

Rugby League Cares And NHS Wellbeing Programme

Since 2021 Rugby League Cares has partnered with the NHS to deliver a whole-Person Wellbeing programme designed to support clinical and non-clinical staff. The programme offers both group and one-to-one support via a range of topics which set out to improve mental and physical health.

RL CARES USES THE POWER OF SPORT TO MAKE EACH TOPIC RELATABLE TO ALL NHS EMPLOYEES. RUGBY LEAGUE PLAYERS ARE REQUIRED TO PERFORM UNDER INTENSE PRESSURE IN FRONT OF THOUSANDS OF PEOPLE; THEY FACE SETBACKS ON A WEEKLY BASIS AND REQUIRE HIGH LEVELS OF RESILIENCE. AS TEAM MEMBERS, PLAYERS HELP CREATE A HIGH-PERFORMANCE CULTURE THROUGH A SOLUTION FOCUSED MENTALITY.

ALL THE QUALITIES ARE UNIVERSAL WITHIN OUR LIVES: THROUGH THE POWER OF STORY TELLING, VIDEO CONTENT AND SHARING OF REAL-LIFE EXPERIENCES, OUR PRESENTERS ENGENDER BUY-IN TO THE WELLBEING NARRATIVE.

WHY IT WORKS

OUR SUCCESS IS BUILT ON TRUST, RAPPORT, AUTHENTICITY AND OUR INDEPENDENCE TO THE NHS ORGANISATION. THE RELATABLE NATURE OF OUR SPEAKERS, ALL WHO HAVE LIVED EXPERIENCE, CREATES AN ENVIRONMENT WHERE NHS STAFF FEEL LISTENED TO, VALUED AND SAFE TO SHARE OPENLY. OUR FLEXIBILITY AND ADAPTABILITY MAKE THE SESSIONS ACCESSIBLE TO ALL DEPARTMENTS, HELPING TO CREATE A SUPPORTIVE AND APPROACHABLE ATMOSPHERES.

ALL OUR SESSIONS ARE EVIDENCED-BASED AND LED BY RESEARCHED BEST PRACTICE THAT ALIGNS WITH NHS POLICIES, ENSURING RELEVANCE AND IMPACT.

Offload sessions

- Stress and coping
- Positive mindset
- Analysing negative thinking
- Managing emotions
- Building resilience
- Mindfulness
- Sleep & Nutrition
- Physical exercise
- Positive influences



NHS Trusts working alongside RL Cares

- Warrington and Halton Teaching
- Mersey And West Lancashire
- Liverpool University Hospitals
- Bridgewater Community
- Cheshire Wirral Partnership
- The Walton Centre
- Liverpool Heart And Chest

BUILDING MENTAL FITNESS
TOGETHER

