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The co-production of Sheffield's 'Move More for Mental Health programme'

**Aim: To enhance uptake of the physical activity among those living
with severe mental illness**

Liz Fletcher: Sheffield Health and Social Care NHS Foundation Trust

Lisa Thompson-Cox: Sheffield Flourish



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Professor Robert Copeland
National Centre for Sport & Exercise Medicine - Sheffield &
The Centre for Sport and Exercise Science
Sheffield Hallam University

<https://www.youtube.com/watch?v=LoztommZP2g>
[link](#)



Anna Lowe
@annalowephysio

Manager, National Centre
for Sports and Exercise
Medicine .

NCSEM



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Who is involved in the NCSEM?





































Our vision

Create a culture of physical activity.



Our mission

Ensure that everyone (individuals, families and communities) living in Sheffield has the opportunity, environment and human capital to be sufficiently physically active as part of their everyday life, to benefit their health and wealth.

"Changing the way we do things round here"

Our six outcomes



Empowered Communities
Engaged and empowered communities who take responsibility and ownership of 'changing the way we do things round here' in terms of physical activity.



Active Environments
Sheffield is a city designed to make it easier for people to be physically active as they go about their daily lives.



Active People and Families
Citizens and communities are better informed, more connected, feel a greater sense of self-efficacy and move more as a normal part of daily life.



Activity as Medicine
Sheffield's healthcare system commissions, values and promotes physical activity as a viable treatment option.



Active Schools and Active Pupils
Sheffield children are provided with a positive experience of physical activity through the physical, social and educational environment of the school.



Active Workplaces and an Active Workforce
Places that create environments and policies, and provide support, to enable employees (and those seeking work) to move more as part of their working day to improve health and create wealth.



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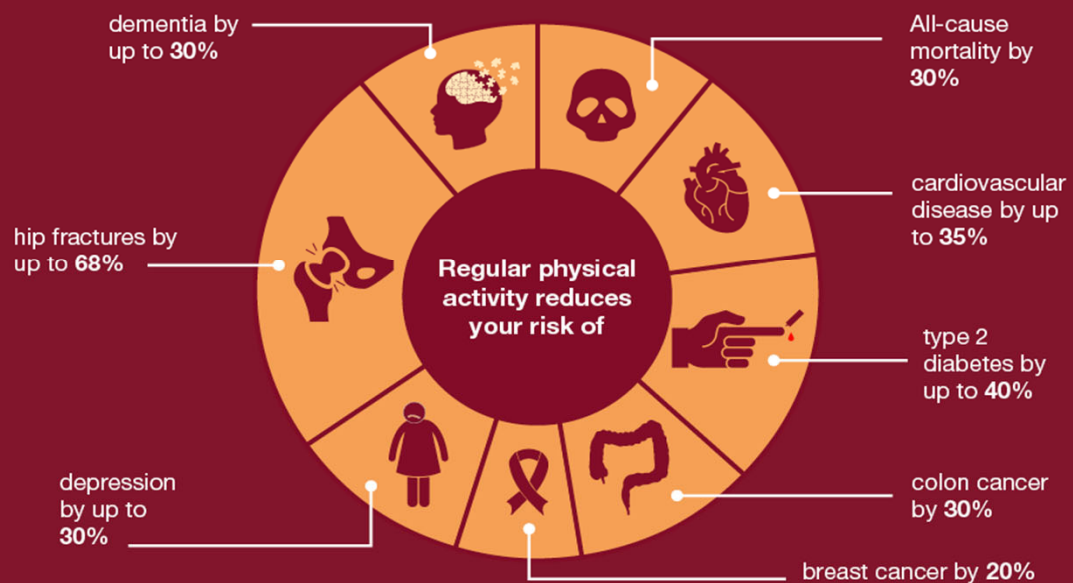
Sheffield, UK

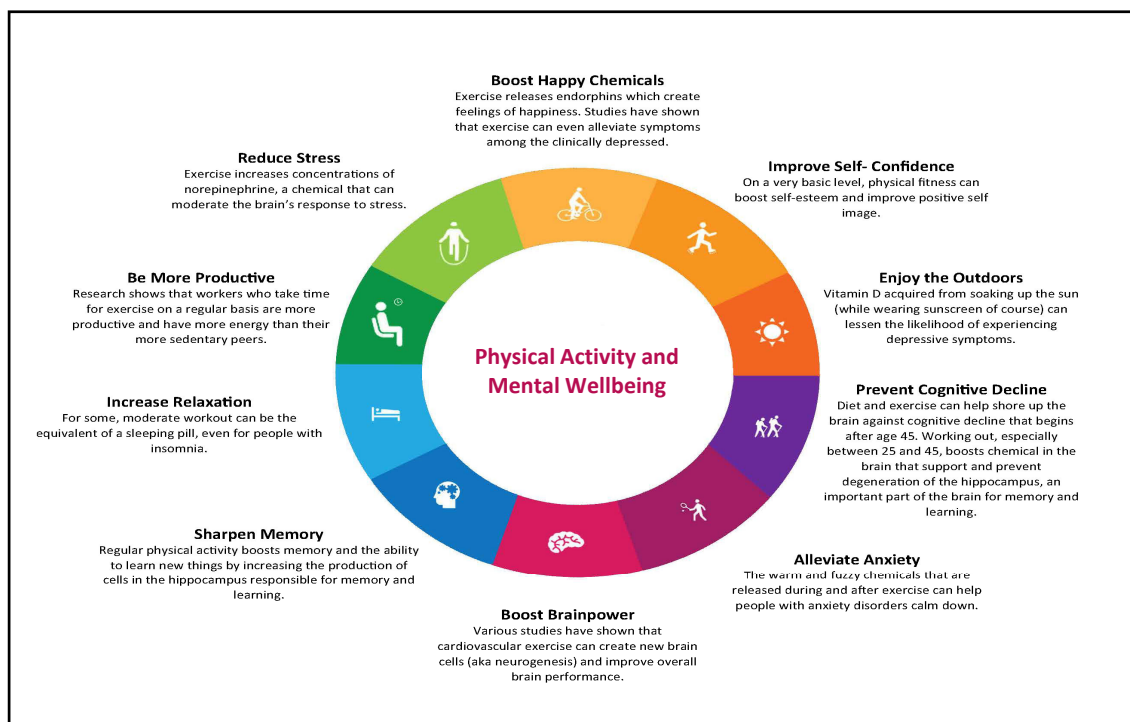


95,000 people in Sheffield diagnosed with depression or anxiety*

Over 5,000 people in Sheffield diagnosed with severe mental illness*

What are the health benefits of physical activity?





Project's aims

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1. To understand the lived experience of people living with mental health conditions;
2. To develop a programme that promotes any form of regular physical activity among people living with mental health conditions; and
3. To design a programme that is meaningful and adaptable to the service users.



Physical activity among people living with mental illness

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- Improving the physical health of people living with mental illness is a national priority
- The need to address physical inactivity is highlighted in some of the key reports, such as the NHS Five Year Forward View and numerous NICE guidelines



"Move More for Mental Health" aims to promote social inclusion, mental wellbeing and recovery through **physical activity**



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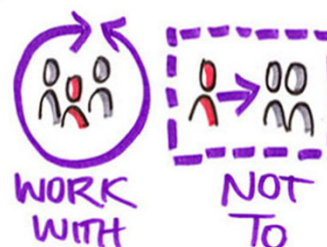


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Development of the programme

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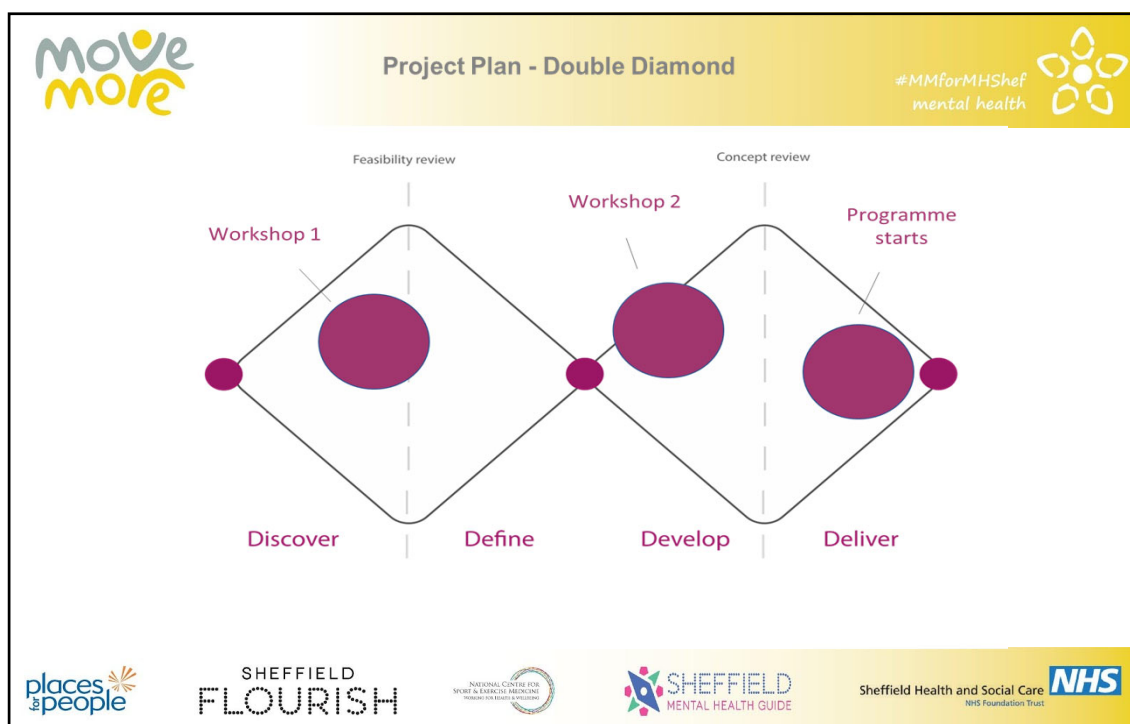


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move more

Workshop 1 – List all forms of physical activities

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- Describe all the different activities you could think of that promote exercise
- Cluster the activities per category ('at home', 'inside', 'outside' were created)
- Rank activities from the most traditional to the least (non-traditional)

AT HOME

INSIDE

OUTSIDE

places people


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NATIONAL CENTRE FOR SPORT & EXERCISE PREVENTION

SHEFFIELD MENTAL HEALTH GUIDE


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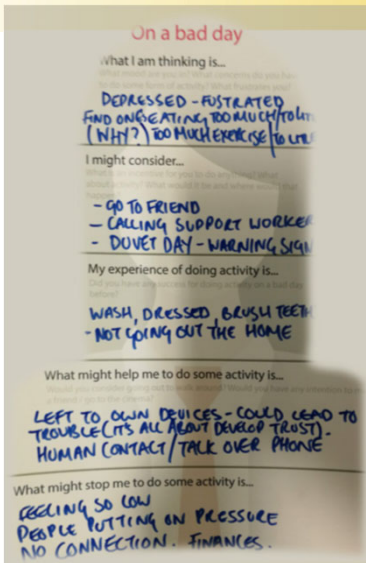
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Workshop 1 – Create Personas

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Workshop 1 – Identify Activities for Personas

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Pick from the list of activities identified and/or generate new activities that might be adapted to the persona's traits and preferences to encourage doing a form of exercise on both a bad and good day.









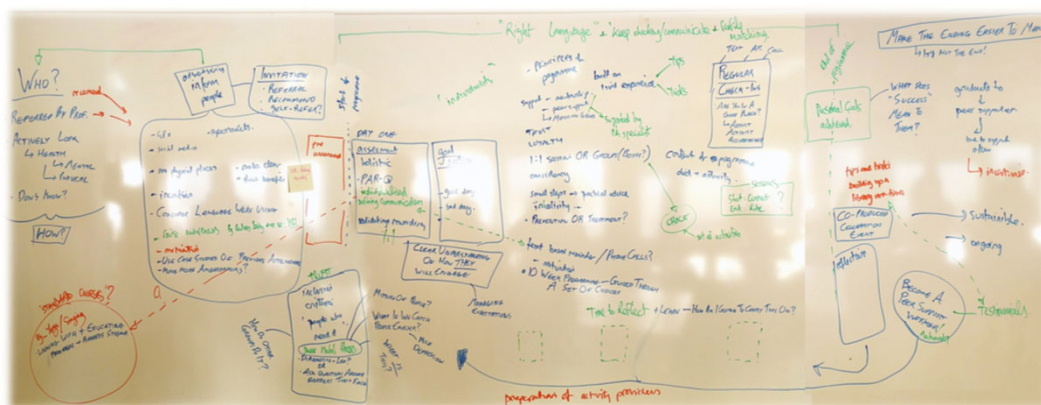


Workshop 2 – Create Your New Programme

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- The group defined what should be the key steps of the ideal programme to promote a form of physical activity/exercise.



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Workshop 1 – Create Personas

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Who am I?		When I am well	When I am not feeling good
My name is	My age is	What I am thinking is...	What I am thinking is...
My living situation is		Activities I might consider...	Activities I might consider...
Characteristics to describe me are		What I am likely to do is...	What I am likely to do is...
Things that are important to me are		What has helped me in the past is...	What has helped me in the past is...
Something I enjoy	Something I dislike	Think of one achievable goal within this program	Anything else to share?
My history of living with mental health is...			

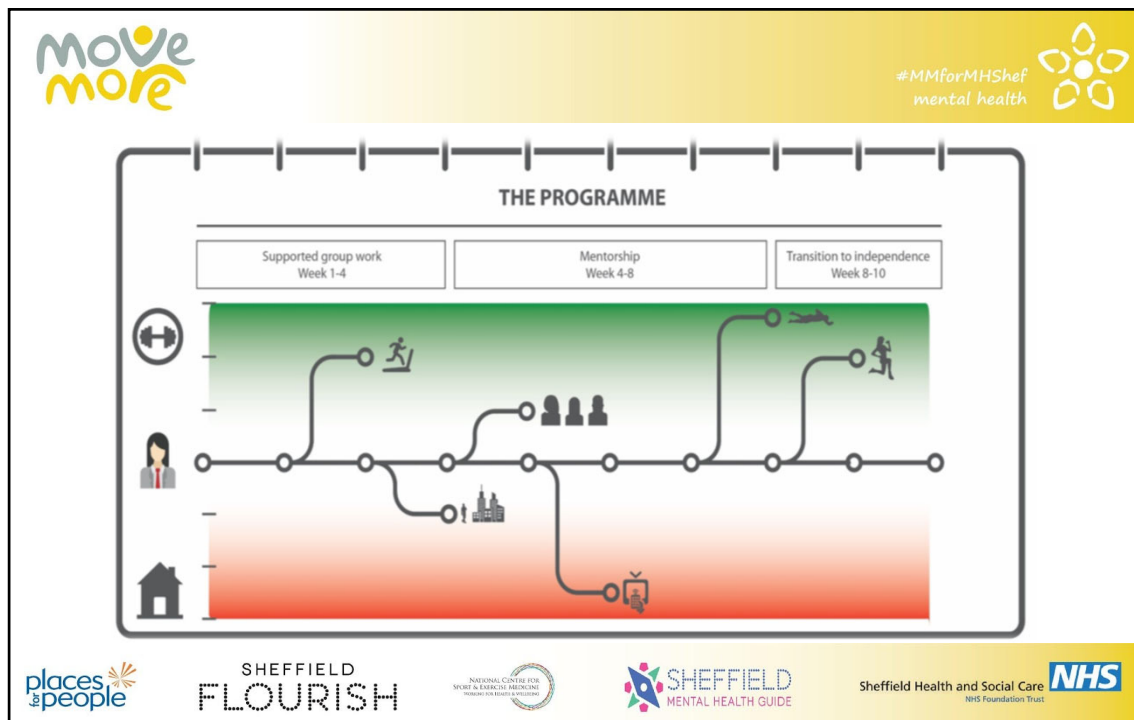
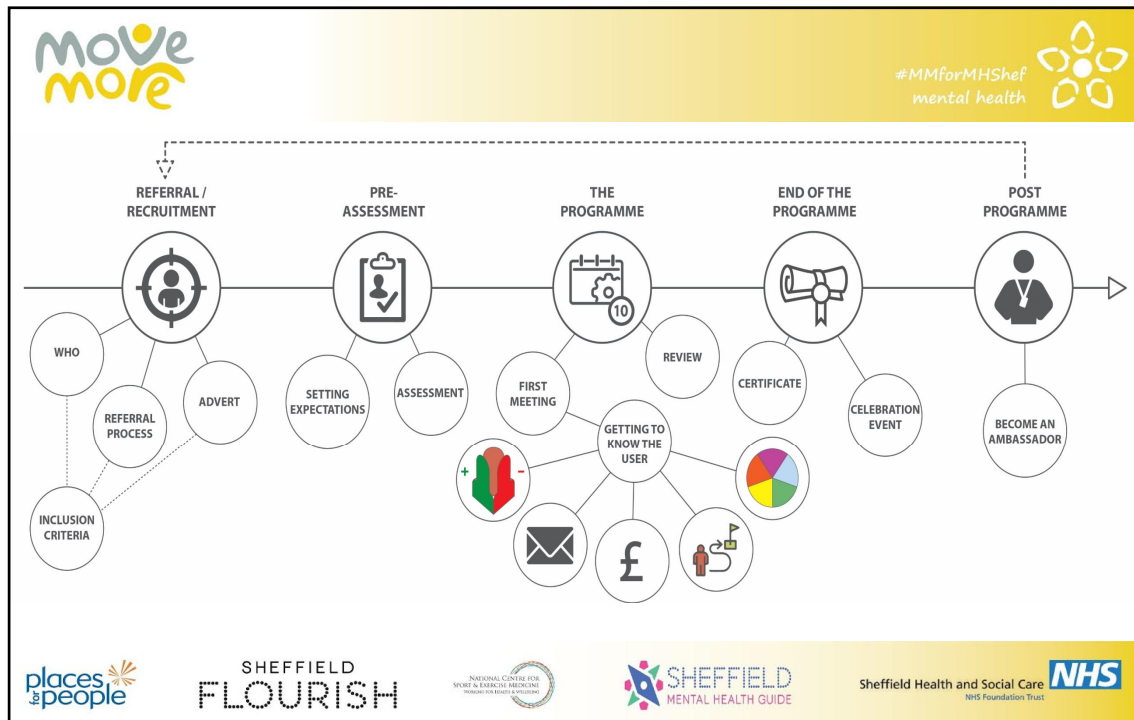


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The Programme

- 12 referrals from OT's, Health Trainers, GP's, Community Organisations and Self referrals.
- 10 Sessions planned with an extra session for celebration at the end
- 1st session 10 attendees
- Personal Trainer involvement
- 6 attendees finished
- 5 attendees attended Strength training sessions on Fridays (Mind Body Connect)
- Inspirational support from Leon Taylor Team GB Diver and Paul Smith U23's World Strongest Man



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Liz Fletcher
@lizzdy

Following

1st #movemore for #mentalhealth program today. This PT talked to a service user for 15mins offering personalised advice re exercise and nutrition after the program had finished (★ ★ ★). Thanks to @gravescentre @SheffFlourish @SHSCFT @movemoresheff for running the program. Amazing



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What next?



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Thank you

Do you have any questions?

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Thanks to Remi Bec and Dan Wolstenholme



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