Getting active for mental health – Get Set to Go

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@MindCharity
#GetSetToGo
Who are Mind?

We’re Mind, the mental health charity. We’re here to make sure anyone with a mental health problem has somewhere to turn for advice and support.
Peer support at Mind

Peer support is when people use their own experiences to help each other.

• **A sense of purpose:** everyone involved knows what you're working towards.

• **Everyone both gives and receives support.** How much you give and receive will vary over time.

• **Participants sharing their experience** of mental health problems
Why peer support?

Peer support offers many health and quality of life benefits. Both peer support workers and the service users they are supporting feel empowered in their own recovery journey, have greater confidence and self-esteem and a more positive sense of identity, they feel less self-stigmatisation, have more skills and feel more valued.

Repper, 2013
Get Set to Go

November 2014- October 2017

Supporting 75,000 people with mental health problems to access community sport and physical activities
Referrals
- Self referral
- Primary care
- Secondary care
Local delivery

Working with local Minds and partners in four regions:

**London** – Brent and Croydon

**North East** – Middlesbrough & Stockton and Tyneside

**North West** – Rochdale and Lancashire

**West Midlands** – Dudley and Herefordshire
Jolly Joggers @GStGDudley @DudleyMind1 join in with #timetotalk
day join #GetSetToGo and #runandtalk
#wolverhampton

We’ve started weekly Get Set to Go Bowls sessions - Friday’s 1pm. Thanks to Teens Active and Thornaby Pavilion staff for making us feel so welcome. Great turnout for the first week!
How peer support leads to positive outcomes

The **support** and **encouragement** you have provided to help me back into exercise has been invaluable. I feel so much more **hopeful** and **much better** in myself! And I’m really enjoying my new exercise routine! I never thought I’d be able to do this again, and wouldn’t have done so without Get Set To Go support – so, THANK YOU!
I've always loved football but never had the confidence to join a team, I went along to the training session full of anxiety but it was fantastic. They made me **welcome** and **encouraged** me, even though I was extremely unfit and not much kopa. I've **lost weight** and got fitter and even scored my first ever goal 25 years after getting left out of the school team. My proudest possessions are now my football boots and the medals I've won. I can't begin to explain how this has helped my **confidence** and **self-esteem**
Peer Sports Navigators

- Trained over 114 peer sports navigator volunteers

Themes:
- Motivated due to own experiences of physical activity and impact on mental health
- Role models who can break down stigma
- Personal benefits – mental wellbeing, confidence and professional development
- Challenges including internalising the pressures and not wanting 'to let people down

I do get quite a sense of **wellbeing** from being able to help effectively.... It gives me confidence, it gives me purpose, it gives me potentially new skills and it gives me the social stuff as well. It makes me interact with the world in a better way, a more successful way.
Online peer support from our Elefriends community

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard.

Our "Being active" theme helps community members easily share and find content about being active, to motivate, inspire and support each other.

www.elefriends.org.uk
Morning all. I’m watching the marathon. I did my run earlier and it was perfect running condition. Crisp and sunny. Good luck to anyone competing or like me went for a walk/run/walk/run. Btw I know just getting out of bed can feel like a marathon and respect to you as well xxx

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tomorrow will be a year since we’ve joined our local gym. since then, i’ve been there 6 days a week for nearly the whole year, i’ve slowly met some lovely people and those short interactions make me feel happier, but i crave more. small talk can only take me so far, i need deep conversations, i need to KNOW, really know people and make friends i can talk and spend time with. but i try to focus on the good things. i’m more active, i feel better, i am stronger than a year ago. and that’s what matters.

Theme: Being active
June’s story

Recommendations for peer support physical activity programmes

- Authentic – lived experience at the heart of the work
- Training, **supervision** and support is essential but without losing the organic nature of peer support
- Flexible
- Create the right environment and tone
- Encourage participants to set their own goals – choice and control
- Reward and recognise achievements
- Social and fun aspect is really important for everyone

Work in **partnership** to get more people with mental health problems active
Find out more....

Contact us: sport@mind.org.uk
Visit: www.mind.org.uk/sport

Read our interim report here

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