

# Moving towards better mental health



Between 2018-2021, we were funded by Sport England and the National Lottery to deliver two physical activity programmes.

## Get Set to Go

Helping people with mental health problems benefit from being physically active in their local communities.

## Sector Support

Increasing the number of organisations equipped with the skills to support and engage people with mental health problems in physical activity.

Supported


**5,842**

people with mental health problems to benefit from physical activity

Delivered by

**19 local Minds**

with the support of **348 volunteers**

**65%** 

of participants increased their activity levels during the programme

Directly supported

**259,343**

people working or volunteering in the sport and physical activity sector

It's estimated the people directly supported will **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

**61%** 

of participants' quality of life scores increased during the programme

 **Being physically active has made me more motivated to do things. I've got to meet new people. It just makes me feel happier.** 

Get Set to Go participant

**88%** 

said learning from the course led to some or **substantial difference to their coaching**

Our On Your Side partnership with the English Football League reached over

**18 million people**

**2,549+**

football staff accessed mental health training as part of our On Your Side partnership with the English Football League