication skills and how to use them effectively.
- Understanding of intrinsic and extrinsic motivation
- Techniques on how to enhance athletes’ motivation levels

Team Building

This is an interactive workshop that will help you build cohesion within your team through giving you the understanding of a team’s stages of development, and specific goal setting techniques. This workshop will give you the skills to enhance team cohesion by giving you different tools and techniques.
In this workshop, you will gain:

- Awareness of team cohesion and understand the stages of team development
- Strategies on how to conduct goal setting with team and athlete
- Ways to identify strengths and weaknesses of your team
- Techniques and activities to enhance team spirit and team cohesion

**Uncover Confidence and Manage Anxiety**

This is an interactive workshop that will help you uncover athletes’ self-confidence through gaining a greater understanding of self-esteem and self-confidence. You will gain understanding about anxiety, and how we can use it to enhance our performance. This workshop will give you skills to build confidence of others, and helping them with anxiety control.

In this workshop, you will gain:

- Awareness self-esteem and self-confidence and how these can affect our athletes
- Strategies and techniques for uncovering athletes’ confidence and enhancing self-esteem
- Ways to identify the sources of confidence and anxiety
- Understanding of the stress process and how to help athletes manage performance anxiety

**Be the Best Leader You Can Be**

This is an interactive workshop will give you a greater understanding of your strengths and weaknesses as a leader, and how to develop your current skills. This workshop will give you ways to self evaluate your leadership skills through practical tools, and understanding of leadership theory.

In this workshop, you will gain:

- Awareness of your strengths and weaknesses in different situations
- Ways to recognize your current leadership behaviours
- Understanding of the components of leadership theory and how to enhance your leadership qualities
- Goal-setting strategies on how to take your leadership skills to another level
“I should be perfect”: Coaching perfectionistic athletes

Trying your best is good for performance but perfectionism – the striving for exceedingly high standards coupled with harsh criticism – can impact well-being and impair performance. Perfectionism is associated with a number of negative consequences e.g. anxiety, depression and athletic burnout. Furthermore, those high in perfectionism are likely to overthink and dwell on performance mistakes.

In this workshop, you will gain:

- Awareness of what perfectionism is and the different types of perfectionism
- Understanding of the impact of perfectionism on athletes
- Strategies on how to identify thoughts and behaviours that contribute to and maintain perfectionism
- Skills and techniques on how to help others manage their expectations and overthinking

Dr Tracy Donachie CPsychol FHEA
Chartered Psychologist (British Psychological Society)
Performance Psychology Consultant
Research Assistant, York St John University
Visiting Lecturer, Sport Psychology, University of Strathclyde

For any more information contact:
Ian.Steele@southlanarkshireleisure.co.uk
or
Shona.Girdwood@southlanarkshireleisure.co.uk
UK Coaching

Sports coach UK workshops

UK coaching are affiliated via sportscotland and tutors can be organised to deliver the following workshops at your request based on club needs.

- Engaging children and young people
- A guide to mentoring sports coaches
- Analysing your coaching
- Equity in your coaching
- How to coach disabled people in sport
- Coaching disabled performers

Contact:
Ian Steele at Ian.Steele@southlanarkshireleisure.co.uk
SLLC training workshops

SLLC internal training workshops are also available through our locality sports development officers and active schools coordinators. These workshops are primarily suitable for deliverers across school and community programmes including volunteers, coaches and teachers.

- ACE Workshops
- SLLC Coach Induction training
- Active Schools Workshops
- Teachers CPD
- Sports Specific Courses

For any further information on workshops please contact:
Senior active schools coordinator Paul Graham
Paul.Graham@southlanarkshireleisure.co.uk
or
see your local development officer in contacts section.
Contacts:

Active Schools
Active Schools  01698 476121

Health Officers (Area)
Cambuslang/ Rutherglen  07342 032565
Clydesdale  07342 032567
East Kilbride  07867348625
Hamilton  07342 032568

Sports Development Officers (Area)
Cambuslang/ Rutherglen  07342 032548
Clydesdale  07795 090251
East Kilbride  07795 453185
Hamilton  07795 090228

Community Sport Hubs  07795 454215

Teacher CPD  07795 455324

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Club Development and Training Programme
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