

Get Inspired to Be Active – sharing the learning from Get Set to Go

Date: Wednesday 8th February

Time: 1:00-4:30pm

Venue: Penn Room, Quaker Meeting House, Friargate, York YO1 9RL

Thank you for booking your place on this workshop. We hope that it will provide you with a greater insight into the resources needed to deliver physical activity sessions to support mental health and wellbeing.

Please note that, as this workshop is aimed at mental health organisations, **we will not be covering general information about mental health**. The content will focus on the resources, partnerships and processes that mental health service providers should consider when developing physical activity sessions to support mental health and wellbeing.

Mind will be developing resources specifically for the sport and physical activity sector later in the year. To find out more about Mind's sport and physical activity work go to: <http://www.mind.org.uk/sport>

During the workshop you will:

- Develop a better understanding of how physical activity can support mental health and add value to your existing services.
- Appreciate the different levels of investment and resources required to deliver interventions ranging from signposting to offering peer mentoring for participants.
- Hear ideas for generating revenue to set up and sustain physical activity sessions.
- Find out more about the type of support available from Mind to help you get started and to build your current offer.

Event programme

1pm	Registration and refreshments
1:30 pm	Welcome to the workshop
1:45 pm	How are physical and mental health linked? An opportunity to gain a better understanding of how physical activity can support mental health and add value to your existing services.



2:10 pm	<p>What physical activity offer might be right for my organisation?</p> <p>A chance to look at the different levels of investment and resources required to deliver interventions ranging from signposting and guidance to offering peer mentoring for participants.</p>
2:55 pm	<p>Break</p>
3:05 pm	<p>Building relationships with the sport sector</p> <p>Top tips on building productive relationships with key stakeholders within the local sport and physical activity sector.</p>
3:25 pm	<p>Finding funding for physical activity sessions</p> <p>Ideas for generating revenue to initiate and sustain physical activity sessions.</p>
3:50 pm	<p>Support available from Mind</p> <p>A look at the type of support available from Mind to help you get started or to build your current offer.</p>
4:05 pm	<p>Q&A</p>
4:25 pm	<p>Close and goodbyes</p>

Transport and directions

A map to the venue can be accessed [here](#), which includes details of nearby car parks.

Event contacts

If you have any queries about the event then please contact the Sport and Physical Activity team at Mind on sport@mind.org.uk

On the day of the event you can contact **Tony Li**, Senior Project Officer at Mind on 07557 150 172.

