

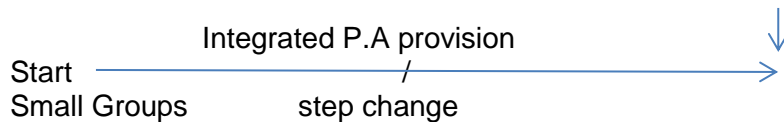
Improving mental wellbeing through physical activity and sport Leap Partner Forum Table Notes 9th May 2018

Group 1

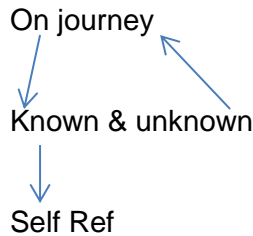
What's happening in Bucks?

Active Bucks - Public Health – Bucks County Council
 Wellbeing – BCG two sessions 1) older adults 2) Men BAME
 Dementia Cafes / Community Safety / Bucks Disability. Task Group – Public Health /
 Disability Summit. Intergenerational projects = WW1 commemorations
 ECB Dis. Hubs pilot scheme. Broad to include MH

What would more investment look like?



Technical information for leaders, workforce development



Individuals not numbers



Group 2

2 What's happening in Bucks and MK?

Day Service – All have physical activity sessions. Also have recovery worker – consultation
 ace mental hospital. Yoga sessions for depression (White Leaf), walking, looking for
 swimming / relaxation.

Early onset dementia groups key role – to integrate in physical activity.

Judo – Strengthen customer service care package.
 Looking at mental first aid for coaches
 Looking at joining up partnerships
 Judo take on mindfulness? Run specific sessions

Long term conditions – need more specific support

What would more investment look like?

Clinical staff – understanding pa – need more training

CCQ store – own workplace training and challenge

Group 3

What's happening in Bucks and MK?

MK PA Alliance – looking at discussions on what we can do – Public Health

Nothing being done so far.

MK Dons doing some work

“Landing Page” – being worked on

Hertsmere – relationship with “REthink”. “Bat and chat sessions” – Chris B

Badminton, Tennis, Short tennis

Guest sessions – Sign post

Focus Groups – Public Health MK holding

Street Games – Mental Health lead – share good practice

What would more investment look like?

Mental Health Commissioner needed in MK

- MK Mind

Improved access to training for sports sector

- First aid for mental health

Partnership working – MK quite isolated, lots of different groups

MIND – 18 area bid (MK) Hayley ?

Group 4

What's happening in Bucks and MK?

Volunteers

Peer Support

Employers Pledge

Over 18's

MK Dons – 2 projects

Get Set for Change / Inspire MK /

MH Healthy Eating - £20k – Morrison's

What would more investment look like?

Using PA in different ways – buckets of sand

Live well / Stay well – prevention

PH Health Checks

NHS / PC – GP Surgeries as hubs

GP practice meetings – semies – quality / providers

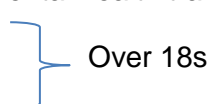
35% of patients have mental health issues

Sports Clubs – CM – Mental health training

MH awareness

MH first aid

Training for u18s



Football League charity partner

MIND linking with football clubs – launch August 2018

Group 5

What's happening in Bucks and MK?

Live well stay well – referrals – open to people with depression?

Bucks Visions Goalball & Walking Sports

Serco – upcoming mental health strategy – SMS / Bisham

What would more investment look like?

Bucks recovery college courses – needs funding

Healthy living centre – simply walks – include questions

FFIT WWFC SET – MH specific sessions – funding

NCLUDE link with RC / WWFC SET?

Healthy living centre link with RC/ WWFC SET.

CYP (primary school) story telling / PA to build resilience – healthy living centre

Parent sessions awareness / noticing signs / prevention

Healthy living centre – healthy eating / PA courses

LB Q currently asked?

Group 6

What's happening in Bucks and MK?

Champions – Lead on Campaigns, provide advice, attend sessions

Memory walk – Alzheimers – Chesham LC

Nordic wellbeing linked to Nordic walking England

Valley Centre – linked in with service users to provide activity (eg table tennis)

Facilities – Can be an issue

Getting funding also a challenge

What would more investment look like?

More scope to try things – focus on specific areas on mental wellbeing.

Everybody on board – who do we signpost to for the right area.

Replication – creation of stronger projects with more partners on board rather than multiple achieving similar outcomes.

Info pack – Around organisations that can help. Meaningful disectomy of services