



Welcome to a new feature for the 2026/27 season and beyond: the Wellbeing Corner.

Sub-Edited each edition by Cardiff City's Medical Director **Professor Len Nokes** and Club Psychologist **Dr Mikel Mellick** – with contributions from Club medical personnel, health partners, researchers, charities and other voices – these pages will provide you with information around current wellbeing and health-related issues and campaigns.

And crucially, where you can find out more information and get support.

This evening, Dr. Mikel and **Pete Johnson** from **Platform Wellbeing** explore how our Club and community relationships build resilience, promote our wellbeing and protect our mental health, especially in times of change.

Find out more, Get support

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Your Wellbeing Editors



Vulnerability During Change is Normal

September is a time of change! New players arrive at clubs, children try to settle into a new school year, teenagers leave home for the first time to go off to university and we return to our workplaces after holidays.

Change, by nature, is demanding and it is very normal to feel some vulnerability.

Yet change is essential for growth. We learn to feel comfort in uncertainty; we develop new and improved coping skills and we become aware of those relationships in our life that provide safety and security.

Feeling connected - a sense of fitting in and belonging to a like-minded group of others - allows us to move through change in a way that promotes flourishing and buffers us against a sense of being overwhelmed.



Hope, Help & Heroes

As a Club community we want supportive relationships to be the cornerstone of our success: the connections we develop across a season of ups and downs, through a shared experience of being a *Bluebird*, whether as a player, fan or employee, build our resilience.

Throughout the season we will all share in feelings of **HOPE** for the team. We will **HELP** the team during challenging game moments through our chants of encouragement from the stands and we will celebrate players as **HEROES** when they return to playing from an injury experience.

In times of change and vulnerability we can often feel hopeless, helpless and in need of a 'hero' - a mate who will reach out and offer help without the need to ask; who will be our cheerleader when we doubt ourselves; and who will remind us that, through such acts, there is hope of a better time ahead.

Look After Your Mate

Being a good Bluebird is a commitment to being there for one another! It is a shared commitment, whether as a fan, player, or employee, to support each other in periods of mental and emotional distress. This might be as simple as providing a lift to a game to a fellow fan who is struggling with their mental health having lost a loved one; or perhaps standing up for a player who is the subject of verbal abuse from the stand; or simply checking in on a colleague or former player who is recovering from an operation.

No Bluebird should have to navigate difficult moments alone. If you are concerned about a friend or loved one, reach out and let them know you are there. Ask how they are doing - listen without judgment, stay connected and help them access the support we all deserve.

We want all involved with Cardiff City to be educated and supported to cope with change, to have the awareness to detect if you or someone else is struggling, and to know what Club and outside resources are available when more professional support is required.

Look after your mate. Let's all take a moment during tonight's match to check in with the person sitting next to us.

By doing this, we really will be a **#CityAsOne**.

Platform Wellbeing

...and the relational approach to better mental health in the Club



A recent World Health Organisation report demonstrates that safe and supportive workplaces both from a physical and mental wellbeing perspective leads to greater success and growth.

It's easy to see that when relentless work-based conditions of stress exist then our relationships become strained and our wellbeing suffers. There is clear evidence that our mental health is fundamentally shaped by the conditions in which people are born, live work and play.

Earlier this year, **Platform Wellbeing** partnered with **Cardiff Metropolitan University** to provide all staff across the Club with training to better

Need Support? Concerned About Somebody?

Call or visit the following

NHS Wales 111 (option 2 mental health crisis support line) / **NHS England 111**

Mind UK: www.mind.org.uk/need-urgent-help

Call **Samaritans** on 116 123 (UK-wide)
Text **SHOUT** to 85258 (UK-wide)
Call **C.A.L.L.** on 0800 132 737 (Wales only)

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understand how our relationships and conditions may be impacted by significant levels of transgenerational trauma and adversity. The purpose of the training was to emphasise that our Club relationships need to be at the heart of everything we want to achieve. In ensuring safe, stable and nurturing relationships we can all play a role in buffering the stress of adversity. We can develop resilience and promote better mental health.

Lifelong Cardiff City fan **Peter Johnson**, Commercial Director at Platform Wellbeing, says: "We know safe, stable and nurturing relationships build resilience. Small actions make a difference. By showing up for a fellow Bluebird - taking initiative and standing together - we can demonstrate the power of coming together as a Club community. The passion for Cardiff City doesn't just motivate us: it can help us to turn compassion into connection and lead us all to better mental health."

For more information on the work of Platform, visit platformwellbeing.com