



Executive summary

Our impact report shows what we've achieved through our [Get Set to Go](#) and Sector Support programmes from 2018 to 2021.

We launched our [Get Set to Go](#) programme with the support of Sport England and the National Lottery in 2015 to help people with mental health problems benefit from being physically active.

In 2018, we created our **Sector Support programme**. This aimed to increase the number of sport and physical activity providers equipped with the skills to support and engage people with mental health problems in physical activity.

In our full report, you'll read about the amazing people and participants who came together to make these projects a success. Coronavirus meant we had to rapidly change and adapt our plans to a new situation. But not even a global pandemic stopped our participants and volunteers sharing the potential of physical activity.

The impact of Get Set to Go (2018-2021)

Supported

5,842

people with mental health problems to benefit from physical activity

19 local Minds delivered the programme with

348

volunteers supporting people to get active through group and one-to-one sessions

65% 

of participants increased their activity levels during the programme, and their quality of life score also improved

The impact of our Sector Support programme (2018-2021)

We directly supported

259,343

people working or volunteering in the sport and physical activity sector - we estimate they work with or support at least 5.6 million people

38,011

people enrolled on our Mental Health Awareness for Sport and Physical Activity eLearning – 88 per cent said learning from the course led to some or substantial difference to their coaching

18 million

people reached through our On Your Side partnership with the English Football League which also raised funding to extend Get Set to Go to a further nine local Minds

What's next?

Every step of the way we've captured what we've learned from the [Get Set to Go](#) and Sector Support programmes to help others. Plus, we appointed Loughborough University to independently evaluate our Sector Support programme. On the back of the evaluation and learning, ten recommendations have been created to help any organisation to support people living with mental health problems to be physically active.



Recommendations summary

The following recommendations are for Mind, the sports sector and anyone providing physical activity to people with mental health problems.

- 1** Increase engagement from target groups such as young people, people from racialised communities and people living in poverty
- 2** Embrace different people's needs by being flexible and adaptable
- 3** Prioritise opportunities for socialising and peer support
- 4** Provide clear responsibilities and informal roles for volunteers
- 5** Involve people with lived experience of mental health problems in the design, development, and delivery of projects
- 6** Mental health should be embedded across all work and activities
- 7** Focus on employees' mental health alongside delivering mental health initiatives externally
- 8** Introduce mental health champions and/or mental health leads
- 9** Increase collaboration and knowledge exchange between sport and mental health organisations
- 10** Increase promotion of success stories and good practice examples

We want this learning to inspire others, both inside and outside the sector, to make the connection between physical activity and mental health. And by offering evidence of our impact, we hope to fuel a safer, more welcoming sector for everyone.