

# Mental Health Charter

## Case study

March 2019



1. **Project name:** Safe, Fit & Well
2. **Organisation name:** Tyne Metropolitan College
3. **Target group:** At Tyne Metropolitan College we've developed our capacity to support learners around their mental wellbeing over the last couple of years through educating staff and creating a programme to provide physical activity as an intervention to increase mental wellbeing at the College.
4. **Aim of project:** Our Sport Development team completed the Youth Mental Health First Aid training in May 2018 and have recently delivered awareness sessions for curriculum staff to help educate them around signs, symptoms and the support system in place at the College.
5. **Project overview:** The project enables tutors to refer students at risk of anxiety, depression or mental wellbeing issues into our team. We follow this up with a brief discussion around the individual to ensure the project is suitable for them and what support would work best.

Following the discussion, we take them through a gym induction and their 3-month membership is activated. Once a week during the initial month they get access to a 1-1 gym session with an instructor who can advise around exercises tailored to that individual. At 3 and 6 months we review progress with the individual and use a physical activity questionnaire as well as a mental wellbeing questionnaire to measure how effective the project is.

We are currently looking at ways to improve this project to ensure the College can offer the best support possible to our learners.

6. **Impact and testimonials:** Prior to getting involved in the activities offered by Tyne Metropolitan College Matthew would exercise once per week as he found it boring and hard work. He was completing his Level 3 National Diploma in Engineering and was referred into the enrichment opportunities at the college by his tutor who noticed that his workload was building up which was impacting on his stress levels.

Matthew described himself as out of shape and the cost of a gym membership made it difficult to be active, but he wanted to lose weight and improve his running. "I found it motivating and I now love doing exercise because you can see the results" as Matthew discussed his weight loss throughout his time being involved in the project. He had noticed a plateau with his weight loss prior to the project, but with the boost of being involved with the college through gym sessions he lost two stone which made him feel more confident, happier and closer to achieving his dream



