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Description automatically generatedService Summary**

Get Up & Go is funded by the National Lottery Community Fund to provide a mental health support service for older people living in Tameside. The project provides three pathways using non-medical terminology that older people can relate to. Each pathway has its own workbook based on cognitive behaviour therapy approaches as set out below:

**Get Going**: For people who are struggling to know where to start. They’re not sure they have the energy to make themselves and their life feel better.

**Get Busy**: For people who find themselves alone a lot of the time. Life used to be so busy and interesting, filled with different people and things to do… but at this stage, they’re not sure their life can be any different.

**Get There**: For people who have experienced bereavement and loss. They may have been told they will “get there in time”, but they’re not sure where “there” is and need some help finding their way.

Older people can access up to six 50-minute appointments in their own home, or at local partnership organisations nearer to home if they prefer.

The service also provides six-weeks of bereavement peer group support and one-off sessions for people awaiting more intensive therapeutic support from statutory agencies, as well as support to attend the first session.

Talking about mental health is still very new to older people. As such part of the remit of Get Up & Go is to engage older people in conversations about mental health, hold events to challenge myths and stereotypes and address the stigma associated with mental health so that older people have a better understanding and feel informed to maintain their wellness and empowered to seek the help and support they need.

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