

# What is it?

Our Get Set to Go programme aims to improve the quality of life for anyone with a mental health problem through access to sport and physical activity in the local community. With support from Sport England and the National Lottery, Get Set to Go is proven to help overcome the barriers that some of us face when trying to get active for our physical and mental health.

Our sessions are fun, friendly and supportive. There are people there to talk to if you need to, about your wellbeing. You can be a complete beginner, returning to exercise after a while, or be experienced- we would love to see you at a session.

This project is the biggest ever study of its kind to see how being physically active can boost mental wellbeing. For this reason, we would love it if you could commit to a 12 course, to reap the best benefits.

**Come to our fun cake and coffee morning to do the pre-course evaluation forms in a friendly, relaxed environment, with support if required. Thoughtful Bread Company: 10am-12pm on Wed 28<sup>th</sup> November.**

Bath Mind  
10 Westgate Street  
Bath  
BA21HE

E: [admin@bathmind.org.uk](mailto:admin@bathmind.org.uk)  
T: 07588 524111

Red January  
RED-dy, Set, Go!

Whether it's running 5k, or walking to work a new way, a morning swim or taking your bike out for a spin - join the thousands of people around the UK kick-starting their 2019 in the most positive way.

<https://www.mind.org.uk/redjanuary>



In collaboration with Wesport,  
Virgin Care, B&NES Public Health Team,  
The Active Lifestyles Team &  
Healthy Lifestyles Team,  
The Chew Valley Village Agents.

[www.bathmind.org.uk](http://www.bathmind.org.uk)

Charity No. 1069403

# Bath Mind

## Get Set to Go Activities

(Winter/Spring 2018)



# What can I join?

## Tai Chi with Paddy Nisbet

Venue: Manvers Street Baptist Church  
Everyone Welcome.

Dates: Every Monday from 3<sup>rd</sup> Dec- 4th March  
(excluding 24th Dec & 31st Dec).

Time: 11.45am-12.45pm.

## Zumba with Juliet Aubrey

Venue: Manvers Street Baptist Church

Dates: Every Monday from 3<sup>rd</sup> Dec- 4th March  
(excluding 24th Dec & 31st Dec).

Time: 1:15pm-2pm.

**Creche Available.** Women only.

## Keep Fit with Sarah Lillywhite

Venue: Manvers Street Baptist Church

Dates: Every Thursday from 6<sup>th</sup> Dec-28<sup>th</sup> Feb

Time: 11.45-12.45pm

**Creche available.** Women only.

## Curling with Carol Slinn

Venue: Twerton Village Hall, Landseer Road BA2 1DX

Everyone Welcome.

Dates: Every Wednesday from 9<sup>th</sup> Jan- 27<sup>th</sup> March

Time: 12.30pm-1.30pm

## Badminton/Games

Venue: Twerton Village Hall, Landseer Road

Dates: Every Wednesday from 9<sup>th</sup> Jan- 27<sup>th</sup> March

Time: 1.30pm-2.30pm. Everyone Welcome.

## Ball Games-Basketball & Volleyball

Venue: Hayesfield Girls School

Upper Oldfield Park, Bath BA2 3LA

Everyone Welcome

Dates: Every Thursday from 10<sup>th</sup> Jan-4<sup>th</sup> April

Time: 6-7pm

## Futsal

Venue: Hayesfield Girls School

Upper Oldfield Park, Bath BA2 3LA

Men only

Dates: Every Thursday from 10<sup>th</sup> Jan-4<sup>th</sup> April

Time: 7-8pm

## Trail & Trail Running

Venue: Meet at Roundhill YMCA white building, Southdown.

Dates: 3 taster sessions on Saturday mornings  
Dec 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup>. Time: 8.30am.

Wear trainers. Ideally you can run up to £5k.

## Women only swimming

Venue: Culverhay Leisure Centre

Dates: 3 taster sessions. Wednesdays. Dec 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup>.

Time: 6.40-7.20pm. Arrive from 6.15pm to get changed.

## Social Walks & Runs- Hannah the Runner

A supportive community of runners all across Bath.

<https://groups.runtogether.co.uk/hannahtherunner>

**Please be on time to get the most from your session.**

***What if I do not feel able to join a group?*** Some people do not feel confident enough to join a group, or perhaps you stay at home a lot, for various reasons. We can offer a limited amount of 1:1 work- whereby a volunteer can visit you in your home for up to 6 times to support you in your goal to become more active.

Please contact Ailsa on 07588 524111 for more details or ask to be referred.

***What if I feel I need someone to talk things through with?***

e.g. what should I wear? Can I come with a friend/support worker? My medications might make it difficult for me....

Please contact Ailsa on 07588 524111 to talk things through.

***How do I stay motivated or get inspiration?***

Elefriends is a supportive online community where you can be yourself. We all know what it's like to struggle sometimes, but now there's a safe place to listen, share and be heard. Join "Being Active"  
<https://www.elefriends.org.uk>

***How much does it cost?***

All our activities are free but a suggested donation of £2-£3 would be much appreciated to be able to continue to offer activities in the future.

***What do I need?***

Please bring water. Wear trainers and comfortable clothing. **Please be on time to get the most from your session.**

**Book a place:** [admin@bathmind.org.uk](mailto:admin@bathmind.org.uk)