




Mental Health & Physical Activity Services

There are many studies which have shown the positive impact taking part in physical activity can have on individual's mental health; better sleep, happier moods and managing stress, anxiety or intrusive and racing thoughts.

To support referrals into physical activity services for those with mental health conditions, the table below provides information on three services available in Warwickshire.

	Fitter Futures 	Get Set to Go 	Men Talk 
Referrals Accepted <ul style="list-style-type: none"> • <i>Self-referrals</i> • <i>Referrals by healthcare professionals</i> 	Referrals by Health Professionals	Self Referrals Referrals by Health Professionals	We accept self-referrals and referrals from professionals (health, education, 3 rd sector, etc).
How to refer <ul style="list-style-type: none"> • <i>Main contact</i> • <i>Links to referral form</i> 	<ul style="list-style-type: none"> • Online portal (account required) • Postal referrals sent to: Fitter Futures Team, Customer Service Centre, Shire Hall, Market Place, Warwick, CV34 4RL • Referral form 	getsettogo@springfieldm.ind.org.uk 01789298615 48 Cygnet Court Timothy's Bridge Road Stratford-upon-Avon CV37 9NW Or through the Fitter Futures online portal	Complete the referral form available here: www.ccfco.co.uk/community/sbitc-health/ or contact Robert.Chandler@sbitc.org.uk
Location <ul style="list-style-type: none"> • <i>Geographical area delivers in</i> 	Warwickshire	Warwickshire	Warwickshire & Coventry
Eligibility Criteria <ul style="list-style-type: none"> • <i>Mental Health Conditions</i> • <i>Gender</i> 	Aged 16+. Must be registered with a Warwickshire GP Mild to moderate conditions <ul style="list-style-type: none"> • Depression • Anxiety • Low Mood • Cognitive Impairment 	Aged 18+ Anyone who feels they are struggling with their mental health or wellbeing, from low level to those with SMI, with or without a diagnosis. This can include those experiencing: <ul style="list-style-type: none"> • Stress • Anxiety • Panic attacks • Low mood • Depression • Loneliness • Sleep • Anger • Isolation • Worry • Low energy • Poor lifestyle • Low self-esteem 	Men aged 18+ Men struggling with their mental health and well-being (from low level to severe)

<p>Format of Course</p> <ul style="list-style-type: none"> Length of course Number of sessions 	<ul style="list-style-type: none"> 12 week physical activity programme in a leisure centre/ at home 	<p>Taster Sessions</p> <p>6-12 week Courses (both online and face to face)</p> <p>Wellbeing packs for home exercise/ physical activity</p> <p>Walking groups (COVID-permitting)</p>	<p>6-week programme, one session per week lasting approx. 2 hours. Ongoing maintenance sessions will be offered following the 6 weeks (once a week).</p>
<p>Description of Activity</p> <ul style="list-style-type: none"> What type of physical activity 	<ul style="list-style-type: none"> Personalised physical activity plan based on interests, goals, and reason for referral Cardio, strength, flexibility, and balance 	<p>Multiple forms of physical activity (not exclusively sport based e.g. walking, dance, gardening etc.)</p>	<p>90 mins of activity – whether that be sport, arts and crafts, sight-seeing etc. followed by a 30-minute mental health workshop (psychoeducation, regulation skills teaching, etc).</p>
<p>Type of Delivery</p> <ul style="list-style-type: none"> Online Face to face 	Online & Face to face	Online & Face to face	Face to Face
<p>Cost</p> <ul style="list-style-type: none"> Per session Whole Course 	Differs for each leisure centre but, costs are discounted through Fitter Futures	Free	6-week intervention: Free Weekly maintenance session: £2
<p>Contact Details</p> <ul style="list-style-type: none"> Name Email Address Contact Number Website 	<p>Georgia Denmark</p> <p>fitterfutures@warwickshire.gov.uk</p> <p>01926 351077</p> <p>www.warwickshire.gov.uk/fitter-futures</p>	<p>The Get Set to Go Team</p> <p>getsetto@springfieldmind.org.uk</p> <p>01789298615</p>	<p>Robert Chandler</p> <p>Robert.Chandler@sbitc.org.uk</p> <p>07891707761</p> <p>https://www.cafc.co.uk/community/sbitc-health/</p>
Additional Information	<p>Fitter Futures offers support for a range of conditions, from mental health to recovering from cancer.</p> <p>To set up a referral account, please email fitterfutures@warwickshire.gov.uk</p>	<p>Springfield Mind offers other areas of mental health and wellbeing support in Warwickshire and Worcestershire (Wellbeing for Warwickshire, Breathing Space, Active Monitoring in Warwick, Green Minds, Moodmaster, Worcestershire Safe Haven, Worcestershire Telephone Triage Service)</p>	
Covid-19 Delivery	<p>Free virtual support throughout the pandemic. Personalised home programme, weekly digital exercise classes, coffee catch ups and welfare calls. Will extend to outdoor exercise classes when permitted.</p>	<p>Online virtual sessions. Wellbeing packs posted to individuals.</p>	<p>Virtual via Zoom.</p>

If you have any questions or would like to find out more about these services please use contact details to call or email directly as each service are more than happy to help.