

Welcome to



**Thorpey's  
Bat and Chat**



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# Welcome to Thorpey's Bat and Chat

Thorpey's Bat and Chat is a 12-week programme designed to support and improve your mental wellbeing. We'll deliver this through playing cricket and having supportive group conversations.

This guide introduces you to Graham Thorpe and 'Day for Thorpey'. It also offers an introduction to both cricket and mental health, to help you get the most out of the programme.

## Who is Thorpey?

**Graham Thorpe MBE**, known to many as Thorpey, was one of England's most gifted lefthanded cricket batters. He was respected for his calm resilience, technical skill and ability to perform when it mattered most.



Across 100 Test matches, Thorpey became a much-loved figure in the game. After retiring, he continued to give back through coaching roles with Surrey, New South Wales and England. His steady presence and deep understanding of the sport helped to guide the next generation.

Graham also spoke openly about the importance of mental health. His family are now working with Mind to help challenge stigma, especially for men, by using his story to inspire honest conversations. We hope this will also encourage people to reach out for support. Graham died on 4 August 2024, aged 55, after living with anxiety and depression for several years. His cricket legacy lives on in the players he mentored and people he inspired, but also in raising awareness about mental health.

Thorpey's Bat and Chat is funded by the first ever Day for Thorpey, held during the England versus India Test match on 1 August 2025. The event brought people together to raise funds for Mind and remember Graham on what would've been his 56<sup>th</sup> birthday.

**Both Day for Thorpey and Thorpey's Bat and Chat stand as heartfelt efforts to honour his memory, and help break down stigma around mental health.**

## What is Bat and Chat?

The Bat and Chat cricket programme was first developed by Burton & District Mind in 2023. This followed a successful programme called Walk and Talk football. They've delivered this programme over several years with thanks to funding from Mind, Sport England and more.

Burton & District Mind have kindly supported Day for Thorpey, as well as allowing us to grow their cricket programme nationally with support from the Thorpe family.

We'd like to thank everyone at Burton & District Mind for their time and encouragement.

## Burton & District Mind: meet Iqy



Iqbal "Iqy" Muhammad, from Burton, first joined Bat and Chat at Burton & District Mind after feeling isolated following the Covid-19 pandemic. Encouraged by a Mind volunteer, he attended despite initial nerves – made harder by living with Parkinson's. He quickly found comfort in the friendly facilitators and the routine of playing cricket followed by conversation.

Although he once played competitively for Derbyshire's second team, Bat and Chat was less about performance and more about rediscovering fun, confidence, and connection.

The sessions became a highlight of Iqy's week, offering structure, social support, and a boost to his wellbeing. He particularly valued thoughtful moments, like receiving an England shirt, and found mindfulness techniques – something he had never tried before – useful in daily life. The group helped lift his mood, rebuild his self-belief, and create a sense of belonging. To anyone considering joining, his advice is simple: "Just do it" because it's inclusive, uplifting, and has the power to help people in ways they might not expect.

**🏏 Bat and Chat is the best 2 hours of the week. It helps you forget your problems and worries for that time, and you learn skills to go back out into the world and tackle things. 🏏**

# Cricket essentials

Cricket is one of the world's most popular sports and it's more accessible than it might seem. Even if you're totally new to the game, this section explains key concepts to help you feel more comfortable with getting involved.

## What is cricket?

Cricket is a bat-and-ball game played between **2 teams**:

- If a team is **batting**, they're trying to **score runs**.
- If a team is **fielding**, they're trying to stop the other team from scoring and get them **out**.

After a set time or set number of balls, called **overs**, the teams switch roles. The team with the most **runs** at the end of the game is the winner.

## What is an over?

An over is a set of 6 balls bowled by the same player. After that, another bowler takes over. Short games might last between 5 and 10 overs per team.

## Basic positions and roles

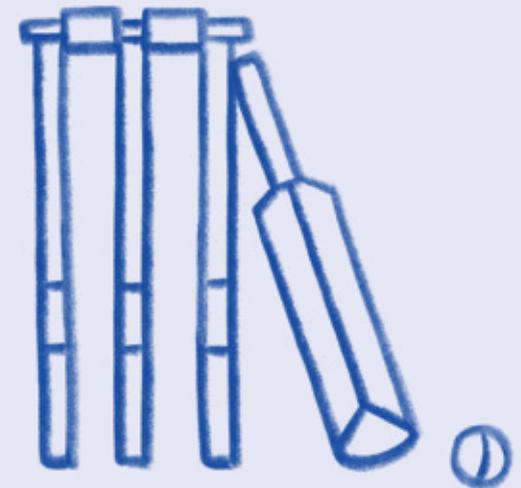
There are 11 players on a cricket team, including:

- **Batters**. They hit the ball and try to score runs.
- **Bowlers**. They throw the ball to the batter and aim to get them out.
- **Fielders**. They collect the ball and quickly return it to stop runs, or attempt run outs.
- **Wicketkeeper**. They're a special fielder behind the batter, like a catcher in baseball or backstop in rounders. There's only 1 per team.

## How to score runs

The team with the most runs at the end wins the game. Teams can score runs in different ways:

- After hitting the ball, the 2 batters run between the **stumps**. These are sets of 3 sticks at each end of the pitch. Every successful run between the stumps counts as **1 run**.
- Batters can hit the ball outside of the boundary, which is the edge of the pitch area. If the ball:
  - Rolls along the ground to leave the boundary, the team gets **4 runs**.
  - Flies over the boundary, the team gets **6 runs** – also known as 'the classic 6'.



## How to get batters out

Batters can get themselves out, or other players can get them out in different ways. You might hear also this called 'dismissal'. A batter can be:

- **Bowled.** The bowler's ball hits the stumps and dislodges the bails.
- **Caught.** A fielder catches a ball that the batter hit before it touches the ground.
- **Run out.** The batter doesn't reach the crease – a certain white mark on the pitch – before the ball hits the stumps.
- **LBW (leg before wicket).** The batter's leg blocks the ball from hitting the stumps. This rule is trickier and not usually part of casual games.

## What do I need for Bat and Chat?

You don't need any special shoes or clothing – all you need to wear is comfy clothes and trainers. We provide bats, balls and stumps.

We only play soft ball games, we don't use hard cricket balls! We've designed our games for all abilities, even if you're a beginner.

### Want to learn more cricket terms?

There's a cricket glossary on page 14 of this resource to help you get used to common terms and phrases. This should be helpful if you're still learning the basics or need a quick reminder.

# Mental health support: helplines and listening services

Bat and Chat offers you a space to connect with others, talk openly and support each other through shared experiences. But even outside of the programme, it's important to know that **you're not alone and support is available.**

Alongside peer support in this group, national organisations and services offer mental health support whenever you need it. We've listed some helplines and listening services below.

Whether you're in crisis, feeling low, or just need someone to talk to, these services are **free, confidential** and **available day or night:**

- **Samaritans:** Call 116 123
- **SHOUT:** Text 'SHOUT' to 852258
- **NHS:** Call 111 select option 2
- **Side by Side:** Online peer support community [sidebyside.mind.org.uk](http://sidebyside.mind.org.uk)

Mental health support comes in many forms, but these services are here to listen and offer advice. You can reach out by phone, text or online – whatever feels most comfortable for you.

**Remember, it's OK to ask for help and you deserve support.**

## Wider support is available from:

### Mind

Helplines are open 9am to 6pm, Monday to Friday (except bank holidays).

**Infoline:** 0300 123 3393

**Support line:** 0300 102 1234

### Your local Mind

Opening times vary.

### Hub of Hope

[hubofhope.co.uk](http://hubofhope.co.uk)

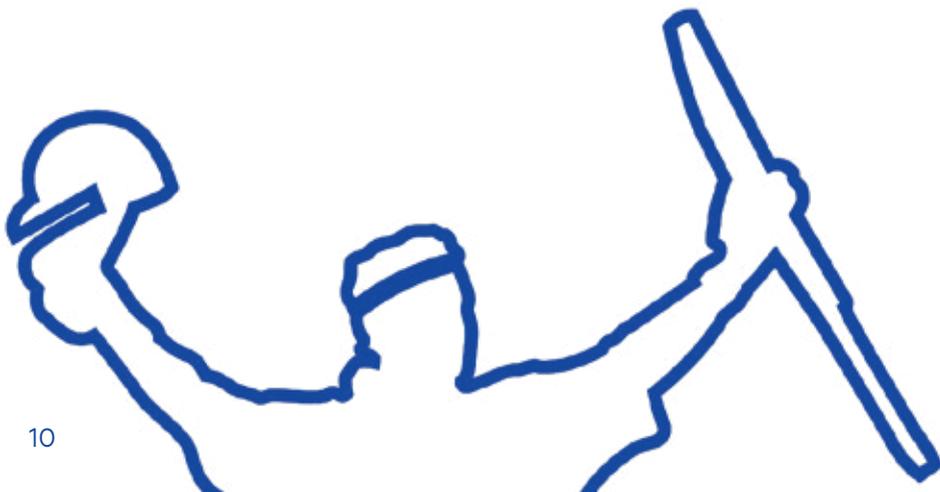
Enter your postcode to find mental health support in your area.

# Cricket glossary

Whether you're totally new to cricket or just need a refresher, this glossary explains common terms used in the sport. We hope that this might help you feel more confident on the pitch.

## General terms

- **All-rounder.** A player who's good at both batting and bowling.
- **Bails.** These are 2 small, wooden pieces that sit on top of the stumps. If they fall off, the batter might go out.
- **Pitch.** The central strip of the field where most of the action happens. This is where the batter and bowler face each other.
- **Soft ball cricket.** A gentler, beginner-friendly version of cricket using softer balls and simplified rules. You'll play this type of cricket at Bat and Chat.
- **Stumps.** These are 3 wooden posts at each end of the pitch. The bowler tries to hit the stumps to get the batter out.
- **Test match.** A type of international cricket game at the highest level. Test matches can last up to 5 days.



## Batting terms

Batting terms are used in relation to your role as the batter:

- **Bat.** The wooden paddle used to hit the ball.
- **Batter.** The person hitting the ball and trying to score runs. In the past, you might've heard this called a 'batsman'.
- **Boundary.** The edge of the playing area. If the ball rolls to the boundary, you score **4 runs**. If it flies over the boundary without touching the ground, you score **6 runs**.
- **Crease.** The 'safe' area that batters run to. You need part of your body or bat inside the crease to avoid being 'run out'.
- **Duck.** When a batter goes out without scoring any runs. Don't worry, this happens to lots of players!
- **Runs.** The points you score in cricket. You earn them by running between the stumps or hitting the ball to the boundary.

## Bowling and fielding terms

Bowling and fielding terms are used in relation to the team who are not batting:

- **Bowl.** The action of throwing the ball towards the batter. You must always bowl with a straight arm.
- **Bowler.** The player who throws the ball to the batter.
- **Fielder.** There are multiple fielders on the team. Their job is to stop the batter's ball and return it quickly to the bowler or wicketkeeper.
- **No ball.** A bowl that breaks the rules, like being bowled incorrectly or too high. Batters don't usually go out a no ball. It also gives the batting team a free run.
- **Over.** A set of 6 balls bowled by 1 bowler. After each over, a new bowler on the same team takes over.

- **Wicketkeeper.** A special type of fielder who stands behind the stumps. Like a goalie, they catch missed balls and try to stump the batter.
- **Wide ball.** A throw bowled too far away from the batter. It counts as a run to the batting team and the bowler has to throw again.

## Dismissal terms

Dismissal is the word used to describe 'getting a batter out'. Batters can go out in different ways:

- **Bowled.** When the ball hits the stumps and knocks the bails off.
- **Caught.** When a fielder catches the ball after the batter hits it, but before it touches the ground.
- **LBW (leg before wicket).** The batter goes out if the ball would've hit the stumps, but hits their leg first. This rule is rarely used in casual games.
- **Run out.** When the batter doesn't make it to the crease before the ball hits the stumps.
- **Stumped.** This is when the wicketkeeper removes the bails while the batter is outside the crease, usually after missing the ball.

Don't worry if you can't remember all the terms right away, you'll pick them up naturally as you play!

Cricket is just as much about having fun and connecting with others. Just ask someone if you're unsure about the rules – **we're all learning together.**

# Mental health glossary

Here are some common words related to mental health that you might hear during the Bat and Chat programme.

At the end of this list, you can use the space to add any other terms that come up which you'd like to remember.

## Anxiety

Anxiety is a natural response to feeling worried, tense or afraid, especially about things happening soon or things we think might happen. Anxiety is part of how we react to perceived threat. It affects our thoughts, feelings and physical sensations.

For some of us, anxiety can become a mental health problem. Try to find further support and advice if anxiety:

- Makes your everyday life feel harder
- Stops you doing the things you want to do

## Gratitude

Gratitude is noticing and appreciating positive moments, experiences or things in our lives. But it doesn't mean ignoring difficult feelings or experiences. Instead, it aims to help us shift focus and support our emotional wellbeing.

## Grounding

Grounding is a way of bringing our attention back to the 'here and now'. This technique often uses our senses or body. It can help when thoughts or feelings seem overwhelming, by creating a sense of safety and stability.

## Mental health

Mental health is about how we think, feel and act. We might think of it as our state of mind. Just like physical health, we all have mental health and need to take care of it.

Good mental health means we generally feel able to cope. We can think about things in a calm way. And we're able to understand and express our emotions in helpful ways.

Poor mental health means that the way we think, feel or behave is difficult to cope with. We might stop enjoying things. Or we might not want to be around people as much. It can look different for everyone.

## Mental wellbeing

There isn't a single set meaning for mental wellbeing. We might use it to talk about:

- How we feel
- How well we're coping with daily life
- What feels possible for us at the moment

Good mental wellbeing doesn't mean that we're always happy. Or that difficult experiences have no effect on us.

And having poor wellbeing doesn't always mean that we have a mental health problem.

## Mindfulness

This is the practice of paying attention to the present moment, without judgement. It involves focusing on our thoughts, feelings and sensations in the body. For some of us, it can help us to pause and respond more calmly to things, rather than reacting automatically.

## Physical activity

Any movement that uses energy, such as walking, sport, stretching or active play, counts as physical activity. Being active can boost our mental health by:

- Reducing stress
- Improving our mood
- Helping us feel more connected to our body

## Self-care

Self-care means taking steps to look after our physical, emotional and mental wellbeing. This might include rest, movement or connection with others. It's also about doing things that help us cope and feel balanced.

## Stress

Stress is our mind and body's response to being under pressure or overwhelmed. Sometimes, feelings of stress can help us perform better, but too much stress can affect our mental and physical health.

## Support networks

These are the people, groups or services that help us feel supported and less alone. Our support network might include friends, family, teammates, community groups or professionals. A strong support network can help us protect and improve our mental health.

## Visualisation

This is using imagination to create calming or positive images in our mind. It can help reduce stress, support relaxation and encourage a sense of control or comfort.

My own definitions	
What word did I hear?	What does it mean?



## Physical activity

You can find out more about being active to support your mental health at [mind.org.uk/getactive](https://mind.org.uk/getactive)

Or why not visit the Hub of Hope 'physical activity and movement' finder at [hubofhope.co.uk](https://hubofhope.co.uk)

**We won't give up until everyone experiencing a mental health problem gets both support and respect.**

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 [mindforbettermentalhealth](https://www.facebook.com/mindforbettermentalhealth)

Mind Infoline: 0300 123 3393

Mind's registered charity number is 219830.  
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