

Getting active for mental health – Get Set to Go

Hayley Jarvis – Community Programme Manager Sport

@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.



That cuppa.

It's the small
things that
can make a big
difference.



It's **#TimeToTalk** about mental health. time-to-change.org.uk



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?



Mental health peer support
in England: Piecing together
the jigsaw

September 2013

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

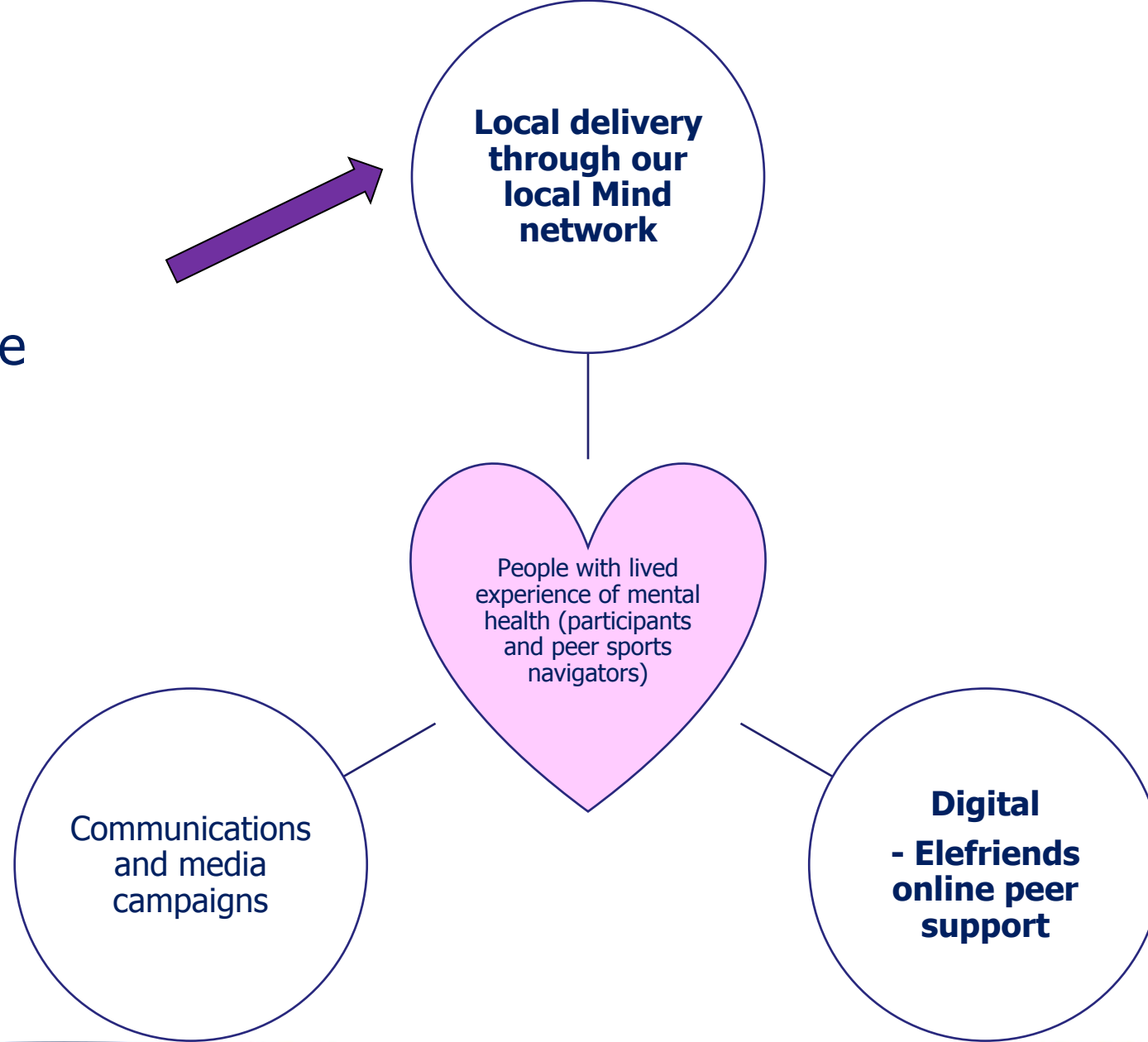
November 2014- October 2017

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



Lancashire Mind @LancsMind - Sep 12
Great fun today playing Seated Volleyball and Table Tennis with @AccessAbillityuk's #HealthyHearts group
#GetSettoGo

3 5



Hayley Jarvis @HayleyJarvis7 · Feb 4

Jolly Joggers @GStGDudley

@DudleyMind1 join in with #timetotalk day join #GetSetToGo and #runandtalk #wolverhampton



← ↻ 3 ❤️ 2 || ☰



We've started weekly Get Set to Go Bowls sessions - Friday's 1pm. Thanks to Tees Active and Thornaby Pavillion 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 kop. 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.

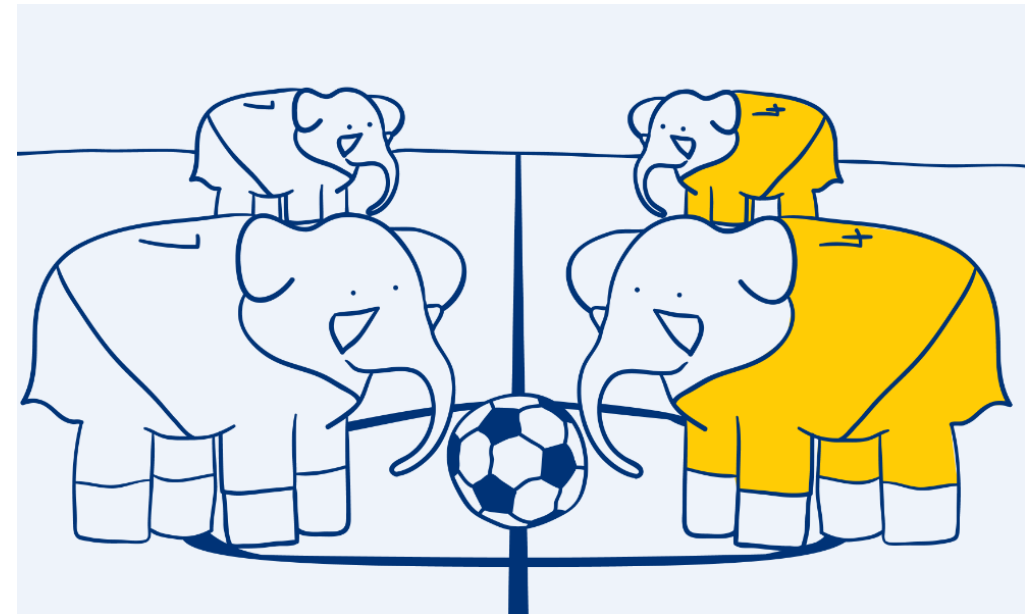


Online peer support from our Elefriends community

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



June's story



Get Set to **GO**
mind
for better mental health
SPORT ENGLAND
LOTTERY FUNDED

<https://www.tynesidemind.org.uk/news-blog.aspx>



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](#)

Follow the conversation... @MindCharity

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