

25th October 2021



INVERCLYDE
Community Fund

Inverclyde Windfarm Fund 2021

Case Study – Man On! Inverclyde

Amount Awarded: £1,000.00

“We spent our budget on piloting a project, “Football Therapy”, within Inverclyde, allowing people to access free football and mental health peer-support together. We spent the money directly on pitch hire, equipment and hall hire for peer-support. We also used some funds to get the people to the football, such those living in extreme deprivation.

This allowed us to deliver 28 hours of football over the summer period to 75 participants, half of whom accessed a peer support group within our organisation as a result.

This grant made a huge difference to our organisation as it has allowed us to work with a whole host of people that had previously no connection with us. Football Therapy has brought us across the Inverclyde community in a way that we felt was required, opening doors to everyone through sport and making that direct connection to mental health.

There has been a huge benefit to the people we work with, a large percent of whom have accessed the Football Therapy alongside individual, group and specialist support through our other projects. We have helped some of our members to get active after long periods of inactivity, getting them off the couch and once again finding motivation and drive.

The wider community has benefited from the project as we now have an 11-a-side team in the Sunday League – which has now been named the Man On! League – resulting in mental health being discussed widely and the stigma being removed as a

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result. We now have volunteers attending various games and people know they can reach out to them, and they will have a safe chat.

We know that the environment as a whole will benefit from our guys connecting, due to people being more active. We know that some of our guys have started cycling to work locally and have ditched their cars. We also know that our Football Therapy has contributed to people reducing or removing drugs and/or alcohol from their lives. This has resulted in a small group of participants climbing Munros and participating in charity walks/cycles.

We believe that the stark reality of the impact is it has prevented at least five men from committing suicide in Inverclyde. Their initial contact with our organisation was when they were at their lowest point – some of whom already had plans for ending their lives. Our work within our centre was important and Football Therapy has provided them with a sense of purpose, connection and togetherness that has ultimately prevented suicidal thoughts from re-entering their heads.”

- Man On! Inverclyde (September 2021)

Further Reading

Read more about all of the other work that ManOn! do [here](#).

Visit the ManOn! Twitter page @ManOnInverclyde [here](#), and click [here](#) to read their Facebook page.



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Figure 1 - Infographic of the impact of Man On!'s Football Therapy