

Course/Group title: Winning Goals

Description of the course:

The course is designed to empower and educate individuals about the benefits of positive lifestyle changes and how this can impact on their overall wellbeing. Additionally, the course aims to provide a foundation for individuals to take their first steps in overcoming or managing their mental health difficulties through active engagement.

The course is run in partnership with Derby County Community Trust and is delivered through eight, two hour sessions including an additional health screening week.

Dates & times: Every Monday for 9 weeks – 11:00 – 13:00

January 2019 – (TBC)

further dates to be confirmed

Venue: Ripley Leisure Centre

Benefits of attending the course:

- To improve physical health and trying out various different sports.
- Increasing knowledge of healthy lifestyle benefits.
- Helping to improve mental health through physical exercise.
- To gain knowledge and information about community opportunities
- Opportunities to link in with Derby County Community Trust
- Become a peer supporter for the Trust.
- Confidence building and goal setting

Available to: Individuals who are currently within Derbyshire Healthcare NHS Foundation Trust - secondary mental health services

How to book a place: Contact your Consultant Psychiatrist or Community Mental Health Nurse. Or contact the team on 0300 123 2673

To be included in which section: Keeping Well



@derbyshcft



DHCFT