

# ***THINK ACTIVE***

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# ***BACKGROUND AND PARTNERS***

**Our project was designed to provide physical activity and an opportunity for people to talk and socialise**

**We engaged people that didn't want a traditional sports team opportunity such as football or netball**

**We designed it around the principles of Run Talk Run but aimed for more accessible activities such as walking, dance and yoga**

- Community Minds Matter: Walk and Talk, Pinchbeck
- Dance Free: Silent Disco in Nature, Boston and East Coast
- Hudson Fitness: Walk and Talk, Billingham
- Paw Runner: Dog Walking and Talk, Market Rasen
- Precizion: Yoga Mindfulness Meditation, On-line
- Reconnecting Grantham: Walk and Talk in Nature, Grantham
- Top Limitz: Dance and Chat, Skegness

# ***DELIVERY PARTNERS***

## **COMMUNITY MINDS MATTERS Pinchbeck**

**Venessa Brown**

10 unique participants

Free outdoor Walk and talk session a free outdoor focusing not only on exercise, but helps to change mind, attitude and mood

## **DANCE FREE Boston & East Coast**

**Hannah Green**

40 unique participants

Dancing indoors and outdoors  
In beautiful nature locations  
with silent disco headset across

## **HUDSON FITNESS Billinghay**

**Emma Hudson**

55 unique participants

Billinghay walk and talk session create a positive impact on the physical and mental wellbeing of the community

## **PAWRUNNER Market Rasen**

**Lucie Mountain**

18 unique participants

Weekly dog walk for humans and their hounds. It has positive impact on the physical and mental wellbeing of both humans and dogs everyone to get active.

# ***DELIVERY PARTNERS***

## **PRECIZION** Online class

**Phillipa Bulter**

12 unique participants

Online yoga exercises in which you move your body into various positions in order to relax your mind and to improve your breathing and to become more flexible

## **RECONNECTING GRANTHAM GRANTHAM**

**Dominic Fieldhouse**

10 unique participants

Walk and talk session aimed at people with depression, loneliness and anxiety to help boost mental health and well-being

## **TOP LIMITZ Skegness**

**Luke Hollingsworth**

20 unique participants

A free dance fitness session and 20 minutes to have a beverage and biscuits (on the house) to talk and make new friends

# ***FUNDING PARTNER***

## **Mental Health Promotion Fund – Managed Care Network**

*Supporting people to live independently in their own homes and local communities*

### Aims

- Reduction in social isolation
- Reduction in hospital admission
- Prevent people from reaching crisis
- Stronger connections and networks with people and communities - giving people a helping hand in making those vital connections
- Better equipped to take care of physical, mental health needs and fitness - enable people to take control of their health needs and recovery





## ***DANCE FREE (1)***

***“My first ever dance free session with Hannah was incredibly uplifting at a time when I felt that I needed a boost in my wellbeing. The music was an eclectic and fantastic mix of tempo’s which invoked so many different emotions and a deep sense of peace and connection to myself. I LOVED the space that Dance Free held for me in nature and the lovely connections I made with the group members”***

***“I was a little apprehensive about going dancing in the wild as I'm quite shy around new people but Hannah's warmth and energy immediately made me feel at peace. I thought the sound quality was great and the mixture of music was thoughtfully put together. I enjoyed the session a lot and felt the timing was good. The real magic happened in the interaction with others during the dance and then after. I felt grounded, present within my body and light from releasing stress within my body. I'll definitely go again when I next have childcare”***



## ***DANCE FREE (2)***

***“I have always loved dancing and music. However, after cancer throughout pregnancy, 17 years ago, body, health and mind were traumatic. A radical hysterectomy when Jamie, my son, was 3 months old. I then spent too many years on different horrible medications”.***

***“A friend told me about Hannah’s dancing. I couldn’t resist. Nervous at first but soon felt free as a bird, like an animal I shook off built up tension. The freedom is bliss and fatigued today but happier in my soul. The sociable side is great, no egos”.***

***“We are all on our personal journeys, together enhancing the unity as well. I felt comfortable afterwards, talked to new people easily. We’re no longer strangers, “limiting fears” are no longer holding me back. I’m very grateful and what perfect timing to have found these lovely humans”.***





# HUDSON FITNESS

*“I have thoroughly enjoyed this morning’s walk, met new people and enjoyed socialising with everyone. Well done Emma and hope it continues” (June)*

*“Lovely walk- good company - thanks Emma- it is great for people’s mental health and wellbeing” (Val)*

*“Very enjoyable mornings. Really good to see so many people” (Rob)*

*“Look forward to a Friday walk. Good company and some exercise”(Hazel)*



## XMAS EVE WALK AND TALK 10:30AM





# PRECIZION

***"Making time in my day to stop, to ground myself and take stock of the environment around me really helped me to focus my mind and continue to work. The activities that Phillipa made us do, made me relax and calm." (Matt)***

***"I recently completed a yoga course at Active Lincolnshire with a wonderful teacher Phillipa. She was very informative about the benefits of doing daily exercise and the effects on mental health. I attended once a week and completed the course. I thoroughly enjoyed each class and felt my mood and vitality were lifted after each session. I hugely benefited both physically and mentally from attending yoga with Active Lincolnshire and would definitely go again if the opportunity arises. 5 stars ☆" (Joanne)***



# ***RECONNECTING GRANTHAM***

**“Fantastic guided walk this morning, really interesting and gorgeous scenery. Thank you for your time and knowledge. Looking forward for the next weekend walk” (Lou)**

**“Was great to be able to walk this morning despite the awful weather” (Sally)**

**“Thanks Dom really enjoyed the walk and look forward to the next one” (Linda)**

**[Click here to hear from the Grantham beneficiaries](#)**





# ***PAWRUNNER***

***“Such a lovely walk and meeting new doggy friends today.  
Thanks everyone for a great walk, Dougie and I really enjoyed it”  
(Tina)***

***“Lovely walk this morning in the sunshine with an amazing  
view” (Shirley)***

***“Was a lovely walk, we are all tired now” (Hannah)***



# IN THE MEDIA

## Making a paws-itive difference to mental and physical wellbeing

Free weekly woodland wanders on offer as part of Think Active Walk - so why not join the pack?

By DIANNE TUCKETT  
dianne.tuckett@marketrasen.co.uk  
www.thinkactiverasen.co.uk

The health and wellbeing of humans and hounds is at the forefront of a Rasen-area business as it leads the way in a county initiative.

Paw Runner has teamed up with Active Lincolnshire for a weekly 'Think Active Dog Walk'.

The project is encouraging everyone to get active, which will have a positive impact on their physical and mental health.

The Think Active Support Group is supported by an investment from the Mental Health Promotion Fund - a partnership between Lincolnshire County Council and Lincolnshire Partnership NHS Foundation Trust.

The funding was secured

by Active Lincolnshire and Paw Runner is the delivery partner for the West Lindsey area - the first group launched in the county.

The groups will provide physical activity for people either living with low-level mental illness or with a history of poor mental health.

Leaders will be skilled to support participants and feel comfortable to have conversations around feelings such as loneliness, anxiety and depression, non-clinical.

Founder of Paw Runner, Lucie Mountain, knew as soon as she heard about the Think Active scheme, she just had to get involved.

She said: "According to the most recent annual report produced by PDSA, 1.3 million dogs in the UK aren't getting walked on a daily basis, which is a contributing factor to 1 in 14 dogs being diagnosed as obese and 1 in 10 dogs suf-



Lucie Mountain, right, is leading the wellbeing dog walks in Walsby Woods

fering from mental health issues each year.

"That coupled with mental health charity, Mind, providing research that 1 in four humans suffer with mental health and more than 60 per cent of adults are classed as

overweight in the UK, the negative long-term effects of covid has propelled us into a mental health and obesity pandemic for both humans and hounds.

"Now is the time to make a difference and it is a big part of Paw Runners mission to help

humans and their hounds to make that positive lifestyle change for a happier, healthier and more fulfilled lifestyle."

Lucie continued: "With the rising amount of dog thefts, it is also a safe environment to come together and have beau-

tiful walks without feeling anxious."

The weekly meet-ups take place every Tuesday evening at 6.30pm at Walsby Woods.

The walkers meet opposite the 'Paws in the Forest' cafe, past the Walsby Caravan Park.

Lucie added: "The walks last one hour and are completely free and at the end of the walk you will receive complimentary refreshments including some freshly baked tasty treats supplied by 'Nice and Naughty', of Market Rasen.

"Grimby-based 'Skippers' dog food company has kindly supplied the ethically-sourced tasty fish dog treats for our four legged walkers to enjoy after their walk too."

• To find out more about the Think active Dog Walks and to book your free place visit [www.thepawrunner.com/thinkactiverasen](http://www.thepawrunner.com/thinkactiverasen).



***“Yes, it's helped me in many ways, I have lots more confidence in myself”***

***Why did you join the class? “ To get myself out, as I struggled to make myself”***

***Survey respondents said that they wanted to join the group to make new friends and/or socialise. All of them were successful in doing this***

[Click here to hear from the Skegness beneficiaries](#)



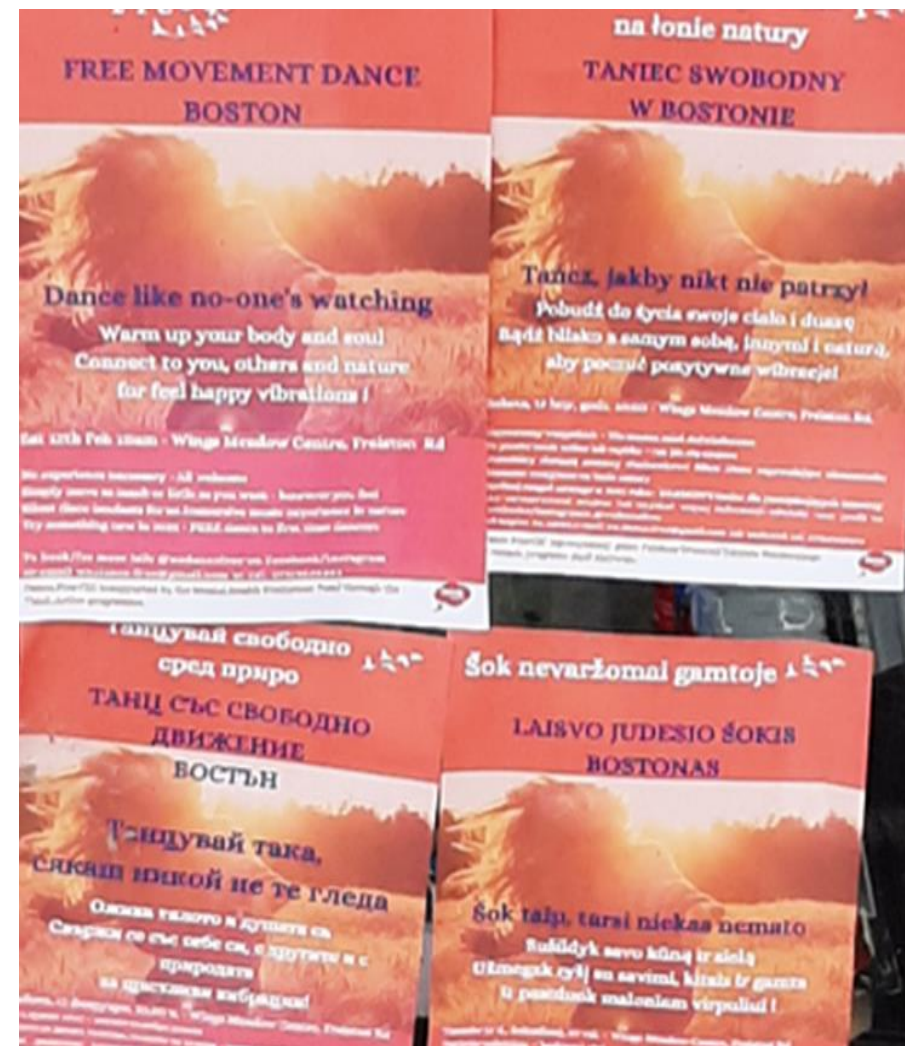
# COMMUNITY ENGAGEMENT

Advertising in different languages and locations to attract residents from different communities

Promote sense of belonging

Better health and wellbeing

Gives purpose and sense of the project



## KEY LEARNINGS

- ❑ The health system needs to see/hear the narrative of what a "Think Active" session looks like
- ❑ The physical activity sector needs to reinvent it's offer. This kind of approach could help them to engage new audiences
- ❑ Individuals leading the activity are key
- ❑ Smaller groups allow for positive relationships to be developed with and between the beneficiaries
- ❑ Linking to existing activities (e.g. walking groups) can help sustain them
- ❑ On-line sessions need space for informal chat
- ❑ Creating group chats (e.g. WhatsApp) pulls people into encouraging each other to continue to attend
- ❑ Marketing is essential. Local contacts and community-based publications get more attention. If it feels too polished and too big our target audience don't engage with it
- ❑ Monitoring of volunteers is time onerous. It needs to be handled delicately

## PROJECT CHALLENGES

- ❑ Working at a system level with a deliverable project
- ❑ The original language used in the promotional material was not appropriate for the target audience and became a barrier. References to "Mental Health" are still perceived as negative by many members of the public
- ❑ Volunteer Group Leaders, leading sessions as a hobby, have different motivations and professional accountability to paid officers
- ❑ It has been difficult to get data and reporting back from some of the volunteers
- ❑ The Think Active message is not widely spread in communities, this has contributed to not capturing all demographics
- ❑ Some activity leaders are not separating their private activity from the Think Active sessions when reporting
- ❑ It took time to know where best to place advertising

## SUSTAINABILITY

- ❑ Community Minds Matter: Introducing monthly payment
- ❑ Reconnecting Grantham: Donor contribution
- ❑ Paw Runner: Introducing monthly payment
- ❑ Dance Free: Introducing sessional payment range (pay what you can)
- ❑ Hudson Fitness, Billingham: Partner with Co-op Health Walks
- ❑ Yoga Mindfulness Meditation: Introducing sessional payment
- ❑ Top Limitz Dance: Introducing sessional payment

## CONCLUSION

- ❑ Think Active Walk and Talk Sessions created an impact on 165 people in Lincolnshire
- ❑ This project has helped reduce loneliness, depression and mental health issues that participants were experiencing
- ❑ Participants were enthusiastic about taking part in these sessions. The desire to continue post- funding has helped to sustain them
- ❑ Making specific space for talking was important to the beneficiaries