



CONCEPT

We are creating a strong community initiative: low pressure, social-first, practical activity, and no expectation for people to “open up” and belong. This approach often helps people engage who would never attend a formal support programme.

What It Is

A relaxed community support group based around:

- conversation
- practical activity
- cricket
- routine
- connection

What It Is NOT

It is important to know it is:

- not counselling
- not a crisis service
- not medical advice
- not political/religious
- not mandatory attendance

This protects everyone.

Our Mission Statement

Extra Cover is a community support group based at Frocester Cricket Club offering a relaxed environment where people can switch off, connect with others and spend time around the club.

Whether that means helping with projects, going for a walk, having a drink, hitting a few balls in the nets or simply chatting, the aim is to provide support through company, routine and community.

No pressure. No judgement. Just somewhere to turn up.

Weekly Meetup Format

Structure (Suggested Tuesday Evenings)

6:00pm onwards — Open Arrival

People drop in whenever they want.

Optional Activities

- Ground projects
- Nets
- Walks
- Tea/coffee/bar
- Watching sport
- General chat

No Expectations

People can:

- talk
- sit quietly
- just keep busy
- leave early
- attend occasionally

That flexibility is one of our biggest strengths.

Launch Ideas

Soft Launch First

We will start with:

- trusted friends
- cricket club members
- local community

This will lead to organically expanding.

Good Early Wins

- regular Tuesday consistency
- tea/coffee available
- small achievable club projects
- simple social posts
- word of mouth

Important Practical Tip

We actively avoid calling it “therapy” or presenting ourselves as mental health professionals unless qualified. It is positioned as:

- community support
- wellbeing
- connection
- peer support

both safer and often more approachable.