

The aim of the project was to address **increased** prevalence of **mild to moderate mental health** problems by embedding physical activity into mental health service pathways.

A programme of **System Change** instigated by **Leap** and **Healthy Minds, the Buckinghamshire IAPT service** provided by **Oxford Health NHS Foundation Trust** and working in partnership with health and charity partners.



## COMMUNITY NEED

**10,000**

Referrals a year into Healthy Minds Bucks services, with a waiting list in place.

**7.3%**

Rate of recorded depression in least deprived 20% of GP surgeries.

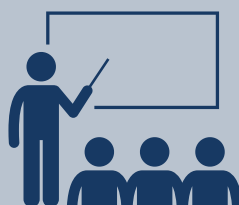
**9.1%**

Rate of recorded depression in most deprived 20% of GP surgeries.

- Both CCG areas show a **steady increase in cases of common mental health problems** from 2015/16 onwards.
- Increased evidence that regular physical activity can have a positive impact on **depression, anxiety, and ADHD**. It also relieves **stress**, helps you **sleep better** and boosts your **overall mood**.
- Physical activity helps prevent or manage many long-term conditions such as **type 2 diabetes, cardiovascular disease** and some **cancers**.
- A further need was demonstrated through **lived experience** feedback from **Get Set To Go** community session **participants** and **coaches**.



Identifying tackling poor mental health as a key priority in Leap's strategy.



Providing Mental Health Awareness and Physical Activity training for coaches, instructors and therapists.

## THE PROJECT JOURNEY



Securing 'Get Set To Go' investment to establish physical activity sessions for adults with mental health problems.

Gaining confidence and building a relationship with the Healthy Minds Bucks service, to deliver a quality improvement project that incorporates physical activity into their conversations.

**Strategy** - priorities included in organisational strategy and other key partners strategies, with action points owned by partners.

**Patience, timing and resolve** - be aware that Systems Change can take some time to develop, be patient but capitalise on opportunities to encourage change.

**Partnerships and collaborations** - this is vital to bring together different skill sets and influencing to make change happen.

### WHAT WERE THE KEY AREAS TO MAKING SYSTEMS CHANGE HAPPEN?

**Building relationships** - it was important to build a good working partnership with the Healthy Minds Bucks service and understand the challenges to signposting to physical activity.

**Get Set To Go funding** - securing funding from Sport England, in partnership with Buckinghamshire MIND and Bucks Public Health team started to address the initial need which could lead to wider Systems Change.

Local MIND discussions with service users on activities and the best days/times.

The Get Set To Go project provided regular feedback through peer led activities.

How was lived experience used for the planning and delivery of this Systems Change?

Feedback from Healthy Minds Bucks patients and therapists.

Coaches had lived experience of a mental health problem, which raised their interest in being involved in the project.





“  
To create Systems Change partnerships with like minded organisations are extremely important  
”

## PILOT PROJECT OUTCOMES

→ *The overwhelming majority of the therapists have said that the physical activity consultation was relevant to the patients they assessed.*

→ *All clinicians indicated that it is feasible to include this physical activity consultation in all standard assessments, some adaptations will be important to consider, be it the time taken to have this conversation or personalising the advice more towards the needs of the service user.*

→ *Over 200 instructors and coaches have been trained in the mental health awareness for sport and physical activity course, which is set to increase with further rollout and the support of the Active Medicine programme.*



“ *The feedback from service users at follow up was positive and many reported that having a physical activity consultation was a nice touch to the care that they are being offered and added a sense of value.* ”



“ *All service users contacted at follow-up agreed that the intervention was acceptable, with some also reporting an increase in their physical activity levels in the time between assessment and follow up.* ”

**Training** was key to increasing awareness and signposting for mental health, as well as upskilling local instructors, coaches, therapists and health professionals for this to continue over the long-term.

**The IAPT service pilot study** was important for sustainability, testing it first to identify any issues before rolling it out to the wider service.

### SUSTAINABILITY

**Sport England 'Get Set To Go' funding** helped set the scene for the impact of physical activity on mental health, further funding from Public Health helped extend the project to continue the work.

**Learning** from this Systems Change led to sharing practice with iCOPE Camden and Islington IAPT service and Sport England to co-produce and implement 3 separate physical activity interventions within the IAPT service.

## SHARING BEST PRACTICE

1

Include your target and priority audiences in your own and the countywide strategies.

4

Gain creditability and evidence through delivery, then use this to go back and create Systems Change.

2

Get partners to take ownership of actions in wider steering group plans.

5

Join up different programmes with similar objectives e.g. Involving Active Medicine.

3

Collaborate and share intervention success, you need partners to achieve Systems Change.

6

Be patient - it can take a long time to achieve Systems Change, keep working with relevant partners to progress.

## CONTACT INFO

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