



Would you like to enhance your mental health by becoming more physically active?

Would it be helpful to have someone to accompany you at an activity and provide some encouragement?

BEING ACTIVE MATTERS is an innovative, social project which can support you in taking that first step.

Talking Matters Northumberland, with the support of Sport England and Northumberland County Council, is providing an innovative mental health wellbeing programme for people in Northumberland called BEING ACTIVE MATTERS. Numerous studies have shown the beneficial effects of sport and exercise on mental wellbeing. Regular physical activity can improve mood, lift self-esteem and reduce stress.

Who can access this project?

If you live in the North or West of Northumberland and you are interested in improving your mental wellbeing by becoming more physically active we can support you. You can be referred by your GP or another health professional or you can self-refer via our website or using our contact details below. We will then arrange an assessment to discuss your needs.

What support can I expect?

We will try and find a 'buddy' to join you at a physical activity class or group. This buddy will offer encouragement and help you gain confidence to continue the activity on your own after an agreed time period. Walking, running, visits to the gym, fitness classes – whatever you are interested in, we will try and find you some support.

To find out more, please contact Talking Matters Northumberland on **0300 303 0700** or **info@tmnorthumberland.org.uk**

