

*dros adferiad
o afiechyd
meddwl difrifol*

hafa)

*for recovery
from serious
mental illness*

Let's Get Physical!

A report on our 2015-2018 [Let's Get Physical!](#) programme to improve the physical health of people in Wales affected by serious mental illness



Throughout 2015-18 we delivered our [Let's Get Physical!](#) health programme which included annual physical health days and a range of information with the aim of improving the physical health outcomes for people with a serious mental illness and their carers in Wales.

In this report we look back at the achievements of the campaign over the past three years, and provide feedback from service users and carers on our Let's Get Physical! activities.

Let's Get Physical! events

Let's Get Physical! events were held on:-

- Thursday 2nd July 2015 at Swansea University Sports Centre
- Thursday 1st September 2016 at Swansea University Sports Centre (watch a video feature of the event at: <https://www.youtube.com/watch?v=Oz2GV3BZHzw>)
- Thursday 7th September 2017 at Swansea University Sports Centre
- Tuesday 12th September 2017 at Eirias Park Stadium, Colwyn Bay (watch a video blog from the event here: <https://www.youtube.com/watch?v=rEvm3vrFnBM>).

At the Let's Get Physical events, Hafal's clients - people with a serious mental illness and their carers - had the opportunity to take part in a number of sports and activities including 100m run, relay, javelin, shot-put, boules, long jump, penalty shoot-outs, yoga, egg & spoon race, high jump, table tennis, tug-of-war, volleyball and cycling.

Participants also had the opportunity to receive health checks and access a range of information on physical health provided by external organisations.

2015



242 delegates attended Hafal's Let's Get Physical event on Thursday 2nd July 2015 at Swansea University Sports Centre, where people had the opportunity to meet new friends, learn to cook healthy meals on a budget and take part in sports and activities. In addition there was information, advice and guidance about how to take important steps towards improving your physical and mental health.

- **94%** of delegates reported that attending the event had helped in their understanding of the importance of maintaining good physical health
- **89%** reported an increased understanding of the importance of physical health to their overall health and wellbeing
- **80%** reported plans to make physical-health related changes to their lifestyle as a direct result of attending the event.

2016



Over 180 delegates attended Hafal's Let's Get Physical event on Thursday 1st September 2016 at Swansea University Sports Centre where people had the opportunity to learn how to make healthy smoothies on a budget and try a range of physical activities. A 'warm-up' session was delivered by the YMCA Engage Project team; activities and sports included a 100m run, javelin, shot-put, boules, long jump, street football, egg & spoon race, high jump, table tennis, tug-of-war, and Nordic walking. In addition, information, advice and guidance about how to take important steps towards improving your physical and mental health provided by WCADA, Carers Wales, Swansea CVS and St John's Ambulance Service.

- **87%** of delegates reported that attending the event had helped in their understanding of the importance of maintaining good physical health
- **95%** reported an increased understanding of the importance of physical health to their overall health and wellbeing
- **59%** reported plans to make physical-health related changes to their lifestyle as a direct result of attending the event including trying to cut-down or give-up smoking, eating a healthier diet and taking more exercise.

2017



South Wales: 193 delegates attended the Let's Get Physical! event on Thursday 7th September 2017 at Swansea University Sports Centre where people had the opportunity to try a range of physical activities including: a 'warm-up' session delivered by the YMCA Engage Project team; 100m run, javelin, shot-put, boules, long jump, penalty shoot-out competition, egg & spoon race, high jump, table

tennis, tug-of-war and Nordic walking. In addition, information, advice and guidance about how to take important steps towards improving your physical and mental health provided by WCADA, Carers Wales, Swansea CVS and St John's Ambulance Service. The event was supported by Swansea City FC.

- 94% of delegates reported that attending the event had helped in their understanding of the importance of maintaining good physical health
- 94% reported an increased understanding of the importance of physical health to their overall health and wellbeing
- 70% reported plans to make physical-health related changes to their lifestyle as a direct result of attending the event including trying to cut-down or give-up smoking, eating a healthier diet and taking more exercise.

North Wales: 110 delegates attended the Let's Get Physical! event on Tuesday 12th September 2017 at Eirias Park Stadium, Colwyn Bay. This was the first Let's Get Physical day held in North Wales and was delivered in partnership with charity CAIS. Participants had the opportunity to try a range of physical activities that included: 100m run, javelin, shot-put, boules, long jump, penalty shoot-out competition, egg & spoon race, high jump, table tennis, tug-of-war, and Nordic walking.

The Welsh Guards rugby team supported the event by competing in a special one-off tug of war against a Hafal team alongside the actor who plays Darth Vader (Spencer Wilding)!

Information, advice and guidance on how to take important steps towards improving both physical and mental health was provided by WCADA, Carers Wales, and St John's Ambulance Service.

- 90% of delegates reported that attending the event had helped in their understanding of the importance of maintaining good physical health
- 87.5% reported an increased understanding of the importance of physical health to their overall health and wellbeing
- 79% reported plans to make physical-health related changes to their lifestyle as a direct result of attending the event including trying to cut-down or give-up smoking, eating a healthier diet and taking more exercise.

In total, 725 delegates attended the Let's Get Physical! events between 2015-18.

- 92% of delegates reported that attending the event had helped in their understanding of the importance of maintaining good physical health
- 91% reported an increased understanding of the importance of physical health to their overall health and wellbeing
- 72% reported plans to make physical-health related changes to their lifestyle as a direct result of attending the event including trying to cut-down or give-up smoking, eating a healthier diet and taking more exercise.

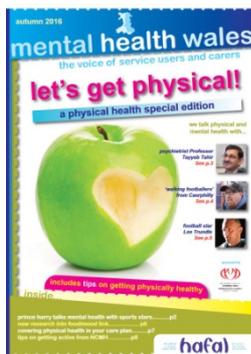
Information and communications

In order to give our Let's Get Physical! events the highest possible profile, our Let's Get Physical! events have been publicised widely on our social media pages (which have nearly 20,000 followers), on our websites and via e-bulletins. The events were covered in the Western Mail and on BBC Radio Wales.



Hafal's dedicated Let's Get Physical! bilingual website <http://lgp.hafal.org/> has been updated throughout the three year campaign, as have our physical health pages on the Hafal and Mental Health Wales websites which include links to key organisations. These websites receive nearly 500,000 hits per annum.

We have also published updated guidance for clients providing tips on what to include in the physical health section of their care and treatment plan, including advice on physical health goals and key supporters.



In 2016 we published a Mental Health Wales journal dedicated to physical health which includes interviews, top tips and best practice examples. The interviewees included psychiatrist Professor Tayyeb Tahir, footballer Lee Trundle and service users benefitting from taking part in exercise. The journal went to 1500 recipients including service users, carers and healthcare professionals. It was also promoted on our website and social media. It was also made available at our projects.

Hafal has also produced videos to promote the importance of physical health, including a short video film exploring the relationship between physical and mental health:

<https://www.youtube.com/watch?v=n6D-g40Trk0>

...and an interview with soccer legend Lee Trundle on the importance of mental health:

<https://www.youtube.com/watch?v=w4I6ifNleL0>

Throughout the three-year campaign we have also targeted health professionals with information about physical health. Hafal's Let's Get Physical! website for health professionals working with service users was featured in the Wales Alliance for Mental Health newsletter (which goes to all GPs) and has been publicised across Wales via an e-bulletin and the distribution of posters and information flyers annually to all GP surgeries across Wales. This information has also been shared with the National Centre for Mental Health, the Royal College of Psychiatrists and the Royal College of General Practitioners.

Physical health activities are offered by a number of our local projects, and information on these activities has been distributed to primary healthcare professionals in their localities. We have continued to provide updated information to primary healthcare providers, including information on local services.

Work across Hafal's projects

Hafal continues to support its projects to provide physical health activities and to encourage service users and carers to live a healthy lifestyle.

Physical activity has become integrated in service delivery across Wales. All clients fill in a 'physical health' section in their care plans to identify goals in this area of life, and the supporters who can support them to achieve those goals. In addition to established physical health activities, new walking rugby and walking football groups have been established as well as an annual FEP football tournament in south east Wales.

At our Members' Days we have run a number of physical health and healthy eating activities and 'taster sessions' to give Members the opportunity to 'have a go'.

In total, Hafal has engaged with nearly 2,000 service users and carers each year, and we regularly communicate with over 20,000 people on our social media pages. We have regularly provided physical health advice and information to this Wales-wide audience.

*dros adferiad
o afiechyd
meddwl difrifol*

hafal

*for recovery
from serious
mental illness*

Hafal is Wales' leading charity for people with a serious mental illness and their carers. Providing services in all the counties of Wales, Hafal is an organisation managed by the people it supports: individuals whose lives have been affected by serious mental illness.
Find out more at hafal.org



Hafal

Unit B3

Lakeside Technology Park

Phoenix Way

Llansamlet

Swansea

SA7 9FE

Tel: 01792 816 600

Email: hafal@hafal.org

Web: www.hafal.org

Charity number 1093747

Registered company number 4504443