

Name: Christian Mort

Student number 1707526

Title: Critical Review of the Mental Health Promotion in a pre-youth training scheme – Case Study

Contact details of organisation: Cardiff City Football Club

Contact: Robert Cronick

Position: Health and Well being Officer

Contact details: safeguarding@cardiffcityfc.co.uk

Phone number: 07872147351

UWTSD PARENTAL CONSENT FORM

Activity / Visit: Mental Health Questionnaire

Venue: - Cardiff City FC Development

Date : 26th January 2020

Name of Player:

Cai John

Your child has been asked to complete a questionnaire on the knowledge of young footballers with regards to mental health within UK football.

By signing this form you are allowing your child to answer the questionnaire and for it to then be used as part of a university dissertation at the University of Wales Trinity Saint David.

Signed by Parent or Guardian

P. John

Date:

26/1/20

UWTSD PARENTAL CONSENT FORM

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Venue: - Cardiff City FC Development

Date : 26th January 2020

Name of Player:

Colton Evans

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Signed by Parent or Guardian

V. Evans

Date:

26/1/20

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Date : 26th January 2020

Name of Player:

Ben Thomas

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Signed by Parent or Guardian

A. Thomas

Date:

26/1/20

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Name of Player:

Thomas Parkhouse

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Signed by Parent or Guardian

K. Parkhouse

Date:

26/1/20

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Name of Player:

Lewis Jones

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Signed by Parent or Guardian

L. Jones

Date:

26/1/20

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Name of Player:

Billy Perkins-

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Signed by Parent or Guardian

C Perkins

Date:

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Date : 26th January 2020

Name of Player:

Taylor Smith

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J. Smith

Date:

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Name of Player:

Rhys Dix

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L Dix

Date:

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Name of Player:

Corey Phillips

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Signed by Parent or Guardian

M Phillips

Date:

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Activity / Visit: Mental Health Questionnaire

Venue: - Cardiff City FC Development

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Name of Player:

Dave Mpiana

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Signed by Parent or Guardian

K Mpiana

Date:

26/1/20

Mental Health Questionnaire U15

A basic questionnaire on the knowledge of pre-youth training scheme football players.

1. Are you aware of the mental health increasing diagnosis within UK sport?

Mark only one oval.

☒ Yes

☐ No

2. How many symptoms do you know within the mental health approval form?

Mark only one oval.

☒ 1-3

☐ 4-6

☐ 6 or more

3. Would you know if you yourself were struggling with mental health issues?

Mark only one oval.

☒ Yes

☐ No

4. Do you think having mental health issues would affect your social life?

Mark only one oval.

☒ Yes

☐ No

5. In your opinion, do you think mental health would affect your football?

Mark only one oval.

☒ Yes

☐ No

6. Do you know of anything in place at your club that treats players suffering with mental health?

Mark only one oval.

☐ Yes

☒ No

7. Is there a history of mental health issues within your family that you know of.

Mark only one oval.

☐ Yes

☒ No

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Mark only one oval.

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☒ 4-6
☐ 6 or more

I'm unaware of the mental health approval form.

I do know some general mental health symptoms though.

3. Would you know if you yourself were struggling with mental health issues?

Mark only one oval.

- ☒ Yes
☐ No

I'm aware of mood changes. I'm aware of some signs of mental health issues. I think I could identify. My friends +

4. Do you think having mental health issues would affect your social life?

Mark only one oval.

- ☒ Yes
☐ No

family would probably tell me.

5. In your opinion, do you think mental health would affect your football?

Mark only one oval.

☒ Yes

☐ No

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☒ No

7. Is there a history of mental health issues within your family that you know of.

Mark only one oval.

My wife's family

☒ Yes

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Robert Cronick Interview - Head of Wellbeing at Cardiff City Football Club

Transcript

Me - Good morning Mr Cronick.

RC - Morning buddy.

Today I am here with Robert Cronick who is the head of health and wellbeing here at Cardiff City. Today I will be asking him a few questions based around the topic of my dissertation which is mental health within football. The first question being, Are you aware of the growing problem that is mental health in football?

RC - Thank you for coming up to visit me today, I look forward to this. Yes I am aware of the mental health issues facing our country's sport and at this moment in time we are working tirelessly to offer support and guidance for players struggling at the club. There haven't been any cases of mental health at our club now for a number of months which is always a positive sign.

Me - That is really good, next I wanted to know about what you are actually looking to do to tackle the issue in the not so distant future , to avoid it becoming a pandemic?

RC - Uh , yeah of course we are looking to give options to players and employees of the club regarding mental health. We at Cardiff City offer focus groups and support sessions either in large groups or alone depending on what is the most comfortable option for the person in question. This has been known to work within our club with a lot of employees who were off work with symptoms such as anxiety and depression soon coming back into work after attending support sessions , so we believe we have this under control , for the time being.

Me - Excellent , thank you. Do you think that there is more that the FA and FAW could be doing more to support clubs that maybe don't have the resources that you have here at Cardiff?

RC - What I will say is that every club in the UK is doing all that they can to ensure the safety of all of their employees at all times, and every club will try their best to offer support and guidance for those in need of help at any given time. I believe that the FA and FAW will work towards a solution and offer support to all in need at any club within the pyramid , as well as at grassroots. I have total confidence in our governing bodies that this will happen.

Me - That is fantastic , thank you. Finally , Where do you see us being in 5 years time regarding mental health numbers and what will be done to prevent it?

RC - It's a huge issue and one that will unfortunately grow in the next few years. In terms of Cardiff City , we will be lightyears ahead of where we are now as we have such an innovative and dedicated team of health and wellbeing staff. We work around the clock to ensure safety of all involved. In terms of the FAW and FA I can not speak for them as I am not aware of their plans. I do believe there will be a plan in place in the near future as discussed in my last answer , but I do believe we are a long way away from completely eradicating the issue. What we are blessed with right now is the number of stories of people who have come out the other end of it all and are now in recovery. The reason being that they can now share their stories with others and we as a country can listen to them and take support and positive messages from them , which will only improve numbers more.

Me - That is superb ,this was certainly productive for me and I will take a lot from it. Thank you so much for your time Rob.

RC - No problem at all pleasure to meet you Christian.

END