

THE LOOSEHEADZ CLUBHOUSE.

WELCOME TO THE CLUBHOUSE.

Hiya! Welcome to the latest edition of the LooseHeadz Clubhouse.

I'm new to the team and have been blown away by the community we have here - thank you for being a part of it. This issue shines a light on some incredible people doing extraordinary things for such a worthy cause, from marathons to rugby festivals. We're so grateful to everyone for the support; we are truly stronger together.

Backed by our community we are planning some big things this year, and I am so excited for another World Record Attempt for the longest games of rugby 7s. We cannot do it without you - we need players, team managers, volunteers and more. So read on to hear how you could help us make history!

This is your clubhouse just as much as ours. So make a cuppa, get comfy and enjoy the latest issue.



RACHAEL
HEAD OF MARKETING

BIG MOMENTS THIS MONTH.

JOIN US FOR A NIGHT OF RUGBY FUN AND SUPPORT A GREAT CAUSE!

- 3 COURSE MEAL
- PANEL DISCUSSION
- AUCTION + RAFFLE

TICKET: £130 | TABLE OF 10: £1,200

THURSDAY 21ST MAY 2026
ROYAL YACHT - CELESTIAL HALL
6.30PM - 11.30PM

WITH
KEN OWENS,
ROBY LAWSON
& GUY THOMPSON

LAST CHANCE TO JOIN US IN JERSEY

We're heading back to Jersey on Thursday 21 May and this time we're taking The Sheriff, Ken Owens, with us.

Join us for an unforgettable evening where you can expect lots of rugby chat, plenty of laughs and a good time dedicated to raising vital funds & awareness for LooseHeadz.

[READ MORE](#)

WE'RE ATTEMPTING ANOTHER WORLD RECORD.
THE LONGEST GAMES OF RUGBY 7'S

GEORGE & OLLIE ARE IN - WHAT YOU WAITING FOR?

Make history with us as we attempt to break another world record. The current records for the longest ever game of Rugby 7s is 24 hours, so we're going to beat it and we need you!

24 hours. Two games. One goal: tackle mental health in rugby. We are after players, team managers, volunteers & more, so what are you waiting for? You know it's for a worthy cause!

[MORE INFO](#)

LOOSEHEADZ ROADSHOW EDINBURGH

Join us on our Roadshow in Edinburgh where we're with James Lang at Boromuir RFC

WITH AMBASSADOR
JAMES LANG

LOOSEHEADZ IS COMING TO YOU!

LooseHeadz is hitting the road this summer, touring England and Scotland to connect with the adult rugby community and our first stop is Edinburgh!

Join us in Edinburgh on Thursday 21 May with our LooseHeadz ambassador James Lang to find out how LooseHeadz can support clubs in practical ways.

[JOIN US](#)



SPOTLIGHT ON: BRYAN FROM BRIXHAM

My name is Bryan Pitman, and I'm the LooseHeadz lead at Brixham Rugby Club, where I'm proud to be supported by Geoff Andrews and a dedicated team of volunteers who make up our Mental Health and Wellbeing team. We serve a proud club at the heart of a small fishing town of around 17,000 people. Known as The Fishermen, Brixham Rugby Club fields multiple senior sides, a women's team (The Sirens), a thriving youth section, and a Rugby Cubs programme.

Our journey with LooseHeadz was shaped by tragedy. In 2019, we lost a senior player to suicide - a loss that deeply affected our entire club. Determined to do more, we formed a Mental Wellbeing Team in 2022 and partnered with LooseHeadz to extend our reach, strengthen our presence within the wider community, and better equip the club with comprehensive mental health resources and support for the rugby community.

The impact has been significant. From just 18 people initially, we now have around 30 active wellbeing members embedded across the club. Players have opened up, families have been supported, and mental health awareness is visible everywhere; from matchdays to social media. Simple check-ins like "How are you out of 10?" are now part of our culture.

My message to other clubs is simple: partner with LooseHeadz and raise awareness around mental health and wellbeing. Rugby is more than a game. Rugby gives us a community to talk to, to listen to, and to grow with. Rugby means more - and together, we can make a difference. And remember: it's ok not to be ok.



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 JAZ JOYCE

We caught up with LooseHeadz ambassador Jaz Joyce for a clubhouse chat.

How are you out of 10?

10 out of 10 I'd say! Absolutely loving being a mum, loving my rugby at the minute and loving balancing the both. Rather than working a 9-5 I get to do different shifts, I have longer shifts of time off with Ralphie but then also in for longer periods which is tough, but then I know that I will have longer periods of time off with him after.

What does rugby mean to you?

It varies throughout the years, and everyone asks what's your why, why do you play rugby? At the start it was to achieve my dream of being an Olympian, to play for Wales, to get 50 caps and be a professional rugby player. The older I get, my why changes - I do it for the lifelong friends I make, the enjoyment of being part of a squad and I get excited to go to training every single day. Definitely being a mum and having that perspective on life, you don't have the opportunity to dwell on "Oh, I missed a tackle or I had a bad game," or all of that because I want to be at my 100% self for baby Ralphie. So I put those things to the back of my mind, which isn't necessarily a bad thing - I'll always review my game and try and get better, but little things that don't mean a huge thing - I don't overthink and dwell on it like I would have before.

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

Rugby is a massive positive for my mental health, the friends I meet and I really enjoy going to training every day. I just love playing the game and working hard. I do think training, exercise and fitness has a massive impact on your mental health. As soon as I go one week, two weeks, three weeks not training because I am busy or I've been injured - it does then slowly have a negative impact on my mental health. After being a full-time rugby player and lover of fitness, it has definitely made me realise what a positive impact training and exercise has on me.

Can you tell us the highlight of your rugby journey?

Rugby honestly has given me so many highlights, it is very hard to choose from, but I think one of my biggest highlights has got to be Paris Olympics. Obviously taking part in an Olympics, and my third one, was something very special and something I would have never even dreamed of doing. But to do that in Paris, almost felt like a home Olympics, in front of the biggest crowd I've ever played in front of, with all my friends and family in the stands - it was just the best thing in the world, and to do it with Kayleigh Powell. She's just the best human ever and to see the fight and drive she's given to play in the Olympics and get in the squad, to do it with her, with all my friends and family in the crowd with the biggest amount of fans I've ever played in front of, is something real special.

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

I would definitely say exercise - that is huge for me and as soon as I stop fitness it definitely has a negative impact on my mental health. I also get stressed quite easily so I like to write things down. If something is on my mind I will write it down and think is this going to impact me in three months? If it's not, just let it settle. If it is, then do something about it.



@JAZMiNEJOYCEE

LOOSEHEADZ IN THE COMMUNITY.

OUR FIRST LONDON MARATHON PLACE!

A big moment for us when Charlie Caine became the first London Marathon runner for LooseHeadz!

Charlie ran in memory of his good friend James and said it was "one of the best (and worst) experiences ever!" But he's already telling us he wants to do more next year!

You're a legend, Charlie and we're so grateful for your support. If you've felt inspired by Charlie then why not take on a challenge for LooseHeadz - with spaces available in challenges later this year!

[SIGN UP NOW](#)

FUTURE STARS FESTIVAL

On Sunday 26 April Camelot RUFC hosted the first-ever LooseHeadz Future Stars Festival with 2,000 people in attendance and 740 kids taking part across 50 teams from 32 clubs!

A heartfelt thank you to Peter Clarke and Camelot RUFC for organising the day and helping LooseHeadz to inspire the next generation - it was a truly special day for everyone involved.

It was great to see all matches using the LooseHeadz Fair Play Scoring System, championing all the things we love most about rugby: integrity, effort, and sportsmanship.

If you would like to host a fundraising event for LooseHeadz please download our fundraising pack.

[DOWNLOAD THE FUNDRAISING PACK](#)



£7,500 RAISED AT THE TOMMY DANN CUP

The Tommy Dann Cup is a rugby match between the Leys and Perse Old Boys in memory of Tommy Dann, who sadly left us in February 2021.

Tommy poured his heart and soul into rugby, inspiring and encouraging those around him. He was admired for his dedication to his students and his innate ability to inspire them to achieve their best.

On the Easter weekend we were in Cambridge for the Tommy Dann Cup as the Official Charity Partner. A huge thank you for having us and for selecting LooseHeadz; it genuinely means a lot to be part of something so special.

An incredible day, for an incredible cause, with £7,500 raise for LooseHeadz in memory of the great Tommy Dann!

[MORE INFO](#)

DELIVER A LOOSEHEADZ WORKSHOP!

Want to deliver the LooseHeadz Adult Mental Health Workshop in your club?

We have designed a 60-minute workshop to be delivered in rugby clubs across England. We want to train people up who can lead the way and deliver sessions in their own clubs.

You can sign your club up today and take part in our online mental health module to get started!

[FIND OUT MORE](#)





25% OFF EVERYTHING IN OUR OUTLET

Support our movement to #TackleTheStigma every day by wearing it! And there is no better time to buy as we currently have **25% off** in the outlet!

We guarantee that 100% of the profits from every purchase will be used to help support the mental wellbeing of rugby players, coaches and fans.

And whether you're repping LooseHeadz in the Clubhouse, gym, or on a walk, tag us. We love seeing it.

[SHOP NOW](#)



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.