

THE LOOSEHEADZ CLUBHOUSE.

WELCOME TO

THE CLUBHOUSE.

Hello! Welcome to Newsletter #4!

I can't quite believe I am a whole year into being on the LooseHeadz Staff team! I am Heather, I head up the delivery at LooseHeadz, but not the t-shirts delivery despite some messages I have received, I would be terrible at that! I oversee our mental health resources from written to in person content supported by an awesome team of experts.

I have been out delivering workshops in clubhouses from local ones like Boroughmuir to giant ones like the Principality, where you can't quite find your way in or out, and you certainly can't find a toilet but you can find a very good Welsh cake!

My car doesn't have aircon, so you can imagine my joy that I've been driving the JAECCO 7, which not only has exceptional air con but I have also been enjoying the disco lighting and the playlist you've all been adding to, thank you!

We had a brilliant evening in Edinburgh with match officials, coaches, parents, safeguarding leads, players, managers, chair women and even the infamous clubhouse dog, it was so much fun! We've been gathering together the adult community in Bristol, London, Manchester, Newcastle and Exeter. We have Lichfield to go, to share evidence based and practical mental health tips and to hear how we can better help support rugby clubs, you can find out more here.

Alongside the community clubs, we are in Scottish Gas Murrayfield, the Principality and Allianz engaging with the National Governing Bodies staff and community teams, delivering our content and working alongside them to ensure we are working systemically to make a greater impact.

HEATHER
HEAD OF DELIVERY

BIG MOMENTS THIS MONTH.



24/7S | WORLD RECORD ATTEMPT

This weekend, we'll take on 24 hours of non-stop 7s rugby. Because mental health doesn't stop.

Every minute is for those who've struggled, those we've lost, and those who need to know they're not alone.

Please support us by donating.

DONATE NOW



NETWORK & BRUNCH

To mark the start of our incredible challenge, we'd love for you to join us for brunch and the official launch of 24/7s.

Enjoy brunch and hear from rugby legend and former World Rugby 7s Player of the Year, Ollie Phillips, before witnessing the opening moments of our World Record attempt.

JOIN US



THE WAIT IS OVER!

The new LooseHeadz x Scimitar training range has landed.

Wear the kit. Back the mission.

Every purchase helps us tackle the stigma around mental health through the power of rugby - and helps save lives.

SHOP NOW

SPOTLIGHT ON: JURASSIC PORKS

If there's one team that sums up what grassroots rugby is all about, it's Jurassic Porks. Based in Dorset, Jurassic Porks exists to give people the chance to play rugby, regardless of club, background or ability. They've created an environment where everyone is welcome, everyone is accepted and everyone can be themselves. As they put it:

"Mental health doesn't have to be a crisis, worst-case scenario or an awkward conversation using clinical buzzwords."

Sometimes it's as simple as getting active, connecting with teammates and knowing you've got people around you. That's what rugby does best. Despite only being around a short time, the Jurassic Porks have already made a habit of upsetting the odds. They've (accidentally) won the Lytchett 7s Plate, picked up silverware at the Richmond Summer Social and claimed victories over teams including the Royal Navy Stingrays and Exeter University.

Co-founder Ed Martin explains why it all started:

"We started this because we felt there was a lack of space in our local community where people from different clubs could come together, be unapologetically themselves and have fun. It's about creating bonds across the generations, from young to old, while being an important cause so close to many within the group."

We're incredibly grateful that Jurassic Porks have already raised almost £500 for LooseHeadz. Unfortunately, the British summer has had other ideas, with three of their four fundraising tournaments turning into complete monsoons.

Next stop: PorkFest

Their biggest fundraiser of the year is PorkFest, a charity rugby festival supporting LooseHeadz.

On 8 August at Puddletown RFC, nestled in the heart of Dorset, LooseHeadz RFC will take on Jurassic Porks and Dorset & Wilts Women. The women will make history by playing the first-ever county fixture at the club.

BUY TICKETS

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.

CHECK IN ON THE ROAD EDEL MCMAHON

We caught up with LooseHeadz ambassador Edel McMahon for a clubhouse chat.

How are you out of 10?

Right now, 9 or 10 out of 10. The weather is good, rehab is going well, so I can't complain. No running in the rain! For an Irish person that is pretty unheard of.

What does rugby mean to you?

It means a lot in terms of community, purpose, feeling valued, also accomplishing goals and breaking stigmas and breaking down barriers. It's been something that I joined, and from the first day I loved it for the community and feeling like I belonged. And as a competitive athlete now wanting to achieve and win things, and change the narrative for the girls to come after us.

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

I think rugby and any sport, instills structure, you learn resilience and togetherness. It's not always about the win, it's about the people that surround you and support networks. It ticks off loads of criteria that are really good preventative measures for people who are coping with their mental health. It also exposes you to so many different people and lifestyles, so I think you can always learn some really cool nuggets from people and apply that to your lifestyle. So I think it sets people up really well for having a healthy lifestyle.

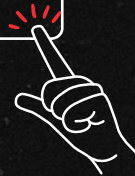
Can you tell us the highlight of your rugby journey?

Has to be the World Cup and getting to lead out my country alongside Sam!

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

I'm a very scheduled person, right now I'm in a very long-term rehab (12 months), that included two surgeries post World Cup. A big down after a big high, so scheduling has been my rock for consistency and staying motivated and it hasn't let me down so far.

@EDELMAHON_



LOOSEHEADZ IN THE COMMUNITY.



THANK YOU TO TOUCH DUCKES!

A massive thank you to Touch Duckes for raising £1,000 for LooseHeadz. They shared that touch rugby may not have been at its peak, but all in all it was a really enjoyable day and vital funds raised!

Touch Duckes, is a student-led rugby and rounders tournament in Exeter that took place on 26-27 May 2026. Thank you to all involved - it means so much to us!

[FOLLOW THEM](#)

WOODTHORPE HOSPITAL SUPPORTS LOOSEHEADZ

A huge thanks to long-term supporters Woodthorpe Hospital who had a stall at Newark County Show raising £215 for LooseHeadz adding to their previous donations in support of our work. We are so lucky to have the best community behind us!

[VIEW NOW](#)


Ramsay
Health Care

FUTURE STARS FESTIVAL RETURNS

We're delighted to announce that the LooseHeadz Future Stars Festival is back for 2027 and it's going to be bigger, better and more exciting than ever before! For the first time, the festival will take place across TWO action-packed days.

Bookings are now full for U11 Mixed and U12 Boys with a waiting list open. Good availability for U12 and U14 Girls teams.

[BOOK NOW](#)


ALDERLEY EDGE CRICKET CLUB

LooseHeadz was founded just over 3 miles from Alderley Edge Cricket Club, so to have their support means so much.

Thank you to Alderley Edge Cricket Club for raising £600 from their Summer Ball to support LooseHeadz.

[FIND OUT MORE](#)




Pre-Order Now Open

THE WAIT IS OVER!

Our brand new LooseHeadz x Scimitar training range is available now.

Every single purchase helps us continue using rugby to help us tackle the stigma around mental health and save lives.

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:

- DONATE**
- FUNDRAISE**
- SIGN YOUR CLUB UP**
- SHARE THE MESSAGE**
- START A CONVERSATION**

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