



Richmond
Rugby



Dear Matt

RICHMOND RUGBY MEMBERS INVITED TO STAY MATCH FIT WITH MENTAL WELLBEING PROGRAMME

We recognise current events may be placing an increasing burden on many of our club family and so Richmond Rugby Club is pleased to announce the launch of an extensive Mental Wellbeing programme to all its members.

Conceived and funded by the [Richmond Heavies Foundation](#) this comprehensive programme builds on the support already made available to all players, coaches, staff and their families. In light of this unprecedented public health crisis, the Richmond Heavies Foundation want to extend that help to all members and their families. Users must be 18 years old or over and family is defined as living in the same household.

We believe this is a ground-breaking initiative for a community rugby club, and we are proud to enhance the extraordinary camaraderie and closeness of the Richmond Rugby Family.

Leading industry providers, Care First and Thrive, will provide services via an App, online, by phone and/or in person according to need.

This is a huge opportunity for you to benefit. We hope there will be something there for everyone – please download or click to have a look and see. Take advantage and make changes to your life and lifestyle for the better, now and into the future.

HOW DO YOU ACCESS IT?

Thrive: Mental Wellbeing App

Thrive is an award-winning NHS approved smartphone application providing in-depth tools and support for anyone to improve their mental wellbeing.

Download on the [App Store](#) or Get it in [Google Play](#) and use "RFC001" to set up your account.

www.carefirst-lifestyle.co.uk

Care first Lifestyle is an online resource offering immediate information, answers and advice to a range of personal, workplace and health issues, helping you to improve your mental wellbeing.

[Click here](#) to access the online resource using login details *username: richmondrugby* and *password: rugby*.

Confidential Helpline 0800 174 319

Where you can receive a wide range of guidance and counselling from Care first specialists. All you need to do is call this number and say you are from Richmond Rugby Club.

This support programme, is available 24/7, 365 days of the year and is a confidential, free of charge service to members, players, coaches and staff of the Club.

What about under 18s?

In addition to the above programme for adult members of Richmond Rugby Club, the club has also developed a partnership with [stem4](#), who specialise in supporting positive mental health in teenagers. If you feel you or your family might benefit from this resource, please visit their website.

This Mental Wellbeing programme is possible thanks to the commitment of the Richmond Heavies Foundation to preventing controllable conditions in the Richmond Rugby Family, and supporting members now and into the future.

Nick Preston, RRL Chairman, commented: "This is a great initiative by the Richmond Heavies Foundation and is a natural extension of our policy that player welfare comes first at Richmond. It's really pleasing that we will now offer this support to our members."

For more information on the background to and work of the Richmond Heavies Foundation, visit www.richheaviesfdn.org and follow them on social media:

Twitter: @richheaviesfdn – [CLICK HERE TO FOLLOW](#)

Facebook: @richheaviesfdn – [CLICK HERE TO FOLLOW](#)

Instagram: @richheaviesfdn – [CLICK HERE TO FOLLOW](#)

"A CLUB THAT PLAYS AND SUPPORTS TOGETHER, STAYS TOGETHER"

Tom Soulsby
Marketing & Communications Manager
Richmond Rugby
T: 020 8332 7112
M: 07444 245 227
E: toms@richmondrc.co.uk

This email is sent from:

The Athletic Ground, Twickenham Road,
Richmond, Surrey TW9 2SF
United Kingdom

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