



DUNDEE DRAGONS WHEELCHAIR SPORTS CLUB NEWSLETTER



Dundee Dragons
Wheelchair Sports Club

ISSUE NUMBER: 7
MARCH/APRIL 2021

What have we been getting up to?

We are back at Baxter Park every Saturday (weather permitting) which has been great! Lots of fun smiles and sunshine... most of the time!



 **Scotland's Virtual
kiltwalk**

APRIL 23 - 25

Kevin, Blair and Gemma are taking on the Kiltwalk between the 23rd and the 25th of April! They will be trying to push/walk as many miles as they can over 3 days.

Kevin and Blair are raising money for Dundee City Disability Sport, who have supported us from day one and Gemma is raising funds for the club. We wish them all the best and will put their fundraising pages on the website so you can donate and/or share.

Scotland Call Up for 6 Dragons!



Congratulations to the following players who have been selected to play in the Wheelchair Rugby League Celtic Cup on the 12th June...

Jay Anderson
David Birtles
Chris Calderwood
Michael Mellon
John Willans

The tournament will be a great opportunity for the squad to blow off the cobwebs after a long time off court, due to the Covid-19 Pandemic and kick start preparations for the World Cup in September!



Chat corner: DDWSC Wellbeing Leads and Champions

We sat down with our newly appointed wellbeing leads and champions.

Wellbeing Leads; Lesley Scott & Lesley-Anne Humphries

Wellbeing Champions; Cadyn Thomson & Shayne Humphries



Q: Can you tell us about your role as a wellbeing lead?

Lesley -Anne: My role as a wellbeing lead is to support all players as best I can if they are struggling mentally and emotionally. I don't claim to have a magic wand to fix everything but I can do my best to help support in anyway possible, to make sure that every single player feels that they are listened to and safe in the environment that they come to play the sport they enjoy. I believe that this is key to a healthy, happy player and thrive in their sport becoming the best that they can.

Q: Can you tell us about your role as a wellbeing champion?

Shayne: My role is to encourage and support young people who are involved in the club in any way I can.





Q: What have you learnt so far in your role?

Cadyn: I have learnt how to approach and start a conversation about mental health with young people in the club. I have also learnt some warning signs which people may display when they are struggling with their mental health.



Q: What have you learnt so far in your role?

Lesley: We started our training with SAMH in December last year with an initial two introductory sessions. Since then, we have met monthly with sessions run mostly by SAMH but with input from 'The True Athlete Project' also.

By way of introduction to the course we started off considering the role of 'Wellbeing Lead' and what outcomes we would like to see in our clubs through the introduction of this role. We also considered what we as individuals felt that we could offer to the role.

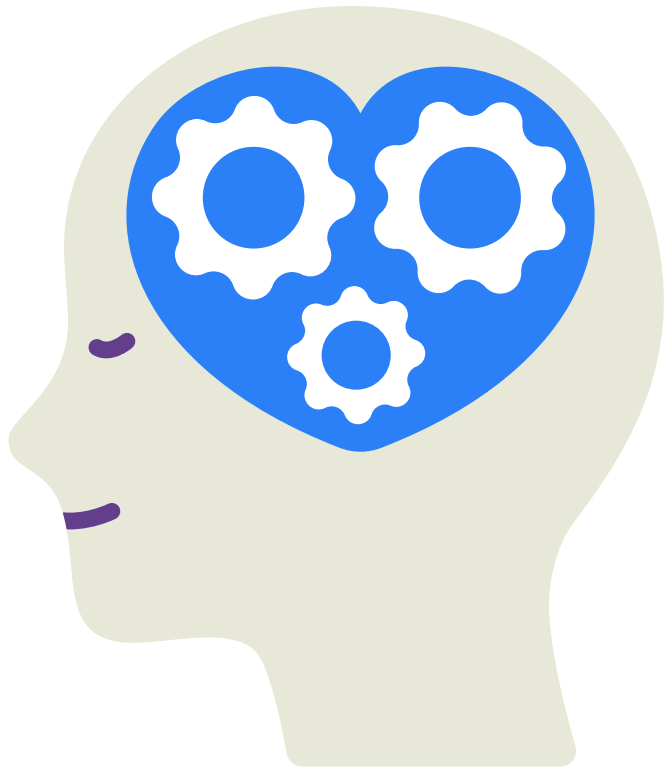
We had a particularly interesting session led by Sam from the 'True Athlete Project.' Here we looked at a model for creating mental health conversation and were able to practice what we'd learnt in breakout rooms of paired partners.

Our most recent session challenged misconceptions and the stigma surrounding poor mental health



Q:How do you think this project will impact the club?

Lesley: Though we are still in the early stages of training, we are looking for opportunities to apply what we have learnt with the aim to support mental health in our Dundee Dragons Community. It would be great to be able to create a safe space and welcoming environment within the club for conversations around mental health.



Q: How important is that young people with disabilities talk about their mental health?

Cadyn: I think people with disabilities often feel isolated as they are sometimes in environments where they are the only one with a disability. This can have an impact on their mental health. By talking about mental health with other people who have disabilities individuals can feel less alone.



Q: How important is that young people with disabilities talk about their mental health?

Shayne: I think having a disability can have a big impact on your mental health and wellbeing. As you have to deal with lots of day to day struggles , because of this I think it's even more important to chat about wellbeing a make sure everyone is okay.



Thanks to our wellbeing leads and champions for taking the time to chat with us! Stay tuned to find out who will be in our chat corner next issue!

In the meantime why not follow our social media channels or email us.

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As always thanks to our partner groups for their continued support!



Scottish Disability Sport

