Get Set to Go
Mind’s approach to sport and physical activity

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#GetSetToGo
@MindCharity
Overview of the session

- 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?
- The Mental Health Charter for Sport and Recreation
- Resources and support available
We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn to for advice and support.
Fact or Fiction?
Why is Mind interested in sport and physical activity?

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

Non-clinical intervention which can demonstrate clinical outcomes
Impact getting active has on mental health

- Reduces stress
- Improves mood
- Improves sleep
- Lifts self-esteem
- Slows dementia and cognitive decline
- Lowers risk of depression

Adapted from Sport England (2017)

Get Set to Go

for better mental health

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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.
Get Set to Go

November 2014 – October 2017
The Get Set to Go model

Designed by people with mental health problems, Get Set to Go was delivered in three ways...

- Online peer support through our Elefriends website
- Communications and media campaigns
- Local delivery of physical activity sessions through our local Mind network
North East:
The Tyneside and Northumberland & Middlesbrough and Stockton

West Midlands:
The Dudley & Herefordshire

London:
The Brent & Croydon

Get Set to GO

- 12 weekly blocks of group peer supported physical activity sessions and taster sessions
- 1-1 sessions through a team of peer volunteers
- Managed by local coordinator

Referrals
- Self referral
- Primary care
- Secondary care
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

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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?

What did we do?

- Surveys – baseline, 3, 6 and 12 months (local delivery and Elefriends)
- Control group        Depth interviews
- Case studies        Activity and mood diaries
Who took part in the survey?
* per cent of BAME participants
Please note
Stress is not a mental health diagnosis, however it can be a precursor to developing a common mental health problem.
What is the relationship between physical activity and mental health?
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
Why?

- Increased social interaction
- Building connections and genuine friendships
- Lived experience of mental health problems

Better social provision is linked to better mental wellbeing, feeling able to cope and be resilient across all time points.

This highlights the importance of programmes such as Get Set to Go for addressing loneliness and isolation.
Sport, physical activity and mental wellbeing

Mental wellbeing was maintained over the 12 months for participants and control group.

Participants engaged in more opportunities, improved their self-confidence and reduced rumination.
Motivation

Autonomous motivation

I love doing it

I can see that it is important

(Deci & Ryan, 2000)

Controlled motivation

I should do it

I have to do it
The relationship between motivation, physical activity and mental wellbeing

Mental wellbeing

Motivation

Overall health

Social support

Coping and resilience
What is the effectiveness of the peer navigator model for encouraging sustained participation in physical activity?
Increases in physical activity

Before joining Get Set to Go

- **28%** of participants did not do any sport or physical activity on any day of the week before the programme
- **82%** did not reach recommended levels of physical activity (150 minutes of moderate physical activity per week, in bouts of 10 minutes or more)

<table>
<thead>
<tr>
<th>Time</th>
<th>Increase in Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months</td>
<td>1.5 days</td>
</tr>
<tr>
<td>6 months</td>
<td>1.6 days</td>
</tr>
<tr>
<td>12 months</td>
<td>0.75 days</td>
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(DoH, 2011)
Barriers to being physically active

- Physical activity
- Mental health
- Physical health
- Sitting
Why was the peer navigator model effective?

- Lived experience of mental health
- Group sessions
- Clear structure
- Clear support process for peer navigator
- Text messages
- Good communication
- Good relationship with sports facilities
- Supportive social environment
A supportive social environment

- 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.
Course objectives:

• Understand common perceptions and misconceptions about mental health including the positive impact of sport and physical activity on physical and mental health.

• Appreciate the barriers that people living with mental health problems can experience when taking up a sport or physical activity.

• Be aware of how stigma and discrimination surrounding mental health impacts on people living with mental health problems.

• Identify practical actions that you can take to create a positive sporting environment that is more inclusive and accessible to people with mental health problems.

• Feel more confident to talk about mental health and know where to signpost people to if they need support.

• Develop an action plan to embed practices into your organisation.
325 course delegates took part in the research

- 81% of respondents agreed or strongly agreed that their knowledge of mental health had improved following the training. This was maintained after 6-months (83%)
- 84% of people agreed their attitude to mental health has changed
- 81% reporting they had used the knowledge from the training course.

Further engagement is required to reduce stigma ensuring whole organisational buy-in
Recommendations

- Lived experience of mental health and peer support are key
  - Programmes should be co-designed with those of us with personal experience of mental health problems
  - Peer-led, group sessions
- Include family and friends where possible
- Focus on autonomous motivation
- Volunteer training and support
  - Volunteers should know the signs of over-training
  - Build in support structures for volunteers
- Provide guidance on how to overcome the barriers to getting active, especially at the start.
Recommendations

- Walking should be promoted as an achievable, sustainable activity
- Pay attention to session structure and logistics
  - Regular structure with key exit routes
  - Run sessions in different areas
- Send personalised text messages
- Project staff should develop good relationships with the local sport sector
- Sport sector staff should increase their knowledge around mental health (i.e. MHASPA)
Our support to the sports and physical activity sector
Mental Health Charter for Sport and Recreation

• Create a welcoming, inclusive and positive environment for everyone to participate in sport and recreation.
• Encourage people to talk about mental health.
• Support people to seek help and support when needed.

www.sportandrecreation.org.uk/mental-health-charter
About the Charter

1. Promote wellbeing
2. Promote and adopt good mental health policies and best practice
3. Promote positive messages using diverse role models and ambassadors
4. Tackle discrimination
5. Support a pan-sport approach and share resources and best practice
6. Monitor your performance, assess progress and take positive action on mental health issues
Resources are just a click away!

Delivering a sport and physical activity service
A toolkit for mental health providers

Get Set to Go Programme Evaluation Summary
2014 to 2017

Get Set to GO
for better mental health
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Physical activity, sport and mental health

Why does being active matter?

- Improves mental health
- Reduces anxiety and depression
- Increases self-esteem
- Increases confidence
- Increases self-control
- Increases control over life
- Increases resilience
- Increases quality of life

Got Set to GO
Being active can change your life

What's stopping you?
How we can help you

- Broker relationships with mental health partners including your local Mind
- Share insight, best practice and research from Get Set to Go
- Join our Sport and Mental Health Advisory Network
- Deliver Mental Health Awareness for Sport & Physical Activity CPD courses
- Sharing case studies, personal journeys, images and videos
- Support you to sign up to the Mental Health Charter for Sport and Recreation
Discussion activity

In your groups discuss how you can support those of us with mental health problems to be more active.

• What best practice already exists?
• What support would you need?
• Who in this room could help you?
Our vision for sport and physical activity

Sport and physical activity should be used to build resilience, to enable and support mental health recovery and to tackle stigma.
Questions?
Find out more....

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

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