



**CENTRAL  
KARATE  
ACADEMY**

# **Central Karate Academy**

## **Mental Health and Wellbeing Statement**

<b>Written By</b>	<b>J.Byrne</b>
<b>Agreed by Management Team</b>	<b>March 2024</b>
<b>Review date</b>	<b>March 2025</b>
<b>Director of Karate Implementation</b>	<i>N. Byrne</i>
<b>Director of Operations</b>	<i>Byrne</i>
<b>Director of Safeguarding and Welfare</b>	<i>AK</i>

# **Our Statement**

**We respect the rights and dignity of all of our students and acknowledge that everyone who is involved in our organisation has mental health and wellbeing needs.**

**As part of our commitment to ensuring we take mental health and wellbeing into consideration in all aspects of our sport, we're working towards making sure that:**

- **we support our staff to hold some level of mental health and wellbeing awareness training**
- **we demonstrate how our staff can be welcoming towards people experiencing a problem with their mental health and wellbeing**
- **we respect that everyone needs to take care of their mental health and wellbeing and that some of us may need more support than others**
- **there are key members of staff in our organisation who are happy to discuss how our sport can be adapted to suit your mental health**
- **health and wellbeing needs or how we can be more inclusive**
- **we regularly ask all our young members if they are happy with the level of support, they receive from us and whether it could be improved in any way**
- **as an organisation, we recognise how the pressures of competitive sport can affect young peoples mental health and wellbeing**
- **all staff know the details of the mental health and wellbeing support services available to**
- **both staff and young people**
- **all staff know how to raise concerns to protect young people who are experiencing a mental health crisis or identify as at risk of set-harm or suicide as part of our safeguarding reporting procedures\***
- **support and information on mental health and wellbeing continues to be shared as young people progress on the talent pathway and the potential pressures of funding, sponsorship and achievement come into play**

# People in our organisation you can talk too...

**Director of Safeguarding and Welfare**

**Jo Hogarth**

[admin@centralkarateacademy.com](mailto:admin@centralkarateacademy.com)

**Wellbeing Lead**

**Jake Byrne**

[jakebyrne@centralkarateacademy.com](mailto:jakebyrne@centralkarateacademy.com)

**If a child or young person is at immediate risk of harm,  
call 999**