

Course/Group title: Spireites Active for Life

Description of the course (including the number of sessions)

The Spireites Active for Life group is aimed for individuals who are interested in adopting a healthier lifestyle and participating in gentle physical exercise.

The topics covered throughout the sessions include: Food and mood, Confidence building, relaxation and mindfulness, the benefits of physical exercise, a CFC player visit and a stadium tour.

There are 9 sessions within each cohort. The group is partnership lead by an Occupational Therapist from the Chesterfield Recovery Team and also members from the Chesterfield Community Football Team.

Dates & times

1st Oct – 26th November

Venue

Proact Stadium, Chesterfield.

Benefits of attending the course:

To learn the benefits of exercise, how food can have an effect on our mental health, the techniques used for building our confidence, to participate in gentle physical activity and to overall learn how to adopt a healthier lifestyle.

Available to: An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

How to book a place: Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Another way to book is to contact Louise Herron (Occupational Therapist) on 01246 264030 or the Chesterfield Community Football team based at the Proact Stadium, Chesterfield.

Current group facilitators: Louise Herron (Occupational Therapist) and Peer supporters

To be included in which section:

Keeping Well