



## Physical Activity Advisory Group – help Mind use the power of lived experience to improve sport and physical activity provision

- Do you want to help the sport and leisure sectors create a more welcoming environment for people with mental health problems?
- Are you looking for an opportunity to develop your skills and enhance your CV?

### What do you mean by sport and physical activity?

Throughout this document we use the term 'sport and physical activity'. By this we mean any activity that involves bodily movement that raises your heart rate and requires energy expenditure. This could be anything from walking and cycling to boxing and playing squash.

### Why does Mind need this group?

All of Mind's work, including sport and physical activity, is shaped and influenced by people like yourself – people with lived experience of mental health problems. This ensures we deliver appropriate and effective services that meets their needs.

Since 2014, Mind has delivered the successful [Get Set to Go programme](#), which has been co-designed and co-delivered by people with lived experience of mental health problems (see the end of this document for more information about the programme).

In this next phase of the programme, the Physical Activity team at Mind want to bring together an advisory group of 12 people with lived experience to influence the Get Set to Go programme and Mind's wider sport and physical activity work at a national level. We want to help leisure centres, sports clubs, gyms, and other sport and physical activity providers to create a more welcoming environment for people with mental health problems.

We've tried to answer some of the key questions you may have about the Physical Activity Advisory Group in the table below. If you have any other questions then please email the Physical Activity team at [sport@mind.org.uk](mailto:sport@mind.org.uk) or give us a call on 07557 150 172.



<p><b>Who are you looking for?</b></p>	<p>Whether you are a committed runner or someone who is really interested in getting active, but doesn't know where to start, we would like to work with you.</p> <p>We are looking for a broad range of people with the following attributes to be part of the group:</p> <ul style="list-style-type: none"> <li>• A mix of people who <b>either</b>: <ul style="list-style-type: none"> <li>○ currently taking part in sport and/or physical activity to support their own mental health and wellbeing <b>OR</b></li> <li>○ those who aren't currently active or have never take part in sport and/or physical activity</li> </ul> </li> <li>• Willing and confident to share their views, thoughts and comments within a group</li> <li>• Willing to prepare for meetings (e.g. reading information provided beforehand)</li> <li>• Able to commit to meeting three times a year until March 2021. These will be either face-to-face or online (e.g. Skype).</li> </ul>
<p><b>What will I get in return for being on the group?</b></p>	<p>If you apply and are selected to be on the Physical Activity Advisory Group you will receive the following:</p> <ul style="list-style-type: none"> <li>• An engagement fee of <b>£50 per session</b></li> <li>• Reasonable travel expenses will be covered</li> <li>• A <b>welcome kit bag</b> to include a branded polo shirt or hoodie, pedometer and other goodies.</li> <li>• Be part of a group that shapes and influences the sport and physical activity sector at a national level, which you can reference in your CV.</li> </ul>
<p><b>What will I have to do if I am on the group?</b></p>	<p>If you apply and are selected to be on the Physical Activity Advisory Group you will be involved in the following activities:</p> <ul style="list-style-type: none"> <li>• Reviewing and providing feedback on key resources that either: 1) encourage people with mental health problems to be more active, or 2) improves the knowledge of sport and physical activity sector staff and volunteers around mental health.</li> <li>• Plan for events and conferences, with speaking opportunities for any member of the group who would like to share their experiences.</li> <li>• Help us decide which sport and physical activity organisations we should work with and help us influence key organisations in this and the health sector.</li> <li>• Shape our wider sport and physical activity work including our plans for post 2021.</li> </ul>
<p><b>What is the process for getting on to the group?</b></p>	<p>1. If you are interested in applying to be part of the group, please email <a href="mailto:sport@mind.org.uk">sport@mind.org.uk</a> by <b>Friday 23<sup>rd</sup> November</b>, answer the following questions.</p>



	<ol style="list-style-type: none"> <li>a. Why would you like to be involved in the Physical Activity Advisory Group and what skills and experience are you hoping to gain?</li> <li>b. What current experiences or skills would you feel you can contribute as a member of the group? For example:             <ol style="list-style-type: none"> <li>i. Contributing to an existing advisory or steering group</li> <li>ii. Experience of organising or speaking at events</li> <li>iii. Campaigning or influencing organisations, participating in</li> <li>iv. Delivering sessions that use physical activity to support mental health</li> </ol> </li> <li>c. Do you have personal experience of a mental health problem? You can disclose as much or as little information as you feel comfortable with.</li> <li>d. The first meeting will be at Mind's offices in Stratford, London on <b>Wednesday 19th December</b> between 12:45-4pm. Will you be able to attend?</li> <li>e. Are you also happy to commit to attending an additional nine meetings over the next 2.5 years? If travelling is a barrier to your involvement then please talk to us about how we can support you or alternative ways in which you can feed into the group. We are also open to holding meetings in different parts of the country if that is more convenient for members.</li> </ol> <p>We will review all of the applications and let you know if your application has been successful by <b>Wednesday 28th November</b>.</p>
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#### How we will process the information you provide:

We take your privacy seriously and promise to never sell your data. You can change your mind at any time and you can find out more about how we look after your details by reading Mind's Privacy Policy.

For more information, to update your choices or to stop us sending you updates, please contact the Physical Activity team at [sport@mind.org.uk](mailto:sport@mind.org.uk)



## Mind's Get Set to Go Programme

In 2014, Mind launched the [Get Set to Go](#) programme, which uses the power of peer support to help people with experience of mental health problems be more physically active.

With support from Sport England and the National Lottery, Mind has directly supported over **3,500 people** to be more active, many of whom felt they were more resilient and better able to cope with life's challenges after taking part. Importantly, those who took part in Get Set to Go also enjoyed the experience, with **78%** of participants rating the programme as either very good or excellent after 6 months.

A further **83,282 people** have seen our physical activity information resources and **over 8,000 people** have found support to be more active through the [Elefriends](#) online peer support community.

Through Get Set to Go, Mind has also worked with the sport sector to remove the barriers that those of us with mental health problems face when trying to be active. Over **186** local community organisations have received tailored [Mental Health Awareness for Sport and Physical Activity](#) training. Mind have also supported the [Mental Health Charter for Sport and Recreation](#), which aims to challenge mental health stigma and discrimination across the sports sector. Over **300** organisations across the country have signed the Charter, including big names such as the FA and English Cricket Board, and in doing so are pledging to raise the profile of mental health amongst their staff, volunteers, athletes and fans.

Mind is also proud to be the charity partner for the **English Football League (EFL)**, with a goal to enhance and improve the way that football, sport and society approaches mental health. The EFL will work with its network of 72 Clubs and community trusts to promote Mind's message and services to millions nationwide with four ambitions to promote better mental health:

- support EFL players, managers and staff
- raise awareness about mental health with fans, clubs and staff
- raise funds to deliver life changing support
- improve the approach to mental health in the EFL, in football and in wider society.

