



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



Your guide to daily



5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



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REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



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Active body, healthy mind...go for a walk or run. Step

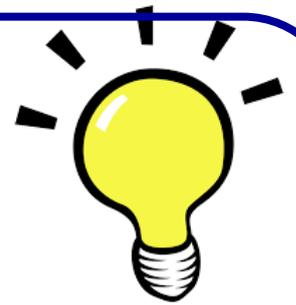
outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

Tips

Use your body. Try not to be afraid of it or of what other people might think of it, it is the greatest asset you will ever own.

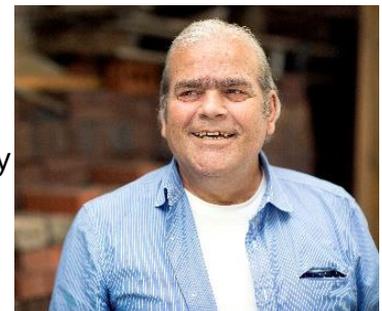
Exercise is essential for promoting well-being. But it does not need to be particularly intense for you to feel good. Slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well as providing some level of exercise.

NHS guidelines: for adults aged 19-64, it is recommended at least 150 minutes of moderate aerobic activity (e.g., cycling, brisk walking) every week. That breaks down to 30 minutes a day across 5 days.



Case Study

Raul was advised by his GP that it would be important for him to keep active as he was beginning to notice limitations in mobility and becoming increasingly aware of unsteadiness in his balance. The GP sign-posted him to Harrow Health Walks where he could join free, weekly walks. Raul found that joining the walks and seeing new and different parts of Harrow, like local parks and historical areas of the borough as well as meeting new people improved not only his physical health but also his mental health. Through the walking group, Raul became aware of an over 55's club taking place in a community centre in Harrow. Raul now enjoys a wider range of physical movement, has built strength and balance and through this activity has increased his social connectedness.



For more information on Harrow Health Walks and other clubs available, continue reading.



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Local & National Opportunities to Be Active

Aspire Leisure Centre

Wood Lane, Stanmore, HA7 4AP | T: 020 8954 5759

E: customerservice@aspire.org.uk

Aspire Leisure Centre is committed to providing accessible, inclusive fitness facilities to both our disabled and non-disabled customers. We have a wide range of accessible gym equipment in our fully inclusive fitness studio, and the leisure centre is equipped with automatic doors and lifts throughout. We also offer free disabled parking for our disabled customers.

www.aspireleisurecentre.org.uk

Better Gym

Unit 35, St George's Centre, St Ann's Road, Harrow, HA1 1HS

T: 020 3859 8834

At Better, we're all about helping everyone get fit and healthy, that's why we offer off-peak, concessionary memberships for anyone currently receiving benefits. This discounted membership lets you use Better facilities in your local borough. For a list of eligible benefits please visit our website or give us a ring.

www.better.org.uk

Cycle skills in Harrow

Do you work, study or live in Harrow? Whether you're a first-time rider or a regular cyclist looking to improve your skills, we provide free, tailored courses to suit your individual abilities and goals. You can learn to cycle safely and confidently, individually or in fun group sessions. Basic skills, urban skills, advanced skills and cycling for children courses as well as women-only sessions available. Book your cycle experience with: www.cycleexperience.com

http://www.harrow.gov.uk/info/100011/transport_and_streets/361/cycling_in_harrow

Friends of Harrow Weald Recreation Ground

We have a wide range of projects on the go all designed for the health and wellbeing of our space and community.

<http://harrowweald.co.uk/healthy-events>

Get Active Harrow

All-inclusive directory on the Harrow Council website listing different opportunities to get active in the local area.

<http://www.harrow.gov.uk/getactive>



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Green Gym

Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, sowing meadows and establishing wildlife ponds. Unlike other conservation projects, the emphasis is very much on health and fitness - volunteers warm up and cool down in preparation for a range of light to vigorous activities to suit all abilities. Green Gyms enhance mental wellbeing through increased contact with nature, the social benefits of group activity and helping people contribute something positive to their community.

www.tcv.org.uk/greengym

Harrow half marathon

The 'Harrow Half' is a traffic free, chip timed half marathon. The course features historic and well-known landmarks, stunning views, parks, countryside as well as the attractions you would expect of a modern, thriving borough and town centre. The Harrow Half costs £29 for Unaffiliated Club Athletes and £27 for Affiliated Club Athletes. The 'family mile' is an event available for all ages 4 to adult and costs £5 per person to enter.

E: events@activetrainingworld.co.uk

www.harrowhalfmarathon.co.uk/

Harrow Leisure Centre

Just about whatever your fitness needs, they're sure to be met at Harrow Leisure Centre. We've got a huge range of activities for you to try, including traditional facilities like our huge 160+ station gym that's packed with all the latest equipment, while our two swimming pools are fantastic for swimmers of all abilities. Furthermore, we also offer a huge range of virtual, video-led group exercise classes, as well as table tennis in a dedicated area. Furthermore, we've also got a nine-metre high climbing wall that's suitable for climbers of all abilities.

Christchurch Avenue, Harrow, HA3 5BD | T: 0208 901 5980

www.everyoneactive.com/centre/harrow-leisure-centre/

Harrow Mencap

Personalised community based day opportunities for adults and young people with learning disabilities, 18-30 years. Activities include life skills, sports, dance, drama, music, drama, sailing, volunteering, leisure and social activities. These services provide a range of day opportunities for adults and young people with learning disabilities.

T: 020 8869 8481 | E: harrowmencap@harrowmencap.org.uk

www.harrowmencap.org.uk/day-services



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Mind in Harrow – Stepping Stones activity courses

The Stepping Stones Project enables service users to move into mainstream courses and leisure activities, giving them greater control over their lives and renewed confidence and independence. It offers a range of opportunities on a termly basis.

T: 020 8426 0929 | E: g.gupta@mindinharrow.org.uk

www.mindinharrow.org.uk/stepping-stones-courses.asp#.W0MxPdVKjct

Our Parks

Free exercise programme in Harrow Recreation Ground. Classes include Bootcamp, Yoga, Abs, Bums & Thighs and Back to exercise. All classes are inclusive for all fitness levels and a great way to stay fit and active in your local park. Available on Google play and the App store.

www.ourparks.org.uk/borough/harrow-recreation-ground

Public Health Team: Exercise on Referral programmes

The exercise on referral programmes are designed for inactive adults at risk of developing chronic disease. They tend to be beneficial to adults who are overweight or obese. They are 10-12 weeks long and are tailored to meet your needs under the guidance of an exercise specialist. To join a referral programme you will need to ask your GP, Physiotherapist or other health professional for a referral.

T: 020 8420 9524 | E: healthyliving@harrow.gov.uk

<http://www.harrow.gov.uk>

Sports and Leisure Facilities

Harrow Council directory of local sports and leisure facilities.

http://www.harrow.gov.uk/homepage/114/sports_and_fitness_centres

This Girl Can

This Girl Can is a celebration of active women, of all ages, who are doing their thing no matter how well they do it, how they look or even how red their face gets. Funded by The National Lottery and developed by Sport England, we want to help women overcome the fear of judgement that is stopping too many women and girls from joining in.

www.thisgirlcan.co.uk

Walks with wheelchairs/Walks with buggies and young children

Download walk directions and detailed maps free of charge. You can also read reviews of routes before trying. Share your own routes for walking with a wheelchair. It is not necessary to register with the website to view walks in your area.

www.walkswithwheelchairs.com/Middlesex or www.walkswithbuggies.com/Middlesex



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Local clubs

Blossom Fitness London

E: blossom_fitness@hotmail.co.uk

At Blossom, we are all about sports, fun, getting fit and learning how to improve your health. Blossom Fitness is a not-for-profit community service running fitness sessions and events exclusively for females. We aim to encourage females to become healthier and also provide opportunities for training and self-development. Classes are economical with options to pay-as-you-go and termly bookings. It is necessary to book ahead to avoid disappointment.

www.facebook.com/blossomfitness

Harrow Bowls Club

Harrow Recreation Ground, Roxborough Road, HA1 1RR | T: 202 8863 6600
Harrow Bowls club is the oldest bowls club in Harrow but maintains a forward-thinking and vibrant attitude. We are always keen to recruit new members (both playing and non-playing). Free tuition is provided if you are new to bowls.

<http://www.harrowbowlsclub.co.uk/>

Over 55 Club

Every week, the over 55's Club meets in a casual atmosphere where members are encouraged to socialise and enjoy the sessions put on by the friendly staff. Over the two hours a wide variety of activities, including carpet bowls and chair-based exercise, are offered to encourage physical activity for those wanting to keep fit. If that's not for you, not to worry, as members are welcome to attend simply for the interaction, newspapers and free refreshments. There is a small fee of £2 payable at reception, if you would like to attend.

Cedars Youth and Community Centre, Chicheley Road, HA3 6QH

T: 020 8421 4676 | E: reception@cedarsycc.org.

<http://www.cedarsycc.org/over-55-club>

Sarrie's Track Club

Bannister Sport Centre, Uxbridge Road, Harrow, HA3 6SW | T 0203 675 7278
Sarrie's Track Club is an inclusive running club for anybody with physical/mental disabilities and/or mental health issues. The club runs every Friday (during term time) from 4.45pm – 6.00pm. Participants will run laps of the track and progress through recognised stages, developing skills through attending the sessions under the guidance of our fully qualified athletics coach. Contact Benjamin Lawrence, disABILITY Sports Manager, E: benjaminlawrence@saracens.net.



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South Ruislip Community Association

The aim of South Ruislip Community Association is to provide recreational, educational and leisure activities for the whole community. We achieve this by offering many different groups that you can join. We are surrounded by parkland with a free car park.

Deane Park Hall, Long Drive, South Ruislip, HA4 OHS | T 020 8842 0547

E: contact@southruislip.org

<http://www.southruislip.org>

Sports clubs Middlesex

Comprehensive list of various sports clubs taking place in the Middlesex area.

<http://www.sports-clubs.net/Sport/Clubs.aspx?County=Middlesex>

The Real Group Harrow

T: 020 7380 6522 | E: REALharrow@mail.com

A support group for individuals with arthritis and similar auto-immune conditions. It is a patient-led group supported by Rheumatology at Northwick Park Hospital. Exercise is important if you have arthritis as it helps to limit pain and maintain mobility. It also boosts energy, keeps muscles strong to support joints, and can prevent disability. Previous sessions have focused on yoga, breathing techniques and guided meditation. For more information on the group including future meetings, please get in contact.

www.arthritiscare.org.uk

Walking Football United

Any Harrow resident with mental health issues welcome. Games are played at Harrow Leisure Centre, Whitmore High School and Cedars Community Centre. Cost is £2-£3 per player depending on location.

<http://www.walkingfootballunited.co.uk/middlesex>

Local walking groups

Harrow Health Walks

Free weekly walks to provide local residents with an opportunity to walk regularly in a relaxed and friendly environment. The walks are led by qualified leaders, who encourage you to walk at your own pace. Everyone is welcome, regardless of age and fitness level.

www.harrow.gov.uk/getactive or www.walkingforhealth.org.uk



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Harrow Nature Conservation Forum

The Forum is a group of volunteers who maintain the majority of the nature reserves and wild open spaces in the London Borough of Harrow. We organise conservation action events in the various reserves as well as fun and educational events including guided walks.

www.harrownf.org/

Ramblers

T: 020 8863 7016

North West London Ramblers Group helps local people enjoy walking and protect the places we all love to walk. We organise regular walks led by local experts – a great way to get outside, make new friends and discover how walking boosts your health and happiness. You're very welcome to try walking with us, or to get involved in looking after paths and green spaces and opening up new places to explore. We draw our membership primarily from the London Boroughs of Harrow and Brent, though many members come from surrounding areas.

<http://www.ramblers.org.uk/north-west-london>

Rambling Clubs Middlesex

Directory of various rambling clubs covering the Middlesex area.

www.ramblingclubs.com/ramblingclubs.php/Middlesex/48/2/

Apps, Podcasts and Online Resources

Active 10's app

Did you know that walking briskly for just 10 continuous minutes' counts as exercise? It's easier than you might think to fit it into your day with the Active 10 walking tracker app, available on android and iOS. Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Start with a 10 minute brisk walk a day and then see if you can gradually build up to more.

www.nhs.uk/oneyou/active10/home

The Running Bug

Join this supportive community for runners with free tips and plans for motivation, training from 5K to ultras, nutrition, events, injury advice and much more! You will be required to create a free account to access forums, materials and other information.

www.therunningbug.com

Walkit – Urban walking route planner

Get a route map between any two points. Information will include your journey time, calorie burn, step count and carbon saving. It's quick, free, healthy and green.

www.walkit.com



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Being active with faith and spiritual communities

Many faith and spiritual communities have varied schemes to get involved with, like yoga classes that may be offered by different temples in Harrow. Many of these organisations will have a website explaining what activities are available. Alternatively, you could pop-in and express your interest to get involved and enquire what opportunities might be accessible and of interest to you.



Please call Mind in Harrow on 020 8426 0929
for a large print version of this factsheet or a summary translation.

Mind in Harrow's Mental Health Information Service is a part of SWiSH, a consortium of five local charities, offering the local Care Act Information & Advice Service for Harrow residents, funded by the Council. www.harrowca.org.uk

This factsheet was produced by

Mind in Harrow

Mind in Harrow, First Floor, 132-134 College Road, Harrow, HA1 1BQ
T: 020 8426 0929 | E: info@mindinharrow.org.uk | W: www.mindinharrow.org.uk
Registered charity number 1067480

Visit our website for our Mental Health Directory
<http://directory.mindinharrow.org.uk/>

Easy to use searches for over 100 Harrow services, including counselling/therapy, specialist NHS services, minority ethnic community organisations, support for carers, benefits & housing and self-help groups. Over 20 Harrow factsheets on topics such as schizophrenia, sleeping problems, self-harm and depression. Also, if you can't find what you are seeking in Harrow, the directory has around 100 National organisations which may be able to help.