

## HEALTH & WELLBEING



Our team provides challenging and award-winning healthier lifestyle activities and pursuits.

We provide structured programmes of physical activities that are developed around the strengths and recovery models of mental health.

Our participants are at the centre of our service and we work closely with other agencies in the statutory and voluntary sectors. We deliver a range of physical activities that are designed to challenge individuals, which in turn gives rise to a genuine sense of achievement and improves self-belief and wellbeing.

We understand from research that individuals who have serious psychological problems very often present with a variety of physical health problems including obesity, high blood pressure and diabetes. In addition, smoking prevalence is significantly

higher in people with mental health problems than among the general population. Our team works to tackle these very real physical health problems by providing a wide range of innovative and structured physical health activities.

We currently provide the following activities: cycling and mountain biking, martial arts, hiking, scrambling, rock climbing and mountaineering. In the future we aim to provide additional activities that push the boundaries even further.

Our activities are split into two categories, [Quest](#) and [Pursuit](#).

# 90%

of attendees surveyed would recommend [Aspire\\*](#) to people who suffer with their mental health

# 80%

reduction in psychological distress with [Discovery Quest](#)

\*One of our Pursuit programmes