



August 2013

# Getting active: to help improve your mental health and wellbeing

There are lots of activities, schemes and groups you can tap into locally to help you get active if you are living with, or have had mental health difficulties.

A wide range of peer led projects have been set up through our Everybody's Business grants scheme and we hope you'll be interested in getting involved in one or more of these. They are designed to help improve people's mental health, wellbeing and confidence and form part of the council's commitment to work with community groups and partners.

We know it may seem like a big step to find out more or to come along to a session but all the projects we have chosen aim to help people on their way to recovery and there is a range of schemes available to suit different interests and needs. We want as many people as possible with mental health issues across South Gloucestershire to benefit from them.

You can find more information on each of the projects on the following page listed under the following headings:

- Activity sessions
- Creative arts
- Creative reading
- Gardening/horticulture
- Physical and sports activities
- Reminiscence sessions
- Awareness sessions

Participation in most of the schemes is free but please check with individual providers.

**If you have any questions or if you would like to find out more please call 01454 868274 or email [cengagement@southglos.gov.uk](mailto:cengagement@southglos.gov.uk)**

## Activity sessions

**The Music Train at the Avon Valley Railway** – a weekly ‘music’ train for people with mental health issues.

Email: [info@avonvalleyrailway.org](mailto:info@avonvalleyrailway.org) Website: [www.avonvalleyrailway.org](http://www.avonvalleyrailway.org)

**Bristol Playbus** – a 12 week programme of activities to improve the emotional health and wellbeing of women in Gypsy, Roma and Traveller communities.

Tel: 0117 9551561 or email: [manager@bristolplaybus.org](mailto:manager@bristolplaybus.org)

Website: [www.bristolplaybus.org](http://www.bristolplaybus.org)

## Creative arts

**Bristol & Avon Chinese Women’s Group** – Golden Canary is a project in South Gloucestershire which aims to improving vulnerable people’s quality of life and self esteem through creative art, gentle exercise and interaction.

Tel: 0117 9351462 or email [admin.bacwg@btconnect.com](mailto:admin.bacwg@btconnect.com)

Website: [home.btconnect.com/bacwg/index.html](http://home.btconnect.com/bacwg/index.html)

**Creativity Works – My Time, My Space**: an arts based programme for women with severe and enduring postnatal depression.

Tel: 01761 438852 Website: [www.creativityworks.org.uk/](http://www.creativityworks.org.uk/)

**Southern Brooks Community Partnership & Amberley Rd Baptist Church** – art therapy for people suffering from low level mental health issues.

Tel: 01454 868570 Website: [www.southernbrooks.org.uk/](http://www.southernbrooks.org.uk/)

## Creative reading

**South Gloucestershire Cultural Services – (Libraries)**: creatively using reading to support people to improve their mental health and wellbeing.

Tel: 01454 865782 or email: [martin.burton@southglos.gov.uk](mailto:martin.burton@southglos.gov.uk)

Website: [www.southglos.gov.uk/libraryservices](http://www.southglos.gov.uk/libraryservices)

## Gardening/horticulture

**Nature works: Organic Blooms – Grow Your Own Business**: Supporting people to turn a hobby, skill or idea into a viable business.

Tel: 01454 300300 or email: [enquiries@organicblooms.co.uk](mailto:enquiries@organicblooms.co.uk)

Website: [www.organicblooms.co.uk/](http://www.organicblooms.co.uk/)

**South Gloucestershire Early Intervention Team** – Horticultural therapy working on the team’s own allotment plot in Kingswood.

Email: [Juliette.attwood@awp.nhs.uk](mailto:Juliette.attwood@awp.nhs.uk)

Website: [www.awp.nhs.uk/services/community/early-intervention/](http://www.awp.nhs.uk/services/community/early-intervention/)

**The Chase & Kings Forest Project – New Shoots:** gardening, landscaping and horticultural projects in the Kingswood area, giving people the opportunity to engage in physical and social activity in a safe and supportive environment.

Tel: 0117 960 4186 or email: [info@chasekingsforestcp.org.uk](mailto:info@chasekingsforestcp.org.uk)

Website: [www.chasekingsforestcp.org.uk/](http://www.chasekingsforestcp.org.uk/)

**The Tree Life Centre** – herbal and beneficial plants growing project to involve people with lived experience of mental health problems.

Tel: 0117 960 5447 or email [tree-lifecentre@tcv.org.uk](mailto:tree-lifecentre@tcv.org.uk)

Website: [www2.tcv.org.uk/display/treelifecentre](http://www2.tcv.org.uk/display/treelifecentre)

**Rethink** – ‘Living Life to the Full’ is a life skills course that aims to provide access to high quality, practical and user-friendly training in life skills.

Email [debi.hadley@rethink.org](mailto:debi.hadley@rethink.org) Website: <http://www.rethink.org/>

## Physical and sports activities

**South Gloucestershire Health & Wellbeing Team – Exercise SG Project:** providing support and opportunities to socialise through exercise and sport.

Tel: 01454 862296 or email: [brian.gardner@southglos.gov.uk](mailto:brian.gardner@southglos.gov.uk)

**Life Cycle UK – Bike Minded in South Gloucestershire:** community based cycling activities in South Gloucestershire to help improve mental wellbeing and overcome mental health issues.

Contact: Ed Norton Tel: 0117 353 4580 Website: [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

## Reminiscence sessions

**Stanshawes Care Home – Activity & reminiscence sessions:** involving residents in activities and reminiscence using modern technology such as iPads and video.

Tel: 01454 850005 Website: [www.fshc.co.uk/care-home/stanshawes-care-home](http://www.fshc.co.uk/care-home/stanshawes-care-home)

**Alive – Interactive workshops in Care Homes and Day Centres:** for older people with mental health issues and dementia, drawing on reminiscence, life story work and cognitive stimulation therapy.

Tel: 0117 377 4757 Website: [www.aliveactivities.org/](http://www.aliveactivities.org/)

## Awareness sessions

### **Bradley Stoke Radio**

A collaboration between Bradley Stoke Radio and South Gloucestershire Council department for Children, Adults and Health to engage with people living with mental health difficulties using a creative approach.

Bradley Stoke Radio Tel 01454 616055 Website: [www.bradleystokeradio.org.uk](http://www.bradleystokeradio.org.uk)