

Sport In Mind

Registered Charity 1161323

What is mental health?

The most common definition:

"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood"

Keep it in shape - It is important to look after your mental health, much like you would your physical health.



What are the benefits of physical activity, for everyone?



Enhance physical health (diabetes, high blood pressure)

Reduces symptoms of depression and anxiety (30%)

Helps concentration and to develop good sleeping patterns

Increases self-worth

Combats social isolation

Builds confidence and self-esteem

Improves energy levels

Who we are



Who we are

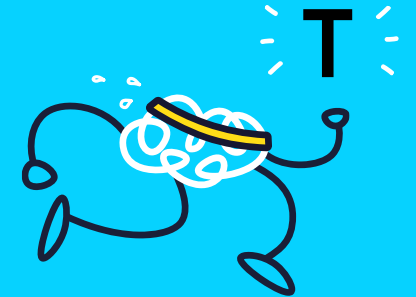
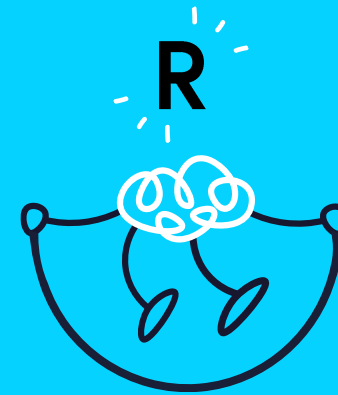
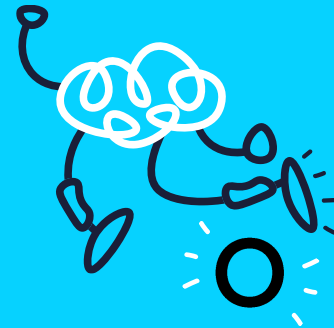
Our mission



To improve the lives of people experiencing mental health problems through sport and physical activity

We are the UK's leading mental health sports charity and deliver physical activity projects in partnership with the amazing NHS in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.

Our values



Supportive

Offering care and encouragement within a supportive environment

Partnerships

Working together and building strong relationships

Optimism

Giving hope and optimism

Respect

Giving respect to all

Trust

Promoting integrity, reliability and fairness

Who we are

Our work



Adult Services

*Inpatient/Community
Mother & Baby Programme*



Children & Young People Programme



Journals

*To support
healthy habits*



Raising Awareness

*Provide education on
exercise and mental health*

*Workshops -
schools/workplace*

Who we are

The difference we make



Research shows that participants who engaged in Sport in Mind's programmes for 6 months:

94%

had improved
mental well-being

82%

had reduced
symptoms of
depression

86%

displayed reduced
levels of **stress**
and **anxiety**

91%

highlighted improved levels
of **self-esteem/confidence**

84%

had improved
physical health

How your money makes an impact



£30

funds our **allotment sessions** (a wonderful way to get moving and stay active) for one month

£75

would fund a wonderful **mother and baby dance and movement session** for 10 mums experiencing mental health challenges



£200

would provide **stretch and relax sessions** for people experiencing mental health problems for one month

£520

provides enough money to support a participant with a whole year's worth of **weekly Tai Chi classes**



£2,600

would fund an entire year of **tennis sessions** for people experiencing mental health problems.



Get involved



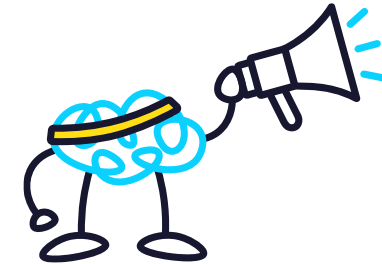
Fundraise

Fundraise for us – take on a challenge, get involved in campaigns etc



Volunteer

We need volunteers for activity sessions, events, to be ambassadors and advocates for the charity



Spread the word!

Do you know some one that could benefit from our sessions, a professional that could refer to our sessions? Put them in touch info@sportinmind.org and help build awareness.

What our participants say...



“highlight of
my week”

“a break from
my thoughts”

“I would never have
come to a sports centre
without Sport in Mind”

“fun”

“lots of laughs”

“fun with
friends”

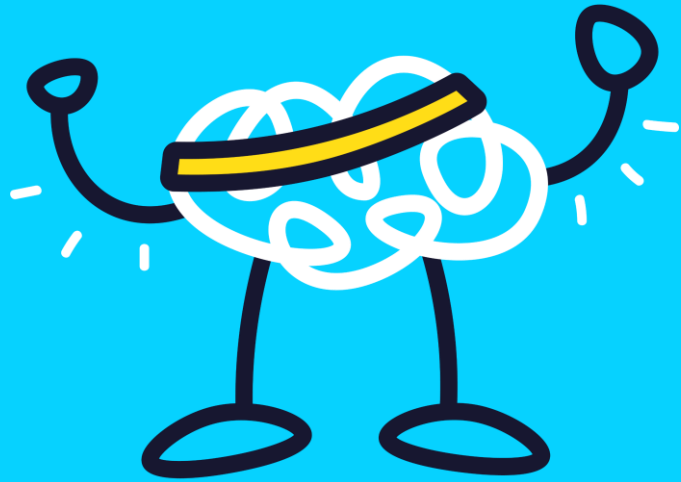
Our partners



Sport in Mind's works with a wide range of supporters and partners to deliver our mission of improving the lives of people experiencing mental health problems through sport and physical activity.

Our partners include:





Sport In Mind

Registered Charity 1161323

Sport in Mind
Rivermead Leisure Centre
Richfield Avenue
Reading, Berkshire
RG1 8EQ

   @sportinmind

 www.sportinmind.org

 info@sportinmind.org

 0118 947 9762