**Buckinghamshire Mental Health and**

**Physical Activity Pathway**

**Rethink Groups** People severely affected by mental illness and carers face barriers to physical activity. The partnership aims to establish whether these barriers can be overcome by embedding physical activity into peer support groups and services to explore the impact this may have on physical and mental health.

Contact mel.islin@rethink.org for more information.

**Sport in Mind** activities are open to anyone over the age of 18 years experiencing mental health problems. All our groups are relaxed drop-in sessions where you can take part for as little or as long as you like.

<https://www.sportinmind.org/Pages/Category/find-an-activity>

**Bucks Mind: Group Recovery Sessions** These groups are available to all Buckinghamshire Mind Service Users over 18 years old who are seeking recovery from mental ill-health and include yoga and walking sessions.

[https://www.bucksmind.org.uk/services/recovery-focused- groups-for-service-users/](https://www.bucksmind.org.uk/services/recovery-focused-%20groups-for-service-users/)

**Bucks Mind: Friends in Need** is a friendly peer support group who want to help adults manage their depression and anxiety by inviting them to try our uplifting, fun and free of charge activities. Get active whilst feeling supported with others who understand how you might be feeling.

<https://www.bucksmind.org.uk/services/peer-support-groups/friends-in-need/>

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**Keep Moving Forward** is a project set up by Wycombe Wanderers Sports & Education Trust. The sessions use different types of physical activity, and coaches with lived experience to support peoples recovery journey.

<http://www.wwset.co.uk/keep-moving-forward/>

**Get Set to Go** is a12 week programme providing a fun, friendly and safe environment for people with a mental health condition to return to or try activity for the first time.

<https://www.bucksmind.org.uk/how-can-we-help/get-set-to-go/>

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Severe

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**Active Bucks** is a universal offer of 2000+ activities suitable for inactive residents. All activities offer a first session free. [www.activebuck.co.uk](http://www.activebuck.co.uk)

Mild

Moderate