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**Healthy in Mind**

After extensive consultation withsector health partners and in-depth engagement activity with clients on existing Creating Positive Opportunity projects, we devised a programme to tackle the barriers facing people on low incomes, when it came to regularly accessing exercise, and particularly gym use.

The key issues were cost, not having the appropriate attire, negative body image, and anxiety about being in public spaces and changing facilities. It was also reported that a sedentary lifestyle was negatively impacting upon clients’ mental health.
Through conversation with a personal trainer who had recently achieved a Level 5 qualification in Mental Health for Personal Trainers, the Healthy in Mind project was formed.

To quote the phrase "healthy in body, health in mind", Creating Positive Opportunity now deliver through a specially trained fitness instructor, a physical exercise programme that includes supporting people’s mental health welfare. This is funded by Sport England, through our partner Active Humber. In the last 5 months 42 people have accessed this project and have received personal training, group sessions and exercise classes for free. Many have now seen the value of these sessions and have joined the gym or are paying for their own sessions.

Delivered by our PT Emma Camm in two locations in NEL, the impact this project, delivered in partnership, is clear to see. Active Humber have already agreed to extend the project’s funding.

**Testimonials:***“Hi Emma, just wanted to message you to say that having my sessions with you has helped me massively just knowing I have something once a week which I can look forward to and know is a positive thing is helping my mind so much. I can go try and do it on my own but having you there to push me and encourage me is what I need to try to beat my own demons. You are such a beautiful caring understanding person and wouldn’t want to do this with anyone else. I look forward to my future with you pushing me along.”*

*AW*

*“Hi Emma, this group is helping me on my journey of trying to cope and help improve my situation regarding my levels of stress and anxiety. Also, it helps me focus with my weight, fitness and mental health journey which going to classes and speaking to someone is slowly helping me progress. Also having a session with Dale is going to hopefully help me with my progression of interacting and meeting new people which I have struggled with over the last few years. So hopefully with the continuation of going to these sessions will help my levels of anxiety and hopefully will help me with my confidence of meeting new people in scenarios which are out of my control, and this will be something that will be a huge step for me in the future, thanks.”*

*JM*

*“Emma is really encouraging, and I hope the project continues. Having someone to encourage me to believe in myself to do the things I would not have done before. “*

*AS*

*“Emma is really good, if you want help coming out of your shell, she is the right person to help. Very approachable”*

*RA*

*“It's brilliant, she’s not only interested in my physical health, but my mental health is just as much a priority. I’ve been able to do a full day’s work without stopping.”*

*DE*

*“Getting me out of the house and giving me some kind of purpose. I’ve gained a lot more in a few weeks than any therapy session has ever given me.”*

*KB*

*“The activities make me feel better within myself and has given me more drive. The project is giving me what I need to be more motivated. “*

*WP*

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<https://www.mycpo.co.uk/health-wellbeing>