



team
BEDS & LUTON
activity for life...

Young Minds
Satellite Club Case Study
In Partnership with



BEDFORD
BOROUGH COUNCIL

IN BRIEF

DESCRIPTION

The Young Minds programme aims to improve young people's mental wellbeing through fun and social physical activity sessions, with CAMHS staff on hand to offer support to both participants and parents.

SPORTS

Yoga, Mindfulness, Badminton, Table tennis, Short Tennis and a café support group

OVERALL FUNDING RECEIVED

£3,718.64

KEY PARTNERS

Bedford Borough Council Sports Development Team
CAMHS Wellbeing service Bedfordshire

Websites

[Bedford Borough Council Sports Development Team](#)

[CAMHS](#)



THE JOURNEY

A consultation was completed with CAMHS service users, 6th form students from five secondary schools and local college students which provided insights into the barriers to participation and the stigma associated with mental health conditions in this age group.

One in ten children need support or treatment for mental health problems with many mental health illnesses starting early in life. Research suggests 50 per cent of individuals with a lifetime mental health illness would have experienced their first symptoms before the age of 14. The number of 0 to 19 year olds in Bedford is 41,300 which represents a quarter of the population. An estimation 2,220 children in Bedford Borough aged 5 to 16 years have a mental health disorder and 1,130 of 16 to 19 year olds emphasising the need for this unique physical activity project within Bedford Borough.

HOW DID WE HELP?

Following the consultation period, the 'Young Minds' project was established, taking into consideration the views and opinions of young people experiencing mental health illnesses. The project aims to raise the awareness of mental health illness in young people, providing physical activity sessions to support young people's mental wellbeing with on hand support from CAMHS practitioner's.



The project aims to support young people aged between 13-18 years who are experiencing mild to moderate mental health problems

CREATING THE SATELLITE CLUB

Having held a youth forum and gathered crucial insight into the young people's behaviours around sport and physical activity, the partners involved produced a physical activity project tailored to the needs of the young people.

The partners involved delivered the following outcomes:

TEAM BEDS&LUTON FINANCIAL SUPPORT

We provided the Satellite Club project with £3,718.64 of funding to support delivery until March 2021. The Satellite Club funding was used to cover venue hire, coaching costs, equipment purchasing and incentives for the young people.

TEAM BEDS&LUTON NON FINANCIAL SUPPORT

Alongside the funding, team BEDS&LUTON also provided an evaluation framework for the project to monitor impact and supported Bedford Borough Council with promotion of the physical activity sessions in Bedford.

BEDFORD BOROUGH COUNCIL

Bedford Borough Council- Managed the project, working closely with the partnered organisations. Bedford Borough Council ensured the sessions ran weekly, completed registers, produced marketing materials and obtained feedback from the participants ensuring the project was young people led. Following consultations with the young people who identified a need for the project, Bedford Borough Council worked in partnership with CAMHs to produce a flyer design which had feedback from CAMHs service users who helped create the final design. The sports that were offered were ranked highly in the consultation and the approach was taken to combine this with the café support group.

CAMHs

CAMHs wellbeing Service for Bedfordshire provided the key differentiating element to this project which was support from qualified mental health practitioners who were able to provide onsite support, advice and guidance to the young people and their parents, making the Satellite Club project unique from other activity groups. Physical activity boosts endorphins and can improve mood so there are often occasions where a participant feels confident to open up and talk. Having someone present who was trained to do this was imperative to the scheme.

LAUNCH

This physical activity project is unique, offering fun, enjoyable and interactive sessions with mental health support for both participants and parents should they need it. There have been a number of young people engaging in the weekly sessions including looked after children, with many praising the sessions and being able to make new friends and unwind from school work. Since the projects launch a number of young people have attended with different mental health conditions, including anxiety, eating disorders, stress and depression.

The sessions are cost-saving in nature through the provision of early intervention to those at risk in schools and also supporting those already engaged in the East London Foundation Trust CAMHS service with a regular contact point and peer to peer support sessions. The project has also received referrals from other local organisations such as CHUMs and links back into the wider CAMHS support system. By addressing these issues with young people, it will help to reduce the mental health problems that occur in later life and support healthier and happier adults in Bedford.



Mindful Sport for Young People

Every Tuesday, at John Bunyan Sports and Fitness, MK42 9TS

Yoga

4-5pm

£3, for ages 12-18yrs



Informal and fun yoga with challenges and activities.

Badminton

4.30-5.30pm

£3, for ages 12-18yrs



Mini games and challenges with the coach or open play.

Table Tennis

4.30-5.30pm

£3, for ages 12-18yrs



Social and informal activity. Coaching advice available.

£3 max cost - whether you do one activity or a little bit of all three.

Take part for as long as you wish to or feel comfortable doing so. CAMHS staff will be on hand in the café to offer support to participants and parents. Mindful Sport is designed to be open and inclusive, and no diagnosis is required. Signposting to other support services is available on site.

20% OFF
in the Bickles Yard
café for parents
& participants

For more information, please contact Robert Lindsay:

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Let's Be Open About Mental Health To
Break The Stigma

IMPACT

PARENT 1

“Young Minds Yoga is a weekly exercise session giving young people the chance to relax and discuss problems with professionals, plus help reduce the impact and severity of mental health problems. Their parents or carers can also stay and chat to children and adolescent mental health services (CAMHS) staff or each other providing peer-to-peer support.”

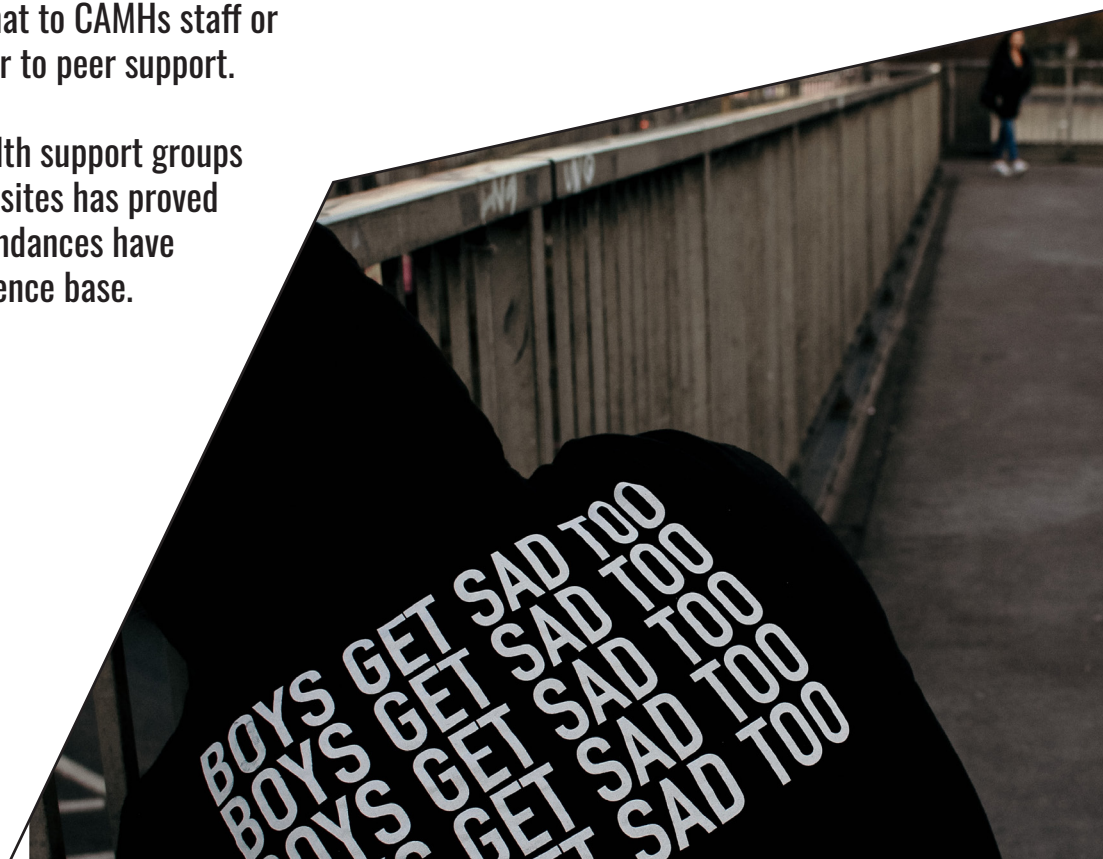
PARTICIPANT

“I think using sports to help people with conditions like mine is positive – it gives you motivation to carry on, and I need a place where I can meet other people like me and talk. Exercise helps me take my mind off things.”



KEY LEARNINGS

- The project makes effective use of a range of resources through the collaboration of the CAMHS team, the sports development team at Bedford Borough Council and the Active Partnership team BEDS&LUTON.
- The strength of the pathways between services and the awareness of the provision is key to the sustained levels of participation.
- The Young Minds physical activity project gives young people the chance to relax and discuss problems with professionals, helping to reduce the impact and severity of mental health problems
- The project allows for the young people's parents or carers to also stay and chat to CAMHS staff or other parents, providing peer to peer support.
- The approach of mental health support groups that are held at non clinical sites has proved to be desirable and our attendances have supported this existing evidence base.
- The partners involved in the project are aware that there is a huge stigma around dealing with/ acknowledging a mental health illness and this stigma is applicable for both adults and young people.
- The Satellite Club project allows young people to provide feedback, thoughts and views which will help shape future work and projects across Bedfordshire. It is rewarding and pleasing to see such positive feedback from the young people who attend the sessions and their parents.



NEXT STEPS

- The Young Minds weekly exercise session will continue to run until March 2021 funded through Team BEDS&LUTON's Satellite Club Programme and a small attendance fee has been introduced to allow this project to continue passed 2021.
- We would recommend any mental health charity or organisation to consider linking with a sports club or facility to tailor an activity project to the specific needs of service users in their local area.





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