



President: Martin Evans

Chair: Colin Staple

West Wales Football Association

(Affiliated to the Football Association of Wales)

General Secretary:	Ceri Richards:	07779780627	ceriwwfa@gmail.com
Treasurer:	John Davies, MBE:	01792-421175	jgpdavies@ntlworld.com
Referees Officer:	Craig Templeton:	07971784552	wwfareferees@gmail.com
Discipline Secretary:	Roger Upward:	07970036496	roger.wwfa@hotmail.com
Competition Officer:	Tom Walters:	07769973648	tomwalterswwfa@gmail.com
(CDEIM) Officer:	David Rees:	07974963361	dtrwwfa@gmail.com

Website: www.wwfa.org.uk

WEST WALES FOOTBALL ASSOCIATION MENTAL HEALTH WELLBEING HUB

THE WWFA are pleased to announce the setting up of a Mental Health Wellbeing Hub (MHWB). We will be working with organizations in the WWFA area who will have expertise on issues to do with Mental Health and Wellbeing.

This service is open to anyone in the football family who feel that talking to our partner in the Mental Health & Wellbeing Hub will help in the issues that you may have.

"If you are going through a tough time, you don't have to face it alone"

"Whatever you're facing we are here to listen."

Any contact is private and confidential

The West Wales FA is working with the following organization:



Contact

Martin Lewis

Director of Sports Chaplaincy UK for Wales

Mobile: 07718055365

email: martin.lewis@sportschaplaincy.org.uk

www.sportschaplaincy.org.uk

On the next page is a message from Martin, He will be more than happy to take your call and to discuss Wellbeing with you.



Sportscene
01792 798771

Commercial Diversity, Equality, Inclusion, Media Manager (CDEIM)

Need a shoulder to lean on? Sports Chaplaincy here to help!

Since our inception in 1991 Sports Chaplaincy has been providing care and welfare support to players and staff and the wider community of people within the club including family members. In the competitive world of sport, it is recognised that there is a need for high quality pastoral and spiritual care regardless of age, ability or gender. Sports Chaplaincy is globally recognised for its excellence, working professionally, caring sensitively, demonstrating integrity and maintaining confidentiality which are the hallmarks of any Club Chaplain. Compassionate and resilient, each chaplain will bring with them a vast range of skills, knowledge and expertise to help build perspective and navigate individuals through areas such as uncertainty, injury and identity. Sports Chaplaincy is a Christian charity where our Chaplains are extremely supportive with a non-judgemental, listening ear and an empathetic and compassionate presence. Chaplains look to journey through life with all being able to provide pastoral support and spiritual care to everyone irrespective of faith, tradition or no faith, through all the difficulties and challenges that life brings, as well as being an encourager to all.

Sir Alex Ferguson, former Manchester United manager, said: "Chaplains can be of help to all sorts of people involved with sport, when crisis, need, or difficulty comes. I commend the idea of sports chaplaincy and the work of Sports Chaplaincy UK to you." Sports Chaplaincy Wales is therefore delighted to help support to the West Wales Football Association as you provide a range of wellbeing support across your network showing concern and a duty of care to all involved.

If anyone wishes for that friendly chat and listening ear no matter the issue on or off the field, then please contact Martin Lewis, Head of Sports Chaplaincy Wales (details below) who will take a few details and pass on to a local Chaplain in his team to make contact with you. This includes having a lady Chaplain to support the women playing or involved. Our Chaplains will phone you first but can also meet up face to face as required. Also, if your club would like its own personal Chaplain (which is our normal approach), then please contact Myself to discuss.

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If you need any further information then please contact:

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07974963361

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