

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.

Supported
5,842
people with mental health problems to benefit from physical activity

Delivered by
19 local Minds
with the support of **348 volunteers**

“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

65% ↑
of participants increased their activity levels during the programme

61% ↑
of participants’ quality of life scores increased during the programme

Sector Support

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

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

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