

Mental Health: Health Through The Back Door

Summary

Health Through The Back Door allows HALE to respond to identified needs in the community in a creative way, by offering introductory courses to new activities which indirectly benefit participants mental health and wellbeing.

This year our courses have included: Mums with bums and tums, Fitness & Wellbeing classes, Health Promotion on the MOV, Young people's introductory Cook n Eat classes, Falls Prevention course, Yoga, Circuit Training, Ready Steady Pedal and a Stress & Relaxation course.

The groups are often delivered in partnership with other organizations and where possible we support them to become self-sustaining so that they can continue beyond HALE's intervention.

Our impact

We have engaged with over 400 people so far this year in our Health Through The Back Door activities. Participants have reported improved sense of wellbeing, feeling less stressed when exercising, continuing to exercise in their own free time, improvement in general health and fitness. Participants also fed back that the courses generated or renewed interest in participating in more activities to enable them to improve their health and mood.

Ready Steady Pedal was attended by up to 15 women each week, and has proved to be rewarding and often emotional for all involved, contributing to increased confidence and reduced social isolation amongst participants. We are now looking to make this self-sustaining so that it can continue.

The Mums with bums and tums class took place as part of our weekly Midwife drop-in session, and is now being repeated due to its popularity. We are also looking to run this course at our Frizinghall sessions.

Comments from participants

"Excellent instruction, really motivating, very approachable and caring team available after class and I feel really looked after."

"This is great you have come here. This area is always left out and I want my kids to do more positive activities, especially after school and in the early evening. It gives me a break too."

"The cycling group has helped me grow in confidence after a 45 year break from cycling. The encouragement and companionship I found from joining a group of improvers made a real difference."

- 90% of Mums with bums and tums reported increased confidence, and 100% felt less socially isolated as a result of taking part
- 100% of Fitness & Wellbeing participants reported increased confidence to go on to attend other activities
- 100% of people accessing the MOV felt more confident about health services they could access locally
- 80% of Falls Prevention attendees felt the course had increased their confidence, with 70% feeling less isolated and 95% reporting an increased sense of wellbeing
- 100% of those taking part in circuit training felt it improved their confidence and enjoyed the social interaction