

Physical Activity and Mood



SELF-HELP GUIDE



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How might this guide help you?

This guide could help you if you are experiencing any of the problems listed below:

- **Depression**
- **Anxiety**
- **Phobias**
- **Panic attacks**
- **Stress**

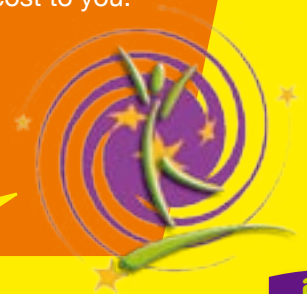
Experiencing these problems can affect how a person feels about taking part in physical activity. Feeling anxious or depressed can result in a lack of energy and little motivation to do everyday things. However, taking part in physical activity on a regular basis can have a positive impact on our mental health and the symptoms that are associated with poor mental health.

This guide will help you think about the type and amount of physical activity you can do to improve your health. It gives you practical guidance about how to include more physical activity in your life, and overcome the issues

that may make it difficult to start or stick to a more active lifestyle.

Physical activity:

- Doesn't have to be daunting, even simple changes can add up to big benefits!
- Includes everyday activity such as walking, gardening and housework as well as exercise and sport.
- Can be fun!!
- Can be done at home, at work and at leisure facilities.
- Can be done without any cost to you.
- Means being physically energetic not just busy.





Symptoms checklist

Place a tick next to those symptoms you experience regularly:

How you feel

- Anxious, nervous, frightened
- Depressed, low in mood, 'down'
- Tense, stressed, uptight, on edge
- Angry and irritable about the slightest things
- Feeling alone even if you are in company
- Low in energy/tired

What happens to your body

- Fast heart beat
- Chest feels tight or painful
- Sleep problems
- Changes in weight, appetite and eating
- Tense muscles
- Aches and pains

How you think

- Losing confidence in yourself
- Can't concentrate
- Negative thoughts
- Constant worrying
- Imagining the worst and dwelling on it
- Thinking that everything seems hopeless

What you do

- Lose interest in things you used to enjoy
- Get snappy and irritable
- Can't be bothered to do everyday tasks
- Restless
- Difficulty remembering things

There are a number of things that you could do to help with some of these symptoms. These include:

- Visiting your G.P for advice**
- Referring to the contact list provided towards the back of this booklet**
- Visiting your local health information point located in public libraries**
- Increasing the amount of physical activity you do**

There is evidence to suggest that physical activity can give you a positive outlook on life and improve your mental wellbeing. It helps to build self esteem, as well as improve concentration and sleep. It can help the symptoms of anxiety and depression.

It might even prevent these problems happening in the first place.



How physical activity benefits your mental health

There are lots of benefits to getting more active. Our physical and mental health are closely connected and if we feel benefits in one, we should feel benefits with the other! For example if we feel and look good, it can increase our confidence and self esteem.

What scientific studies tell us

- Weight -Increasing the amount of physical activity you do can help reduce your weight, making you physically healthier, and more comfortable with how you feel about yourself. (Some people lose inches instead of weight because muscle weighs heavier than fat).
- Depression- a regular programme of physical activity can help people to overcome depression.
- Stress and anxiety – even short bursts of activity can have a positive effect on reducing levels of anxiety and stress, and for people who continue over several months the effects are most positive. Physical activity can improve how we react to stress and help us recover more quickly from stressful experiences.
- Sleep –being regularly active, particularly in the daytime, can improve sleep quality. People who are regularly active fall asleep faster, and sleep longer and more deeply than inactive people.
- Self perception –physical activity can make people feel better about themselves, through changes in their body image, fitness levels and strength. Higher levels of physical activity are associated with more positive well-being, mood and overall life satisfaction.
- Reduces the risk of dementia- Being active regularly throughout your life can help to keep the brain healthy and reduce the risk of dementia in older age. It can also slow the rate of dementia in people who are in the early stages of dementia.

How does it work?



- 1.** There are certain chemicals in our brain that can make us feel happy. Physical activity can increase the production of these chemicals (called endorphins and enkephalins).
- 2.** Physical activity can improve the way we look and feel about ourselves. This boosts our self esteem.
- 3.** Exercise involves learning new skills and achieving goals, this may improve your self-worth.
- 4.** Taking part in physical activity can involve meeting new people. This could mean making new friends and feeling less isolated.
- 5.** Physical activity can divert your attention from your mood and negative thoughts and gives you something else to focus on. In this way physical activity takes you out of the low mood.
- 6.** A programme of physical activity can help give structure to the day. It gives you a sense of purpose and goals to work towards.
- 7.** Some physical activity can get you out of the house. This can mean you get fresh air and new scenery.
- 8.** Taking part in regular physical activity can improve the quantity and quality of our sleep because you exert more energy when active and become more relaxed.

More positives to being active!

Physical activity is also considered a more natural way of trying to overcome depression and anxiety than for example antidepressants. Plus you don't get the negative side effects! In fact, there are many positive side effects for example:

Physically active people are more likely to:

- Be lively, energetic and alert
- Have fun
- Have a healthy diet
- Be healthier (physically and mentally)
- Have a lower percentage of body fat
- Have stronger bones and muscles
- Have good posture
- Have joints that move well
- Be able to keep going for longer
- Be less prone to accidents
- Be happy with their body shape
- Have a reserve of energy
- Avoid disease and illness
- Lift, push and pull more easily
- Have a strong, healthy heart
- Have improved lung functioning
- Have a sense of well – being
- Have a sense of achievement

You can feel some benefits right away!!

There are some benefits you can feel right away, for example:

More relaxed
Less stressed
Less tense
Less shaky
More calm
Better mood
More focussed
Better concentration
More composed
Feeling more able to cope
More energised
Get better sleep or a good night's sleep
More awake/alert
Less tired
Sense of achievement
Thinking is clearer
And probably more!!



But others will take lots of effort over a longer period, e.g., weight loss.

Read what people have to say about being active

Even if you are too tired

“Sometimes you feel too tired to exercise, but it’s strange because if you can make yourself do it, you feel like you’ve got more energy afterwards. If you exercise with a friend, you can encourage each other, when one of you feels as though you can’t be bothered.”

Joy of playing football

“I’ve always played and watched football. Without football, my life wouldn’t be worth living. It’s very therapeutic to me. To me exercise is the best thing in the world, give it a try.”

“Had it not been for the football I would have committed suicide.”

“Football is a big thing in my life. It keeps me well and away from all my mental health problems.”


“Before taking part in football I was taking drugs and not looking after myself. Many of the friends I have made are because of football. It’s not just the football, it’s the friendship and support when you feel down or when they do.”

“Playing football has helped me combat depression, by giving my mood a lift when I play and it is a good distraction from everyday stresses and strains.”

Walking helps

“I feel better after a walk, I feel cooler. It keeps my blood pressure down. It stops me being so sleepy and feeling so weak.”

“It is very uplifting spiritually, physically and mentally and is very therapeutic for mental health. Scenery is breathtaking. It gives me a wonderful buzz and it doesn’t matter about the weather, and I enjoy the company of a walking group.”



“Stops you going nocturnal, i.e., lying in bed all day and not sleeping at night. Gives you something to do, aids getting up, feeling of achievement. Find activities you want to do to provide motivation, which is important in long term fitness and well being.”

You can feel the benefits immediately

“A lady came to a keep fit class run by an exercise tutor 3 weeks after being off antidepressants which she had been on for 4 years. She was very tearful, shaky, had no confidence, and felt that she could not do much. The instructor encouraged, praised and empathised with her.


She took part and finished the whole class. After the class she told the tutor she felt better. But the tutor made her aware how she was no longer trembling and shaking and was more composed rather than tearful. Also she looked more confident and relaxed. Her husband said that she was totally different and a transformation from the woman he had dropped off to the class!”

Distance makes no difference

“I have been attending the Gardening Group for approximately six months. Although it is some distance a change of scenery and being part of a group make it worth my while. It also gives me the opportunity to enjoy being outside and getting fresh air, which makes me feel happier mentally and physically. The group has inspired me to want to grow fruit and vegetables at home.”

Makes you feel more positive

“It takes me quite a long time to get to the Zion, but I love coming to the Gardening Group, it is an excuse to get out of the house and the same four walls which can be very boring. Meeting people and socialising with them outside of the group is fun. I have learnt basic gardening skills and have gained several certificates. The smell of freshly cut grass, and the flowers and plants makes me feel more positive.”





Take the Test!!

A good starting point can be to look at the amount of physical activity you do now as a basis for making any changes. Take a look at the list of activities and tick whether you do them a lot, sometimes or never.

This test should provide you with a baseline of where you are starting from and where you could make changes. For example if you've ticked activities that you never do, then you may want to start doing them sometimes.

If you start to make changes, take the test again after a week, then after a second week, to see what changes you have made.



Remember

Being physically active means doing activities that are energetic, make you feel warmer and slightly out of breath.

Activity**A lot****Sometimes****Never**

Do you walk instead of taking the bus or car whenever possible, e.g., do you walk to the local shops?

Do you walk briskly?
(At a pace that keeps you warm and slightly out of breath)

Do you use stairs instead of lifts wherever you can?

When you do housework do you do it vigorously?
For example, cleaning.

Can you carry shopping bags without feeling breathless?

Can you walk up a hill or stairs without feeling completely out of breath?

If you have a bike do you ride it?

In a day, do you do something that makes you feel warmer and slightly out of breath for a total of 30 minutes?

Each week, are you physically active for 30 minutes on at least five days out of seven?

How much activity?

In order to feel all the benefits of physical activity listed in this guide the Chief Medical Officer recommends that you should take part in physical activity for AT LEAST 30 minutes ON 5 OR MORE DAYS a week. For people trying to lose weight or who suffer from a chronic condition (e.g., heart disease, diabetes, respiratory problem), this needs to be increased to 60-90 minutes on 5 or more days a week.

Think this sounds like a lot?

**Physical activity can easily become part of your daily life.
Why not try some of the following to help get you started?**

- Walk around the house during the TV adverts
- Walk up and down the stairs a few times a day
- Get off the bus a stop earlier and walk the rest of the way
- Walk to the local shops instead of taking the car or going on the bus
- Use the stairs instead of the lift
- Try marching on the spot whilst you're watching T.V.
- If you drive, park as far away as possible from where you need to be
- Hide the TV remote
- Be more vigorous with everyday activities like housework e.g. cleaning windows, hoovering stairs
- Do some gardening
- Hand wash the car
- Get your bike out of the shed and use it!
- Take a walk around your local park
- Become active / run around with the kids or your grandchildren
- Try dancing such as line dancing or salsa or what used to be called "disco dancing"
- Go for a walk on your lunch break
- Walk to the shop to buy your milk and paper instead of getting it delivered
- When meeting a friend go for a walk together

What kind of activity?

How hard should you work?

The activity needs to be something that makes you:

- Feel a bit warmer
- Feel a bit sweaty
- Makes your heart pump a bit faster

It should not leave you so breathless that you cannot speak while you are doing the activity. If you cannot speak you are working too hard.

Remember:

- If you haven't done any activity for ages, even a little bit will have a strong effect. Start slowly and build up bit by bit.
- Every little bit helps!
- 30 minutes is a total for the day. It can be broken down in to 3 lots of 10 minutes or even 6 lots of 5 minutes!

Choose things you enjoy

The important thing to remember before embarking on any physical activity programme, is that you choose something you enjoy doing. This is important as it will help you to keep your motivation up.

Everyone has different reasons as to why they enjoy certain types of activity:

- Some people like time to themselves whereas other people enjoy company.
- Some people like to be outside whereas others may prefer to be inside.
- Some people enjoy being part of a team or even activities where there is an element of competition involved.

Think about the kind of things you enjoy and see if any of the following activities involve these things:

Aerobics, Badminton, Bowls, Brisk Walking, Cricket, Curling, Cycling, Dancing, Energetic housework, Football, Golf, Gym, Gardening, Horse riding, Jogging, Netball, Rowing, Running, Squash, Swimming, Tai Chi, Tennis, Weight training, Yoga.

Note that exercise such as Tai Chi, and yoga are very good for:

- **Strengthening core muscles**
- **Improving balance (useful if you are unsteady on your feet, e.g., some medication can do that)**
- **Flexibility (range of movement increased)**
- **Good co-ordination**
- **Relaxation**

Think about why you want to become more physically active

Use the list to identify why you want to become more active. It can then help you choose activities.

Tick all those that apply to you

I want to:

Improve my health

Improve my body shape

Improve my body tone

Lose weight

Look and feel younger

Increase my energy levels

Keep or get fitter

Lower my blood pressure

Lower my cholesterol

Reduce stress

Reduce depression

Reduce anxiety

Reduce my tension

Forget my worries

Feel good about myself

Let off steam

Improve my sleep patterns

Get out of doors

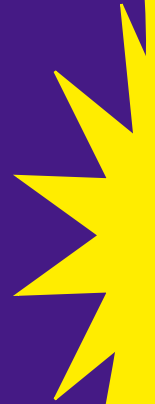
Make new friends

Spend time with others

Have time for myself

Be part of a group

Other



Still not sure what's right for you?

It's useful to consider exactly what you want to achieve:

- If you want to use physical activity purely for social and leisure purposes, then any activity counts.
- If it's to address a physical health issue such as lowering blood pressure or losing weight then it's best to consult your GP or the local exercise referral scheme as different exercises are better than others.
- If it's to help your mental health then ask for advice from whoever is helping you to co-ordinate your treatment plan or use the contacts towards the back of this booklet.

Did You Know?

Studies have shown that continuing an exercise programme for 16 weeks can equal the effects of taking antidepressant medication. And you don't get the side effects!

How to improve your chances of success when you start.

It can also improve your chances of success if you choose activities that:

- You can do regularly. (Examples: walking to the local shops, taking a longer walking route)
- You can fit easily into your daily routine.
- Fit with your sleep pattern, e.g., avoid morning activity if you are more alert later in the day.
- Can be done at a place near where you live.
- Don't have to depend on the weather or any other factors that might be out of your control. (Examples: exercising at home, going to the leisure centre)
- Are appropriate to your existing level of fitness.

(Examples: Easy exercise=walking at your own pace (but aim to move onto moderate exercise)
Moderate exercise= brisk walking or walking faster than your normal pace
Hard exercise= running or walking up hill)

Tips for Safe Physical Activity

Before increasing your physical activity levels, it's important to consider the following:

◦ **Talk to your G.P.** before embarking upon a programme of physical activity. This is particularly important if you have a medical problem or are on medication.

◦ **Do you have the right clothing and footwear?**

Clothing should be loose and not tight fitting to allow full range of movement. Footwear should be flat, no heels and not be open toed. (If you can manage it wear flat shoes with a rubber sole or trainers. Try to wear shoes that cover your whole foot and support your ankle).

Footwear is especially important during the winter months when it gets icy, slippery and/or wet under foot. A pair of stout walking shoes or boots with a rubber sole and a good deep tread are important to keep you upright!

◦ **Do you feel unwell?**

If you feel unwell, you should not take part in physical activity. If you are recovering from a cold or flu you should take part in only low level activities, i.e., easy activity such as walking but fast enough to keep your circulation going.

◦ **Have you just eaten a meal?**

You should leave 2 hours between eating a large meal and taking part in moderate – strenuous physical activity, usually walking is ok. This is especially important if you are diabetic or have heart problems/disease.

◦ **Take plenty of water** with you to drink when you become thirsty.

Drinking water will prevent dehydration by replacing fluids lost when you are exercising.

Whilst taking part in physical activity **remember the following:**

- **Start slowly and build up gradually**, don't push yourself too far.
- **Work at your own pace** rather than trying to keep up with other people.
- **Always make sure you warm up for 10 minutes before the activity and cool down for 10 minutes after the activity.** You should start easy and finish easy. This allows your heart to slow down properly and makes it less likely that your muscles will ache the next day.
- **Never stop abruptly.**
- **Remember that the phrase “no pain no gain” is not true!** There should be no pain or strain.

- **You should always be working at a level where you are still able to hold a conversation.** If you find you are so breathless you are unable to speak, slow down.
- **You should stop the activity and seek medical advice** if you experience any of the following:

Chest pain
Constant coughing or wheezing
Dizziness
Light headedness
Loss of balance
Confusion
Cold sweats
Blueness
Fainting
Sharp pains in muscles/ joints

If you have a physical health problem you are still likely to be able to take part in physical activity. However, it is vital that you speak to your G.P. beforehand and ask about being referred to your local exercise referral scheme.

Ideas to get you started and keep at it

Often, if you are using physical activity to help with a mental health problem, the very nature of that problem can make it hard to get motivated. For example if you are feeling down, it can be a struggle to get up and out every day. Similarly, the side effects of some medications can make you feel tired and lethargic.

There are some things you can do that can help:

- **Set yourself a start date**

- **Set goals for yourself**, giving you something more concrete to work towards.

You can get a physical activity instructor, health trainer or your support worker to help you work out your goals. This will also help you if you are not sure what activity to start with that matches your level of fitness and what you want to achieve.

- **Involve a friend or someone else to take part with you.** You can help to

motivate each other!

- **Think about ways of coping that may help you overcome anxious feelings about joining new groups, or visiting new places.**

For example:

- If you're joining a gym, pay a visit the day before to familiarise yourself with how to get there and get a feel for the place.

You should be given an induction by an instructor on how to use the gym equipment and they can tell you about warm up and cool down exercises. Once you start you can always ask an instructor for help if you are uncertain or want to learn some new activity.

- If you join an exercise class try to meet or speak to the tutor before the start of the class.

- Plan to take someone with you on the first couple of occasions whilst you familiarise yourself and start to meet new people (a health trainer may be able to help you in this).



- **Make use of supported activity** if you have fears about using public activities.

Some mental health services offer physical activity sessions, e.g., walks, football, gym sessions. See this as a stepping stone to help you on your way to making use of more public activities. You can ask your support worker or a health trainer to help you find ways to move on.

- **If you lapse don't give up.**

We can all have off days and lapse for different reasons, e.g., becoming unwell, poor mental health, holidays, changes in life situation, family demands, side effects of medication.

If you are unable to do something one day, don't force yourself or it will begin to feel like a chore. Set another start date.

Don't let yourself off too easily either. For

example, you can do a lighter activity or cut it down, often you feel like you can continue once you have started and you will feel much better afterwards.

- **Always have an exercise bag ready with your exercise gear**, e.g., shoes, water bottle, towel, exercise clothes, change of clothing and at hand, so you don't have to think about it and you can just go.


- **Get a step-o-meter (pedometer) to check just how active you are.**

This will measure the number of steps you do in a day. Your target should be 10,000 steps every day (15,000 if you are overweight). When you achieve this you can move onto longer walks.

- **Reward yourself for your achievements.**

Just make sure it's a healthy reward!





- **Use a physical activity diary** to keep track of your progress (have a look at page 27).

- **Keep a note of your positive feelings/mood and physical changes after any activity you have done.**

- **Recognise your achievements.** It helps if you write them down.

- **Tell someone else who is very positive and supportive what you are trying to do and how you are going about it.**

Any type of encouragement will help to keep you motivated.

- **Get in touch with a health trainer.**

They can help you work out what you want to do to improve your health. They can also help you to find services that offer activities. Look towards the back of the guide for the contact.



Setting goals

It may now help to plan out some of your activity and write down what you want to get from it:

Think of what you want to achieve (this is your long term goal) and then think of some small steps that will help you achieve this (short term goals). It will help if your goals are realistic, ones which you have a good chance of achieving and are easy to measure.

Examples of long term goals:

- **Get rid of my belly**
- **Look slimmer**
- **Get fitter**
- **Save money on buses and cars through walking**
- **Keep up with the kids**

The following example may help you think about your goals.

Long term goal:

Lose weight

Choice of activity:

Walking, jogging, running

Starting level of fitness:

Unfit

Steps to achieve goal

- For first 4 weeks, for 5 days out of every week:

In morning, afternoon and evening of each day to carry out 5-10 minutes of alternate walking for 30 steps and then jogging for 5-10 steps.

- After 4 weeks if ready to progress, for 5 days out of every week:

In morning, afternoon and evening of each day to carry out 10 minutes of alternate walking for 2 minutes and then jogging for 30 seconds.



Physical activity diary

Use this diary to monitor your progress, and reflect back on how well you're doing! It can be motivating to see the progress you have made.

- You can use the diary to record how active you are now:

Type of activity you do

How long you were active for

Comments about positive mental and physical changes you notice after doing it

- The diary can also be used to write in when you plan to be physically active.

Example of what you can put in your diary

	Morning	Afternoon	Evening	Comments
Monday			30 minutes brisk walking to a friends	Felt more relaxed
Tuesday	10 minutes brisk walk to the shops		1 hour football	Felt more energised after the walk. Made some friends at the football.
Wednesday		1 hour aerobics class		Slept better

You can copy this page if you wish to keep a record of your activity and progress

Morning

Afternoon

Evening

Comments

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Finding activities and help to become active

Exercise referral schemes

There is an exercise referral scheme for different parts of Manchester (PACE, ALFA & SMILE). They:

- Give you an assessment of your medical/health and physical activity history; find out what activity you have done, what you are interested in, tell you about activities they offer and what would suit you.
- Provide support for you to become active in a safe or supervised environment.
- Offer a range of physical activity as described below. They each offer cycling sessions. Bikes are provided. They cater for people of all levels: those who want to learn to ride, those who are less confident, those who ride well and people who want to cycle in a group.
- Have health trainers who can support you with your goals.
- Can refer you to NHS services like weight management, falls prevention (arm based exercise) and cardiac rehabilitation if you need it.

PACE Team (Physical Activity and Community Exercise) in North Manchester

0161 681 0940

For Beswick, Blackley, Bradford, Cheetham, Charlestown, Clayton, Crumpsall, Harpurhey, Lightbowne, Moston, Newton Heath

Activities include swimming (for people who can swim), gentle exercise classes, fitness centre workouts, badminton, local walking groups, cycling, tai chi and many others.

ALFA (Active Life for All) in Central Manchester

0161 833 4434

For Ardwick, Chorlton, Fallowfield, Gorton, Hulme, Levenshulme, Longsight, Moss Side, Rusholme, Whalley Range

Activities include swimming classes (offer classes for a range of needs such as phobias about water, cannot swim, want to improve swimming, don't feel confident), group walks, cycling, supervised gym sessions, group circuit sessions, yoga, tai chi and chair based exercise classes and others.



SMILE (South Manchester Improving Lifestyle Through Exercise) in South Manchester

0161 946 9438

For Baguley, Barlow Moor, Benchill, Brooklands, Burnage, Didsbury, Northenden, Old Moat, Sharston, Withington, Woodhouse Park

Activities include supervised gym sessions, keep fit classes, aqua aerobic classes, swim sessions (for people who can swim), guided health walks, cycling, tai chi classes and others.

South Manchester Healthy Living Network

Offers chair based exercise classes for older people in different parts of South Manchester, health information and volunteer opportunities.

For more information contact 0161 217 3035

ZEST-Healthy Living Network in North Manchester

Offers a range of group activities in Cheetham Hill, Crumpsall, Charlestown, Higher Blackley, Harpurhey, New Moston, Miles Platting, Ancoats and Collyhurst.

There are some women only sessions

For more information contact 0161 655 7885

Grassroots football sessions

Free football sessions for people with mental health related issues at Ardwick Leisure Centre on Stockport Road on Wednesdays between 2-3pm. You don't need to sign up or make a commitment to attend every week, just turn up when you feel like it.

Contact Paul Evans on 0161 861 2343, or ALFA on 0161 833 4434 or Jim Cant on 0161 947 2300

Zion Therapeutic Garden Project

Zion Community Resource Centre, 339 Stretford Road, Hulme

A project for people with mental illness. You can learn about and maintain an organic garden and greenhouse. They also give support and advice about training, volunteering and work opportunities. The emphasis in 2007 is on vegetable growing.

Contact Elizabeth Hammond on 0161 227 0109



Health Trainers

- They can help you get started on making changes.
- They can help you to set and achieve your goals in relation to physical activity.
- They also can help in relation to weight loss and healthy eating.
- They are able to point you in the direction of health related services.

If you live in the city of Manchester and need someone to help you along your way **contact 0161 861 2902** and ask about your local health trainer.

Getting Manchester Moving

A city wide physical activity campaign to pull together information about the range of health provisions you can access, show you how to make physical activity a part of every day life, and provide information and support about healthy eating and weight management.

For more information **contact Jane Parker, Getting Manchester Moving Co-ordinator 0161 438 7720** or email jane.parker@mcfc.co.uk or use their website.

Getting Active Through Exercise (GATE)

Promotes the benefits of exercise in the over 65's to improve health and help prevent falls. Exercise opportunities are offered on an individual basis after a health assessment conducted in your own home.
For further information **contact 0161 861 2900.**

Health Information in Libraries

Visit your local Health Information Point located in public libraries for books and other resources on all aspects of your physical and mental well-being.

www.healthprofile.org.uk

Gives you community health information; look up physical activity for a full list of indoor and outdoor facilities in Manchester and a full list of physical activity groups in Manchester.

www.gettingmanchestermoving.org

Have a look at these sites for more information about physical activity and healthy eating and activities that you can take part in.

Sports Drop-in

Moss Side Leisure Centre, off Moss Lane East, Hulme.

Every Monday 2-4pm.

Offers supported activities for people with mental health problems, including table tennis, football, badminton and swimming and possible others. Emergency contact details will be required for all who attend. Small entry fee payable.

Contact Paul Roberts (ACMHS, Zion Centre)
0161 226 9562 to take part.



www.eastserve.com

A copy of “Where to go for a Healthier Me” can be downloaded for activities in Beswick, Clayton, Collyhurst, Gorton, Miles Platting, Newton Heath and Openshaw.

Leisure facilities indoors

www.manchester.gov.uk/leisure/indoor

Information on types of membership, opening times, leisure activities including activities for women, older people and disabled people, allotments, parks with bowls.

Leisure activities

www.manchester.gov.uk/leisure/sports/

Information on sports clubs (also with a social function), health walks, parks and facilities.

Walking the Way to Health Initiative (WHI)

www.whi.org.uk

Information on benefits to walking, what to wear, WHI health walking schemes in your area, nature and health and more.

Walking-Routes

www.walking-routes.co.uk

Information on walking routes, hiking trails, route directions, route maps and much more.

Some useful numbers

- CALM 0800 58 58 58 (Confidential counselling and advice 5pm – 3am every day)
- Samaritans 0845 790 90 90 (24 hours every day)
- MIND information line 0161 272 8205
- Crisis Point 0161 225 9500
Crisis accommodation and external support
- 42nd Street 0161 832 0170
For young people under stress and in distress, Mon-Fri 12.30pm – 4.30pm
- NHS Direct 0845 46 47 (Advice and information about health and the NHS 24 hours every day)
- Self Help Services 0870 777 7832
Offer a range of self help groups including food and mood group
- The National Phobics Society 0870 122 2325
Information & advice about anxiety, panic and phobias

- Having a voice 0161 223 4438
Offers recovery courses and recovery training, peer support drop-in, counselling and visiting CAB advice

Some useful websites:

www.mentalhealthinmanchester.org.uk

www.manchesterpublichealthdevelopment.org

www.mind-in-manchester.org.uk

www.mentalhealth.org.uk

www.selfhelpservices.org.uk

www.havingavoice.org



Manchester **NHS**
Primary Care Trust

Manchester Public Health Development Service

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