

Get Set to Go Canoeing



As part of its Mental Health Charter for Sport and Recreation action plan, British Canoeing partnered with the local Mind group in Middlesbrough and Stockton to deliver Get Set to Go Canoeing.

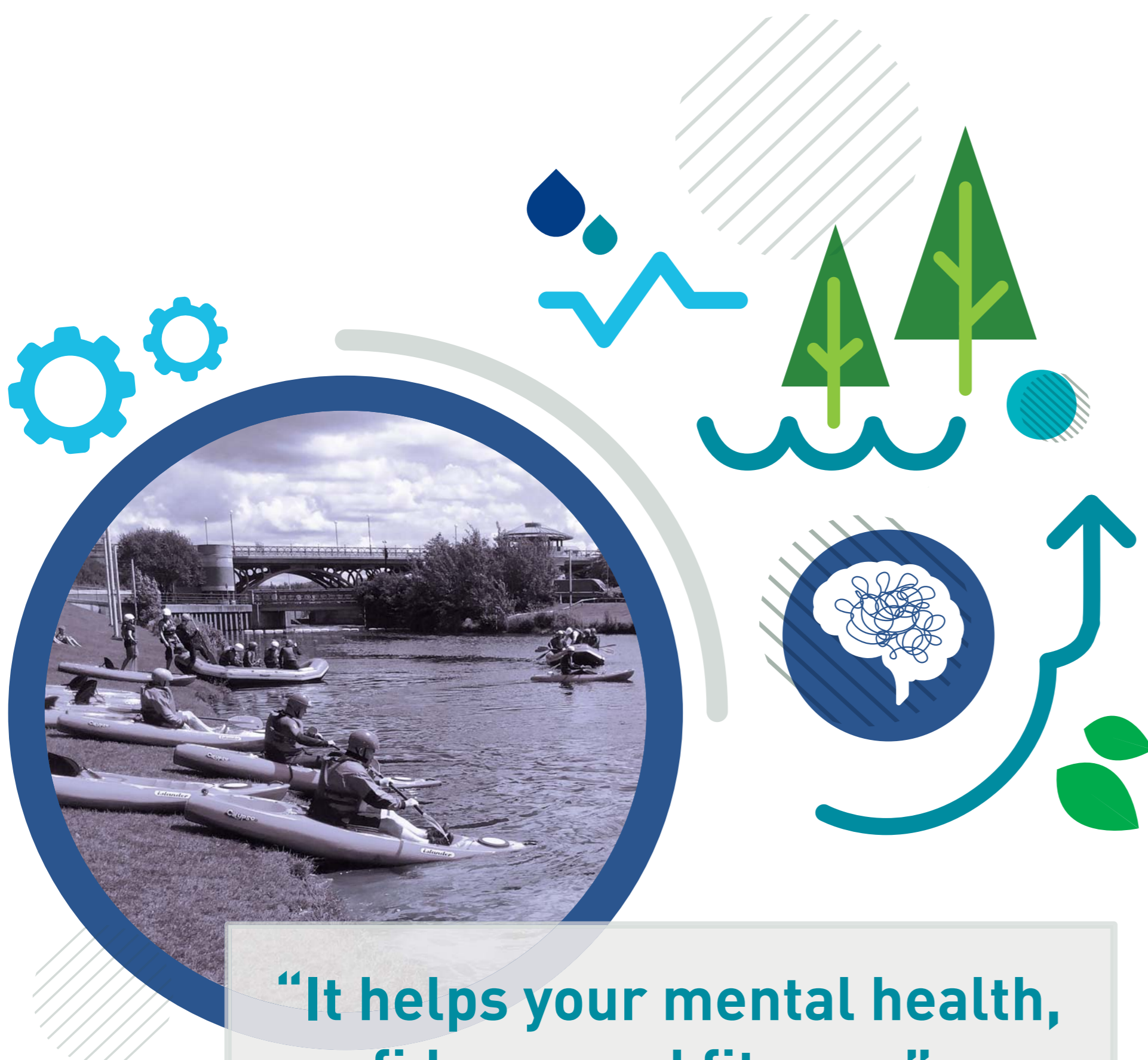
The programme gets people in the local community who have a mental health problem active through canoeing sessions.

Highlights British Canoeing have achieved through its Mental Health Charter action plan:

- Partnership with Middlesbrough and Stockton Mind.
- Two-hour canoeing sessions for eight participants aged 19-51, which took place at Tees Barrage White Water Centre with support from Tees Active instructors.
- Participants said it benefitted them physically and mentally.
- Partnership has been further developed for Tees Active to run badminton, bowls and football sessions.
- Get Set to Go delivered Mental Health Awareness training sessions for staff at British Canoeing, Tees Active and Tees Barrage White Water Centre.

To join the Charter contact:
policy@sportandrecreation.org.uk

#SportMinds



“It helps your mental health, confidence and fitness.”

Participant

“It’s fantastic medicine!”

Participant

