

# Wild Things



**“Our confidence in promoting activity to participants has significantly improved. It has allowed us and the instructors to deliver the best possible course that is suited to our students.”**

Maheon Balasundaram, Wild Things Peer Mentor

**“Peer mentors have more ability to create an active behaviour change in our clients than we do!”**

Nik Sutherland, Peer Coordinator



**Active Devon is a partner in the Wild Things project run by the Devon Recovery Learning Community, a partnership of local authority, health and other key stakeholders.**

Wild Things offers courses to people with lived experience of mental health problems, their families and friends, and the professionals who support them.

Active Devon’s involvement with this project is part of their Mental Health Charter for Sport and Recreation action plan.

**Highlights Active Devon have achieved through its Mental Health Charter action plan:**

- Six peer mentors as part of wider recovery partnership programme.
- 40 people engaged so far.
- Inspiring people to get qualified to lead outdoor pursuits and increase participation.
- Peer mentor trained to become an ambassador for the Mental Health Charter.

To join the Charter contact:  
[policy@sportandrecreation.org.uk](mailto:policy@sportandrecreation.org.uk)

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