

Get Set to Go recommendations



Based on the findings from phase one of our Get Set to Go programme, 18 recommendations were developed by Loughborough University and Mind to help organisations wanting to support people experiencing mental health problems to be active (see pages 38-39 of the [Get Set to Go Programme Evaluation summary](#)).

The table below showcases a selection of the top recommendations.

Recommendation	Information
Involve people with lived experience of mental health problems	<p>It's vital to include people with lived experience of mental health problems in the design, development and delivery of any physical activity service focusing on mental health (see Guide 3: Involving people with lived experience of mental health problems in the design and delivery of your work for more information on how to do this).</p> <p>It's important to involve people who represent the local community and from a diverse range of backgrounds (for example age, gender, race, faith/culture, disabled/non-disabled) to ensure your activity is inclusive and appropriate for different groups of people.</p>
Include family and friends	<p>Family and friends should be included in the activity through 'bring a friend' and/or introductory sessions.</p>
Focus on autonomous motivation	<p>Activities should focus on increasing the motivation of participants by helping create feelings of autonomy (wanting to be active because they enjoy it, rather than they feel pressured into it), competence and connectedness.</p>
Help to overcome barriers to participation	<p>Organisations should identify and understand the barriers preventing people experiencing mental health problems from attending their activities. People may also face barriers due to disability, faith/culture and/or other reasons.</p> <p>With this knowledge, organisations can then adapt their activities to reduce or remove these barriers and inform participants of the adaptations.</p> <p>Give extra support to participants attending their first session, including practical information and support to access the session and facilities.</p>

Recommendation	Information
Same place, same time, same deliverer	Minimise changes where possible. Try and ensure activities take place at the same venue, at the same time and with the same person delivering each session. Let participants know about changes in advance.
Involve peer volunteers and provide training and support	<p>Volunteers play a fundamental role in all sport and physical activity services. Try to include peer volunteers – volunteers with lived experience of mental health problems – in your activities. You could encourage participants to become peer volunteers if they are confident and comfortable doing this role.</p> <p>All volunteers will need training at the start of their role as well as ongoing support (supervision, guidance, a dedicated person to contact if they have any issues).</p> <p>For more information please see Guide 6: Engaging volunteers in a physical activity and mental health service.</p>
Send supportive messages	Personalised supportive messages should be used to prompt participants, including people who have stopped taking part in the programme. Messages may encourage participants to return to sessions and reduce relapse (i.e. returning to previous levels of physical activity).
Develop links between physical activity and mental health providers	It is important to build good, strong relationships between physical activity and mental health organisations. This will help to maintain stability for participants, provide a welcoming atmosphere and sustainable activities.
Upskill those involved	Physical activity staff should be upskilled on mental health and mental health staff on physical activity. This will help to improve the participant's experience.
Promote walking as an achievable activity	<p>Walking should be promoted as an achievable, beneficial and sustainable method of being active.</p> <p>In Get Set to Go, walking was shown to be an effective starting point for inactive people as well as for those returning to activity. Importantly, walking was something Get Set to Go participants could maintain when their mental health declined.</p>
Develop activities that can take place in person and at home	Providing people with the choice to take part in sessions in person or at home/remotely will ensure you reach more people. This is especially important for people who feel uncomfortable coming to activities at the start or are digitally excluded (who don't have internet or a computer/phone, for example).