

healthwatch



the care forum

Healthwatch Bristol

Sarah Ambe Team Manager / Project Lead

Community Pot Funding



Working in Partnership with:

SECOND STEP

PUTTING MENTAL HEALTH FIRST



Avon and Wiltshire
Mental Health Partnership
NHS Trust





Want to
become
more
active?



Bristol Active Life Project (BALP)

- BALP - City wide service for people with severe and enduring mental illness (SEMI) *e.g. schizophrenia, bipolar disorder, severe/moderate depression and obsessive - compulsive disorder*
- Sedentary lifestyle and antipsychotic medication impacts health and weight gain
- Higher levels of premature mortality and morbidity.
- Reduced life expectancy up to 25 years.
- Significant levels of support required to start and maintain activities
- Exercise provision for SEMI currently not routine practice in UK, despite many benefits and economic savings for the NHS



Structure of BALP

- Partnership: Avon and Wiltshire Mental Health Partnership NHS Trust (AWP), local authority, voluntary sector and leisure providers
- Attendance by referral from mental health practitioners
- Exercise leaders deliver the groups
- AWP mental health Active Life staff provide appropriate support
- Cost £3 - £4
- 10 weekly groups: walking football, football, badminton, walking, tennis and boxfit



Benefits for health and wellbeing

“I have been attending BALP football for three years I was 23 stone when I started, now I am 14 stone. To begin with I found it really difficult to wake up in the morning because of my medication. However the more I attended the football the more I started to lose weight and the easier it became to wake up in the morning”

(Participant Football 2017)

“... it's good for my mental health to be with people ... I am meeting new people... the social aspect, and going to the shops, or gym and things like that... to be sociable and to exercise more. It's a big help on mental health, just knowing that I am not on my own ... knowing that I am going to see people here is a big help”

(Participant

Walking Football 2018)



A stepping stone to volunteering, education and employment

'I joined the walking group a year ago while I was struggling with anxiety due to my bipolar. It has helped me find my confidence, make friends and improve my health and I am now looking to become a walk leader'

(Participant Walking group 2017)

'BALP has been a key element in my recovery giving me the courage to start voluntary work as a receptionist and work in a cafe as a kitchen assistant, which has given me the courage to start a hospitality course....'

(Participant Football 2017)



Evaluation and Research

- Elraz H. Kickin2Shape: Project Evaluation Report: 2018. Second Step and Avon and Wiltshire Mental Health Partnership NHS Trust
- Carless D, Douglas K. The Bristol Active Life Project: Physical Activity and Sport for Mental Health. In Conrad D, White (Eds) Sports- Based Health Interventions. Case studies from around the world. Springer. 2016 pp 101-115
- Douglas, K, Carless, D. An Evaluation of the Bristol Active Life Project: 2012 and 2008. Avon and Wiltshire Mental Health Partnership NHS Trust and Bristol City Council.
- Hodgson, M. H, McCulloch, H. P. and Fox, K.R. The experiences of people with severe and enduring mental illness engaged in a physical activity programme integrated into the mental health service. Mental Health and Physical Activity. 2011 (4): 23-29.
- Carless D, Douglas K. Sport and physical activity for mental health. Oxford: Wiley; 2010



Key outcomes from Evaluation 2018 Kickin2Shape Walking Football

- BALP provides a sense of social inclusion and having an active routine
- Stepping stone into getting fit
- Learning new skills - teamwork, sports activities
- Sense of safety with support of peers and staff
- Motivation booster to doing other things
- Improved mood
- Increased self-esteem, sense of achievement
- Increased self – care and self advocacy



Recommendations from 2018 Evaluation

- Mental Health training for fitness staff and/or have specialist mental health exercise staff on site
- Tailored activities groups designed for this cohort with appropriate support
- Include people with lived experience when planning physical activity programmes
- Pilot study to develop and establish robust referral pathways and service delivery
- Target resources to increase physical activity provision for people with SEMI e.g. Primary and Secondary Care Commissioners



Bristol Active Life Project (BALP)

“When I am in the session, it’s a distraction for my thoughts. It does motivate me a little bit, I think well I have done that, I may as well do something else.

So coming here helped me get out of the house and do something different. Then other things aren’t as scary, like volunteering and eventually getting into paid work... It has encouraged me to go to a thing that is social.

It is making me feel more normal-generally accepted by people-and not so isolated”.

Participant Walking Football 2018





Next Steps

- Presentation to NHS England SW Commissioners of Mental Health in October 2018
- Presentation to Bristol, North Somerset and South Glos CCG Mental Health Conversations in December 2018 which was a public event.
 - Service Users came and spoke to other service users at this event on their experiences
 - Bristol City Community Trust Coach came with goal posts and foam footballs and commissioners and public could have a go at walking football
 - Avon and Wiltshire Mental Health Partnership Trust have continued to commission this service based on the success of the pilot.







healthwatch





healthwatch





healthwatch





Healthwatch – contact us

- Get in touch:
- Telephone 0117 2690400
- Email info@healthwatchbristol.co.uk
- Websites www.healthwatchbristol.co.uk
- Facebook Healthwatch BRISTOL
- twitter @HWBristol Instagram @hwbristol



healthwatch

