

Get Set to Go

Mind's approach to sport and physical activity

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#GetSetToGo

@MindCymru



Overview



- Who are Mind and why are we interested in physical activity?
- What is Get Set to Go and what have we learnt from the programme in England?
- What does this mean for Wales?



About Mind



We're Mind, the mental health charity for England and Wales. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether you're stressed, depressed or in crisis. We'll listen, give support and advice and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.



Mental Health in Wales



- One in four adults in the UK will experience a mental health problem in any given year
- 5.4 million prescriptions for antidepressants were dispensed in Wales in 2016. This is a 115% increase from 2005.
- In the three years to 2016, only a fifth of people accessing a talking therapy in Wales felt they'd received enough sessions to stay well.
- Admissions under the Mental Health Act increased by 14% in Wales from 2014 to 2015.
- Estimated cost to Welsh economy is £7.2billion
- Mental Health is a Welsh Government priority under *Prosperity for All*
- Mental Health Measure and Parliamentary Review of Health and Social Care



Why is Mind Cymru interested in sport and physical activity?

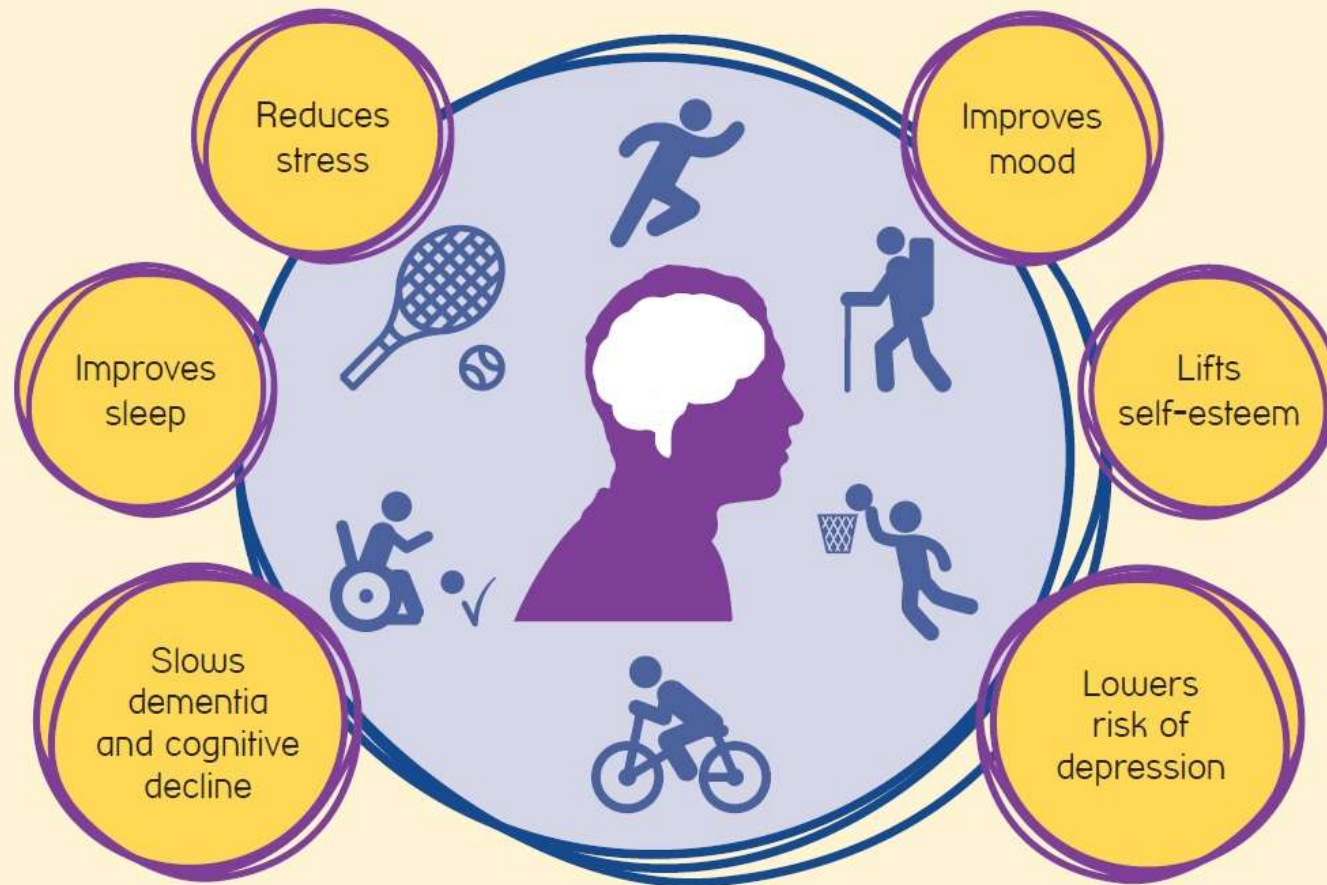


- Health benefits
- Tackle social isolation
- Develops skills
- Reach new and excluded audiences
- Tackle stigma and discrimination surrounding mental health

Non-clinical intervention which can demonstrate clinical outcomes



Impact getting active has on mental health



Adapted from Sport England (2017)

Get Set to **GO**

 **mind**
for better mental health

 **SPORT ENGLAND**
LOTTERY FUNDED



Get Set to Go

November 2014 – October 2017



How does a mental health problem make it harder to be active?

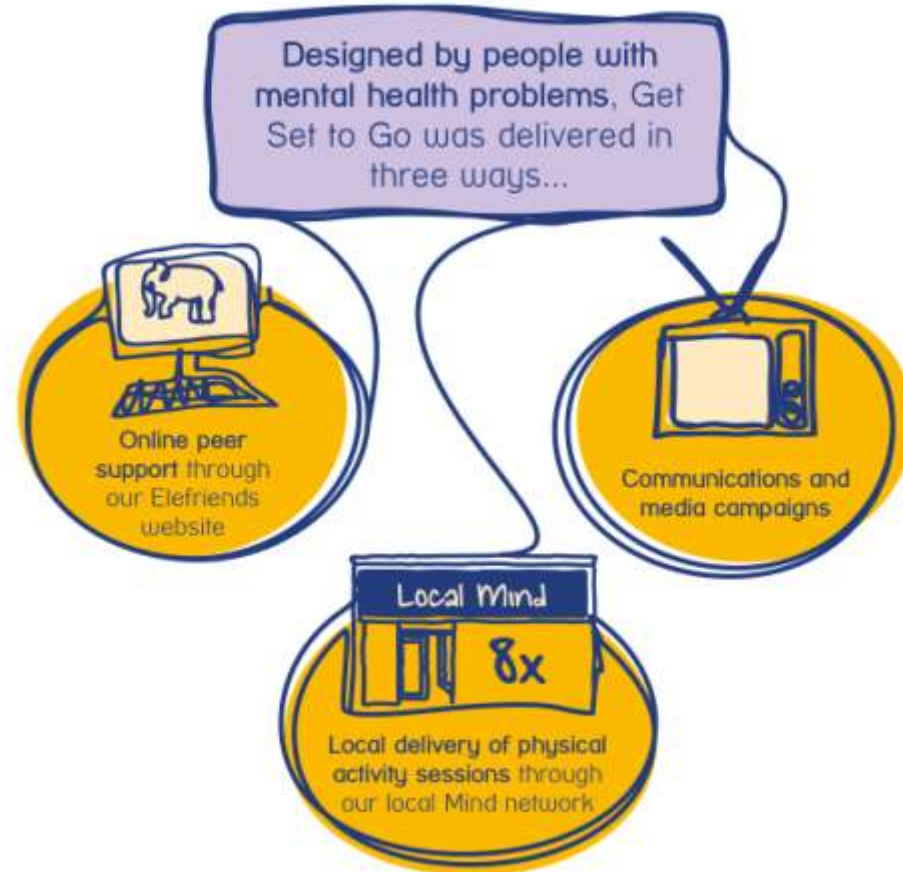


70% of people with mental health problems told us having a mental health problem made it more difficult to take part in sport or physical activity.

- More than half (55 per cent) said they are not 'gym body ready', saying they are not members of sports clubs, gyms or leisure centres, because they are embarrassed about their body shape or size.
- Nearly two thirds worry about taking part by themselves
- A third of respondents with memberships to sports clubs, gyms and leisure centres concede they would not want anybody to know about their mental health problem



The Get Set to Go model



A supportive social environment



Peers

Peer navigators

Sports Coordinators

- Encourage participation and learning new skills.
- Focus on fun and enjoyment
- Provide information on physical activity and wellbeing.
- Accept participants' behaviours and beliefs, while establishing boundaries.
- Acknowledge negative feelings, demonstrating trust, understanding and care.
- Help set realistic goals or small steps to becoming more physically active.
- Provide advice on overcoming barriers.



We wanted to understand:

- What is the relationship between sport and mental health recovery?
- What is the effectiveness of the Peer Navigator model for encouraging sustained sports participation?
- What is the impact of online peer support on mental health and sport participation?



Our impact



8,219

people accessed support to help them get active through our Elefriends website

83,282

people engaged with specially developed information on the benefits of getting active



Over 1,000



people contributed to the Get Set to Go research making this the largest ever study of its kind



3,585

people with mental health problems got active in a supportive setting



Findings



- Following the programme participants exercised on average an extra 1.3 days per week
- Those who were physically active on more days had better mental wellbeing, overall health, social support and felt more able to cope and be resilient
- Mental wellbeing was maintained over the 12 months for participants
- Participants engaged in more opportunities, improved their self-confidence and reduced rumination
- Participants felt more autonomous in their motivation to be more physically active.



Motivation

I love doing it

I can see that it is important

I should do it

I have to do it



Autonomous motivation

Controlled motivation

(Deci & Ryan, 2000)



Get Set to Go – recommendations



Lived experience
of mental health
and peer support
is key

Include family and
friends

Focus on
autonomous
motivation

Help people to
overcome barriers,
especially at the
start

Same place,
same time,
same coach

Provide volunteer
training and
support



Get Set to Go – recommendations



Send personalised text messages

Promote walking as an achievable activity

Develop strong links between the mental health and sport sectors

Sport sector staff should develop their knowledge of mental health



What does this mean for Wales?



Wellbeing of Future Generations Act (Wales)



- *“A society in which people’s physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.”*

Well-being of Future Generations Act (Wales) 2015: The Essentials: <http://gov.wales/docs/dsjlg/publications/150623-guide-to-the-fg-act-en.pdf> (Welsh Government May 2015)



Way forward for Wales



- Improved mental health being an outcome for investment into physical activity
- Physical activity opportunities to be led by and inclusive for people with mental health problems
- Choice of opportunities
- New partnerships to achieve new outcomes
- Work with Time to Change to tackle stigma



“I’ve always found that exercise is the one thing that gets me well again, with the depression, so yeah, and it’s invaluable, it’s excellent. It makes me feel great, just healthy and active. I don’t feel as tired or lethargic when I exercise and it makes me happy and content in myself”



Questions?

