

# THE LOOSEHEADZ CLUBHOUSE

WELCOME TO

## THE CLUBHOUSE.

Hi everyone, Welcome to this month's edition of the LooseHeadz Clubhouse.

If you've read the first issue, you'll know this space is all about connection. It's where we bring the community a little closer together - sharing what's been happening behind the scenes, celebrating the people driving things forward, and giving you a proper feel for where we're heading next.

What continues to stand out to me is the energy around this movement. Whether it's conversations happening in clubhouses, new people getting involved, or the way teams are looking out for each other - it's real, and it's growing.

We've got plenty to share with you this month. From new initiatives and partnerships to stories from across the community, it's all part of something much bigger than any one of us. And that's what makes this so special.

This is your clubhouse just as much as ours. So take five minutes, have a scroll, and see what you're part of.

Thanks for being in it with us.

HANNAH  
HEAD OF COMMUNITY

## BIG MOMENTS THIS MONTH.



### JERSEY: WE'RE COMING BACK!

After a successful event last May, we have announced that We're heading back to Jersey. And this time we're taking The Sheriff, Ken Owens, with us.

On Thursday 21st May, we will host an evening with Ken Owens, Rory Lawson & Guy Thompson. With lots of rugby chat, plenty of laughs, and a night dedicated to raising vital funds & awareness for LooseHeadz.

[READ MORE](#)



### 24 / 7'S: ANOTHER WORLD RECORD

We're going again... We're attempting to break another world record. This time, it's for the longest ever game of Rugby 7's.

The current record stands at 24 hours, so we're aiming to beat it. At Sandbach RFC on 24th July (it couldn't be any other date, could it?)

We will have both a men's and women's match happening simultaneously.

[READ MORE & GET INVOLVED](#)



### LOOSEHEADZ X BUDGY SMUGGLER 3.0

Alongside our friends at Budgy Smuggler, we have launched our latest drop!

Every pair of LooseHeadz Budgy Smugglers you buy, gives back a donation to the charity to help us on our mission.

[CHECK THEM OUT HERE](#)

# SPOTLIGHT ON: JERSEY RFC

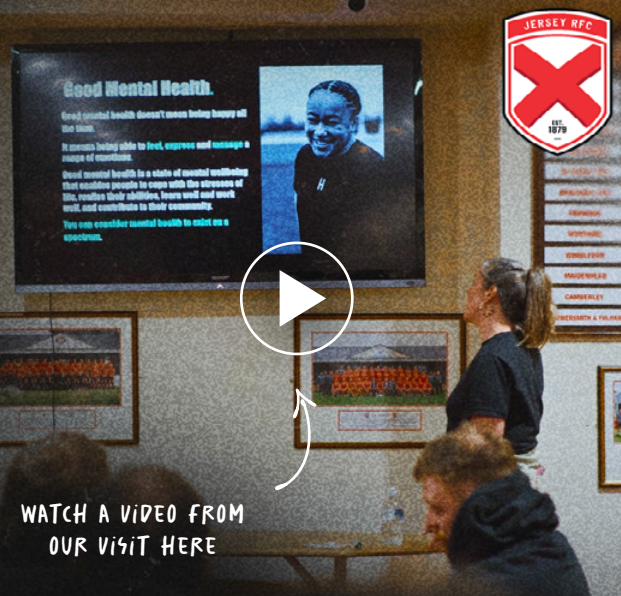
It's been a big month for Jersey RFC, as they achieved promotion to Nat 2, and we headed back over to the island to deliver our brand-new mental health workshop in person.

Their Club LooseHead (Mental Health Champion), Huw Owen, said:

"We found the LooseHeadz workshop invaluable in giving us ideas on how to better support both our own and our friends' mental health."

"The work LooseHeadz does is hugely important to the rugby community - bringing people closer together and reminds us that we're not alone in our struggles."

"The workshop has given us the tools to continue supporting the mental wellbeing of the wider rugby community across Jersey."



WATCH A VIDEO FROM  
OUR VISIT HERE

OUR LATEST VISIT

If your club has stories about how LooseHeadz is making a difference, we want to hear them. Fundraisers, conversations, cultural shifts - big or small. **Get in touch** and you could be featured in the next Clubhouse edition.



## CATCHING UP WITH GUY THOMPSON

@GUYTHOMPSON87

We caught up with new LooseHeadz ambassador Guy Thompson for a clubhouse chat.

### How are you out of 10?

Right now, I'd say I'm at a 9 out of 10. I'm in a really good place. Over the last two years, I've been building my own business, which has made me incredibly proud, and more recently I've started looking for investment for a new venture as well. That part is definitely terrifying at times, but it's also made me reflect on how happy I am since retiring and stepping into life as an entrepreneur.

### What does rugby mean to you?

Simply put, everything. After retirement, I went through a period of trying to move away from the label of being "just a rugby player." What I've come to realise is that I'm proud of that identity. Rugby shaped so much of who I am. It taught me discipline, resilience, hard work, accountability and how to be part of something bigger than yourself. Those lessons still show up every day in my life and in business.

### Why do you think rugby is good for your mental health?

Rugby has always been more than just an outlet for stress. For me, it's been a direct source of happiness, purpose and connection. The structure, the shared challenge, the team environment and the camaraderie are things that are hard to replicate anywhere else. It has always kept me grounded. Even now, post-retirement, staying involved through coaching and being around the game has helped me massively. Of course, rugby can bring pressure as well, but overall it gives you routine, belonging and people around you who understand you - and that has huge value for mental health.

### Can you tell us the highlight of your rugby journey?

The biggest highlight of my journey was being able to play at the highest level I reached. I don't think I fully fulfilled my potential, if I'm honest, but after the ups and downs of my early years, making it to the Premiership was the proudest moment of my life. To have my mum there at Twickenham watching me run out for Wasps is something I'll never forget.

### Can you share a top tip for staying on top of your mental fitness?

For me, it always comes back to routine. I train, I stay around good people, good culture and environments that bring the best out of me. I'm a big believer in habits and structure, so when I feel like I'm drifting or not quite myself, I go back to basics: training, eating well, working hard and getting my routine back in place. That's a throwback to my rugby life, really, and it's still when I feel at my best. When those foundations are in place, my mental health is always stronger.



# LOOSEHEADZ IN THE COMMUNITY.



## A 'BONKERS' DAY AT THE SHOWDOWN AS CHARITY PARTNER

We were chosen as the Charity Partner for The Showdown which saw Saracens take on Northampton Saints in the men's game, and Sale Sharks in the women's game.

A huge day out at The Tottenham Hotspur Stadium featured a 'bonkers' appearance from Dizzee Rascal. We were proud to be a part of it.

[THE DAYS RECAP](#)

## DELIVERING TO RUGBY CLUBS

In 2026, the LooseHeadz team has been on the road, visiting rugby clubs across the country and delivering our brand new mental health workshop. With boots on the ground, we proudly support players, coaches and communities face-to-face - equipping clubs with the tools, confidence and conversations needed to tackle the stigma and make a real impact.

[READ HERE](#)



## CYCLE AWAY THE STIGMA

Two Royal Navy veterans, Stu and Steve - who have previously fundraised for LooseHeadz - are back at it with an epic new challenge: cycling from John O'Groats to Land's End while climbing the UK's three highest peaks.

Their "Cycle Away the Stigma" journey aims to raise vital funds for LooseHeadz and spark important conversations around mental health.

[READ THE FULL STORY](#)



## FUNDRAISE FOR LOOSEHEADZ

As we approach the warmer months in the UK, we usually see a spike in fundraising at LooseHeadz.

If you're thinking of doing a challenge and giving back, please think about LooseHeadz. Take a look at our new fundraising page.

[TAKE A LOOK HERE](#)





# NEW PRINTS.

Designed to start conversations, tackle the stigma, and remind you (and your mates) that you're never alone in how you're feeling.

Mental health matters – on and off the pitch.

Every purchase helps us keep pushing the movement forward, supporting players, clubs, and communities to open up.

Which one are you choosing?

[Shop the range](#)



# GET INVOLVED.

We can only change and save lives because of the community. If you want to support the movement, here's how you can jump in:

- 1

**DONATE**
- 2

**FUNDRAISE**
- 3

**SIGN YOUR CLUB UP**
- 4

**SHARE THE MESSAGE**
- 5

**START A CONVERSATION**

Whatever your role - there's a place for you here.