

OXFORDSHIRE MIND WALKING FOR WELLBEING

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THE SPORT ENGLAND 'TACKLING INACTIVITY' FUND

The Sport England vision is that everyone in England feels able to take part in sport or activity, regardless of age, background or ability. In accordance with this they set up the 'Tackling Inactivity' fund to support inactive people from lower socio-economic groups to be more active - doing more than 30 minutes of physical activity per week.

The OMHP made a successful application for this grant in August 2018 to fund their 3 year 'Walking for Wellbeing' project. This project will be led by Oxfordshire Mind due to their successful track record of engaging service users in 'fitness and wellbeing' workshops and corresponding recorded improvements in Wellbeing and Physical Activity Levels.

SO WHAT IS THE 'WALKING FOR WELLBEING' PROJECT?

The 'Walking for Wellbeing' project is a 3 year project that is aiming to get inactive people from lower socio-economic groups and deprived areas of Oxfordshire, with severe and enduring mental health conditions, to become active. This will be achieved through weekly walking groups, with a minimum of 30 mins active walking.

We will be setting up 37 walking groups per year; engaging 228 participants annually.



- The 'walking for wellbeing' project is not a replication or expansion of existing walking opportunities in Oxfordshire's but rather a bridging service between inactivity and ability to join one of the established walking groups.
- Our intervention differs from the established walking groups by being more adaptive to service user needs, e.g. shorter walks that leave from convenient venues such as hospital wards, surgeries and supported housing (which they already attend).
- Direct contribution to mental wellbeing improvements will be achieved through bite-sized information and advice that will be disseminated during the weekly walks.



PEER WALK LEADERS

Another key aspect of this project is the incorporation of peer support and identification of **peer walk leaders**.

The walking for wellbeing facilitator will attend each walking group initially. During this time they will aim to identify a peer walk leader, either from within the groups, or from our existing pool of physical activity peer volunteers, who will take over the walk leader role for each group.

PEER SUPPORT AND VOLUNTEERS

- At Oxfordshire Mind we utilise peer support through support groups, mentoring, befriending, self-help groups and community groups.
- Our peer support volunteers are service users with lived experiences of mental health difficulties, who volunteer and use their lived experiences to help and support others.
- The peer support model has proved incredibly successful for engaging and retaining service users in various projects and groups across Oxfordshire Mind. A vital part of our peer support model is mutual respect; with both those giving and receiving support being helped by the experience.

PEER SUPPORT MODEL AND WALKING!

- Within the groups we will create a safe and supportive atmosphere where service users can share their experiences, providing each other with new ideas and coping skills to help with their wellbeing.
- Our goal is that eventually all walks will be led by **peer walk leaders**.
- We will also be running 'walking for wellbeing' course's from the Restore Recovery College. These sessions will support our peer model by being run by an 'expert by experience' (a peer support worker) and the walking for wellbeing facilitator.

PEER SUPPORT IRL

A SHORT STORY ABOUT WHY WE LOVE PEER SUPPORT...

TWO SERVICE USERS ATTENDING ONE OF OUR 'STEPPING INTO WELLBEING' SESSIONS BEGAN A CONVERSATION RELATING TO PHYSICAL ACTIVITY. ONE WANTED TO CYCLE, BUT COULD NOT BECAUSE HIS BIKE WAS BROKEN. THE OTHER SERVICE USER THOUGHT HE MIGHT BE ABLE TO FIX IT...AND FIX IT HE DID!

THE TWO CONTINUE TO CYCLE TOGETHER AND HAVE FORMED A FRIENDSHIP BUILT ON MUTUAL RESPECT, MUTUAL SUPPORT AND A GROWING LOVE OF CYCLING AROUND OXFORDSHIRE.



WE BELIEVE IN THE POWER OF PEER SUPPORT.

SUPPORTING OUR SUPPORT



- Oxfordshire Mind provide peer support training; a program which covers areas like professional boundaries, communication skills and reflection. To provide the skills and tools our peer workers need!
- Regular supervision ensures that they feel supported and provides a forum for ideas, concerns, praise and planning for the future.
- Walk leader training will be available from our friends at the council, leading the 'Health Walks' walk leader training!
- Alongside the walking for wellbeing facilitator, the physical activity and wellbeing department will be on hand to provide support and guidance to the peer walk leaders.



THE IMPACT OF THE WALKING FOR WELLBEING PROJECT

- A bridging service to existing walks – Peer walk leaders and the walking for wellbeing facilitator will help groups to transfer to the existing walks when they feel ready.
- A starting point for activity for our service users; they may want to do something else once they become active – and that's great! We can signpost and support them to our many other physical activity options!



- If the groups want to continue walking beyond the intervention and keep providing one another with peer support – that's great too!

WHEN...



- **DELIVERY OF THIS PROJECT IS DUE TO START IN MARCH 2019.**
- **WE HAVE JUST APPOINTED THE FACILITATOR, WHO WILL BE STARTING WITH US IN JANUARY 2019.**
- **WE WILL BE RELEASING MORE INFORMATION ABOUT THIS SOON...SO WATCH THIS SPACE!**
- **THANK YOU FOR YOUR TIME 😊**