

Laura Brooks

Development Manager

“Promoting mental wellbeing through sport”



www.sportinmind.org

Sport in Mind is an independent mental health charity (unaffiliated to Mind) that delivers sport and physical activity programmes in partnership with the NHS to help improve the health and wellbeing of local people experiencing mental health problems.



How we started...



The sessions are for all abilities and the main aim is lots of FUN, all activities are open to men and women.



Who we work with...



- Exclusively for people, over 18, experiencing mental health problems, ranging from mild to moderate anxiety and depression, to severe and enduring conditions such as bipolar disorder and schizophrenia
- Our activities are delivered in partnership with Berkshire Healthcare NHS Foundation Trust (BHFT), local authorities, NGB's and GP's



What we do...

- Help to make physical activity more accessible to people experiencing mental health problems
- We deliver 40+ activities a week in Berkshire including: Badminton, Tai Chi, Yoga, Walking, Table Tennis and Football
- Raise awareness of the benefits of physical activity to participants and professionals



How we deliver?

- We work with people living in the community and also in inpatient care
- All groups supported by healthcare professionals
- Sessions are delivered by trained coaches in a safe and supportive environment
- All coaches are assisted by passionate, dedicated volunteers with lived experience



Why we do it...

- Reduces symptoms of depression and anxiety
- Increases self-worth
- Improves energy levels, concentration and sleeping patterns
- Improves mental health and wellbeing, aiding recovery
- Combats social isolation
- Builds confidence and self-esteem
- Enhance physical health
- Use volunteering as an accessible stepping stone back into mainstream society...



Key points

- Sessions are designed to be fun and relaxed
- Accessible to all sporting abilities
- Sessions are for people experiencing mental health problems, but do not focus on their 'mental health'
- Engage more men than other Mental Health support groups
- Organise fun tournaments bring people together



How can people access the sessions:

- Self referrals, the sessions are all drop-in, just turn up!
- GP's can refer patients
- Community Mental Health Teams (CMHT) and local organisations can encourage anyone they work to attend and can accompany them
- As a pathway from Prospect Park Hospital



Achievements...

- Helped in excess of **10,000** people experiencing mental health problems
- **92%** of service users highlighting improved mental well-being
- **Over a quarter** of these service users re-engaged in work, education or training within 12 months



Development...

- Organise targeted sessions: such as post-natal depression and engaging more women
- Making sessions more accessible: during the day, evenings and weekends
- Develop pathways into mainstream sports groups
- **Deliver sessions, in more locations across south England...**



The Southern Project...



The project will deliver weekly inpatient and community sports sessions across Oxfordshire, Buckinghamshire, Berkshire, Surrey, Dorset, Hampshire, Sussex and Kent, run in partnership with each of the NHS Trusts who deliver the mental health services across these counties.



Heart of the community...



The community activities will be delivered at accessible venues; sport and leisure centres, parks, community halls, etc. Their role will be to help people re-engage in sport in a community setting in order to support recovery, enable longer-term sports engagement.



Roll out...



The programme will be rolled out in a phased approach geographically in areas surrounding Berkshire before rolling out activities in identified areas further afield.

Delivery of activities will begin Winter 2018.



Thank you!



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