

Exploratory Workshop

Using physical activity to improve mental health and well-being

Collective ambitions to achieve together

We want everyone to recognise the critical importance of being active for their mental health and wellbeing.



 www.activeoxfordshire.org

Co-designing a new collective framework for Oxfordshire

We're excited to announce that we are co-creating a new physical activity strategy for Oxfordshire. Join us and help ensure that every adult and child in our county has an equal chance for an active life.

Working together across Oxfordshire to embed physical activity in everything we do

What do we need to do?



Chat in breakout groups on Zoom and **choose one of the following changes** that you agree will have **most impact** in helping to use physical activity to improve mental health and well-being

Culture

How do we create a culture that values physical activity in the prevention and treatment of mental health conditions?

A

Framework

How do we link physical activity into new and existing mental health frameworks

B

Practice

How do we create good mental health practice in the physical activity sector?

C

Something Different

Please identify a specific change

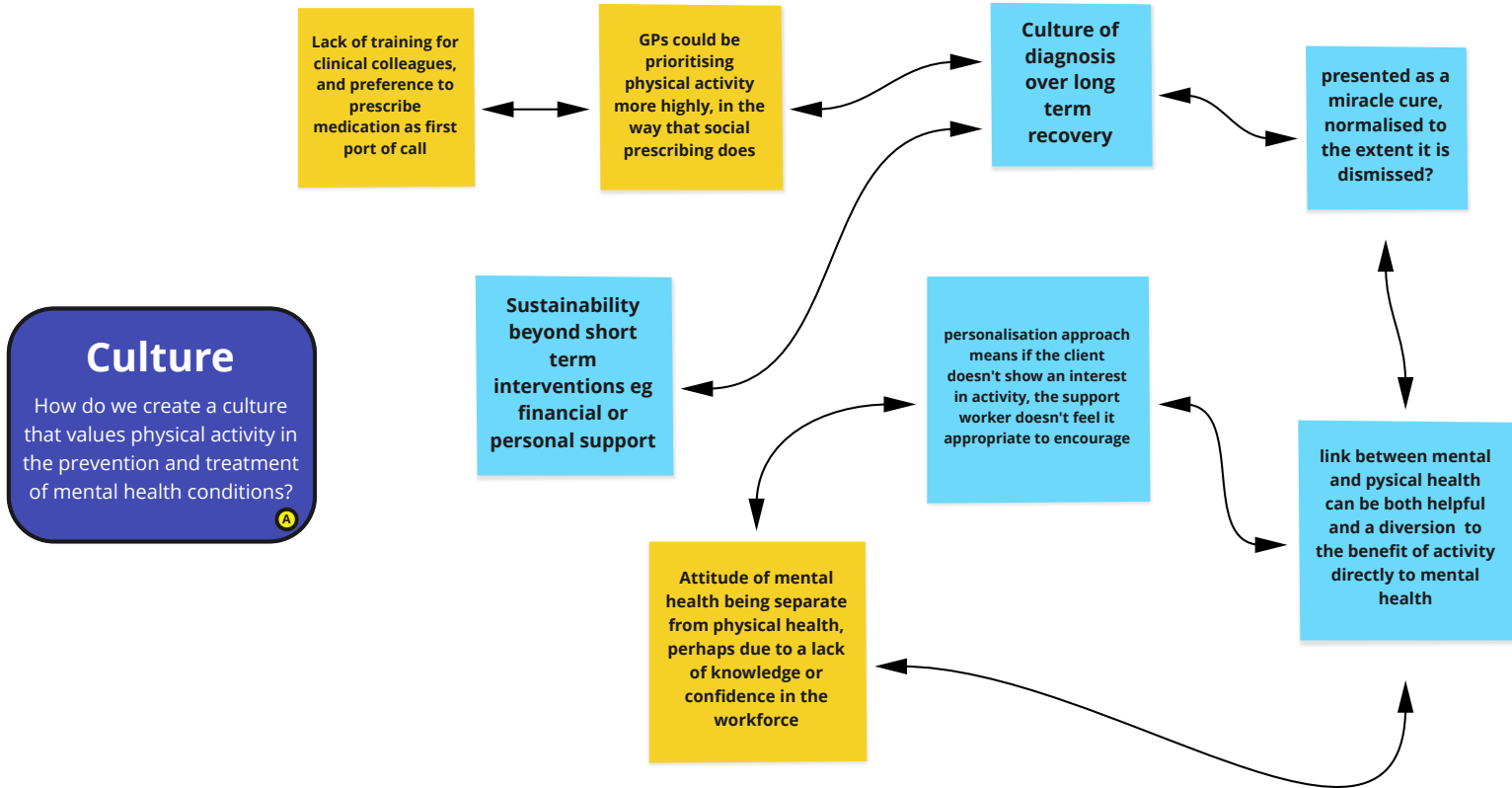
D



We want to explore what we need to work on together by looking below the surface at what gets in the way of our collective ability to use physical activity to improve mental health and well-being

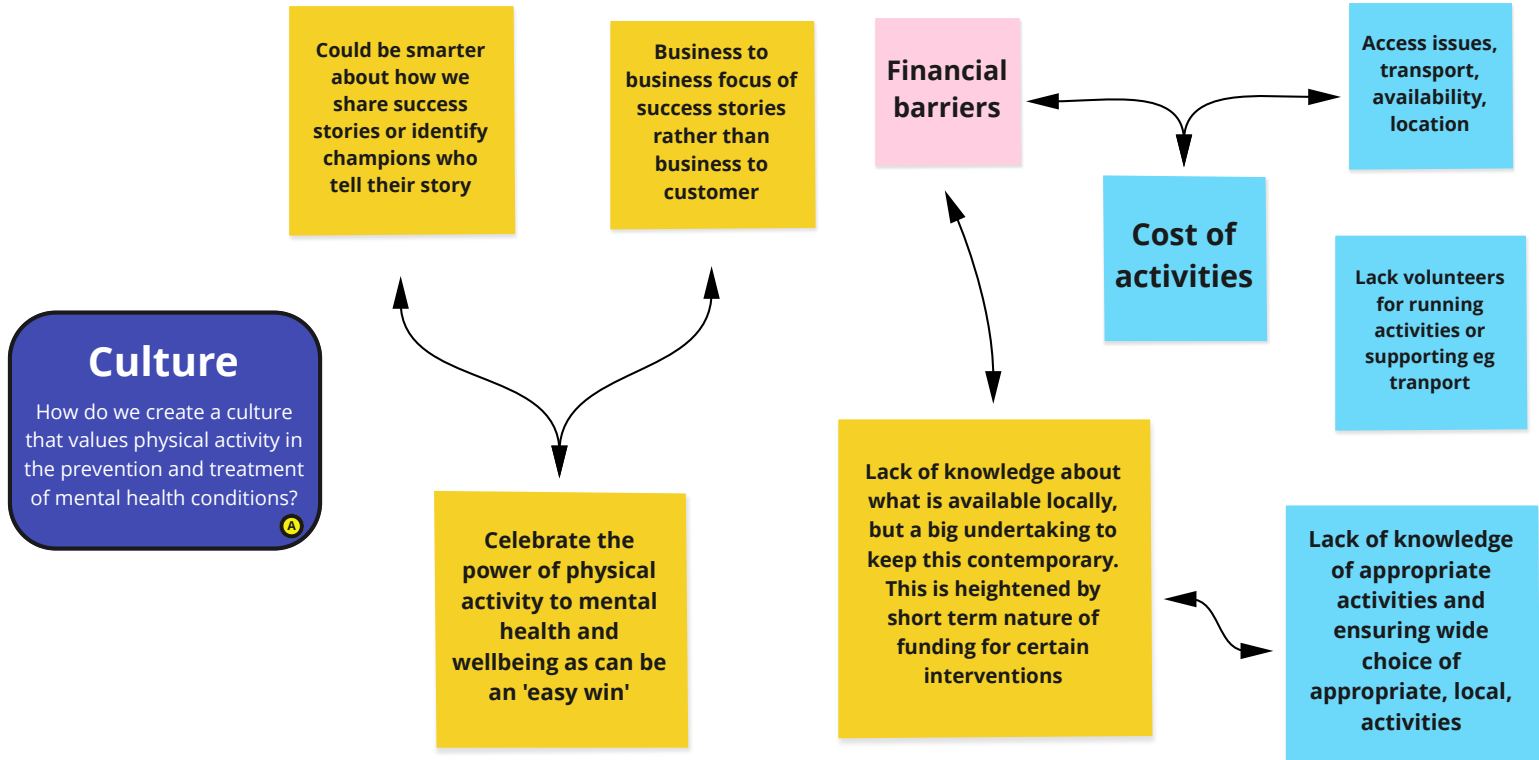
*The reasons that each breakout group gave for choosing a change will added after we have listened to the recording
The chosen change is ticked.*

What gets in the way?



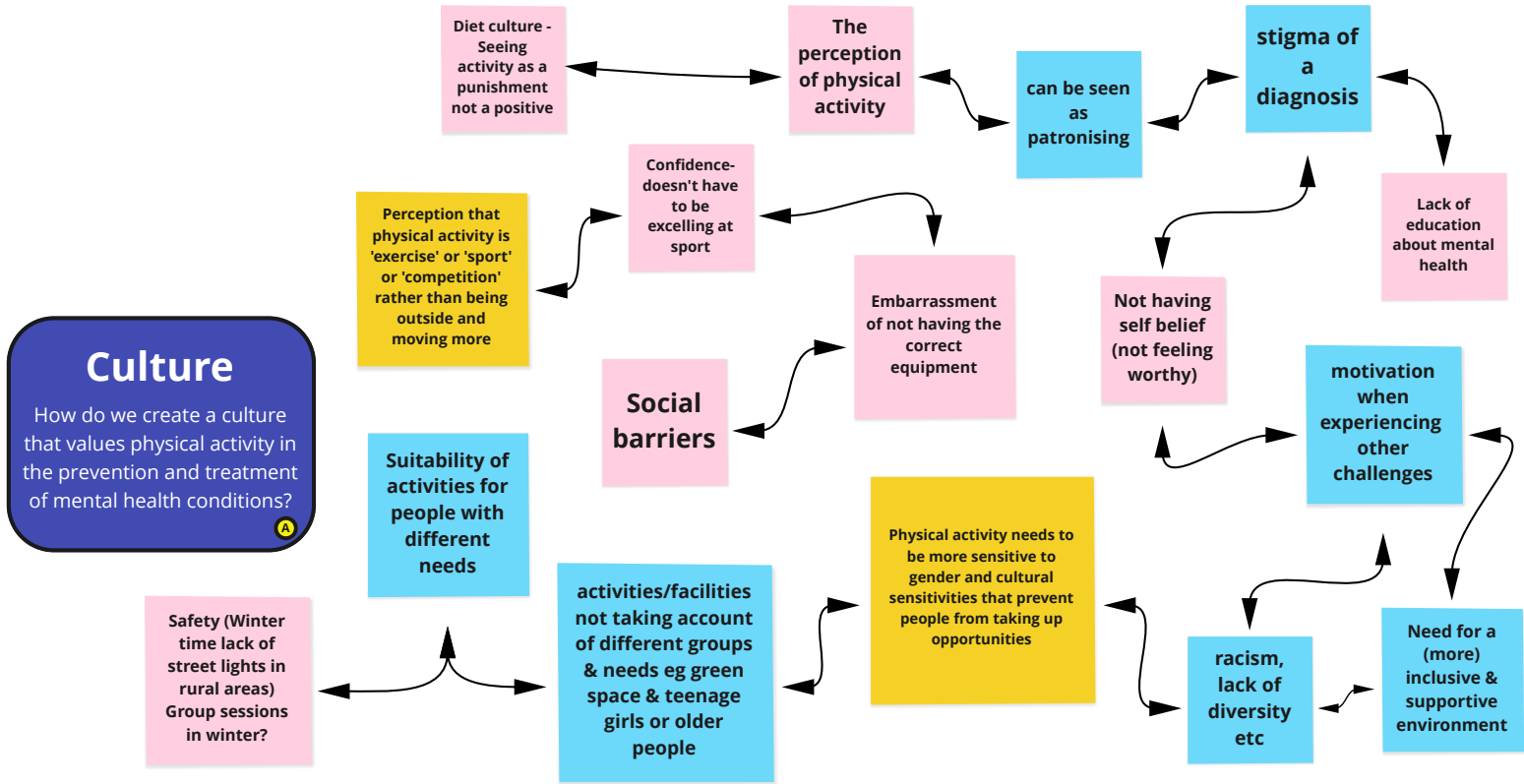
This shows a selection of obstacles identified by the breakout group(s) to the chosen change.

What gets in the way?



This shows a selection of obstacles to the change that were identified by the breakout group(s).

What gets in the way?



This shows a selection of obstacles to the change that were identified by the breakout group(s).