



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

swish

Support & Wellbeing
Information Service Harrow

Your guide to daily 5 Ways to Wellbeing



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



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



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.

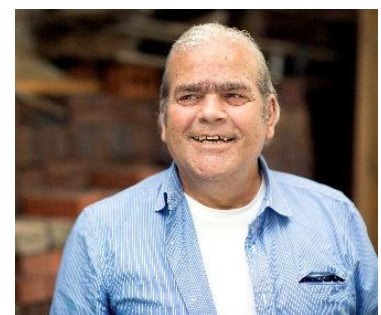
Exercise is essential for promoting well-being. But it does not need to be particularly intense for you to feel good. Slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well as providing some level of exercise.

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.



Local & National Opportunities to Be Active

Exercise on referral

To join a referral programme you will need to ask your GP. They are 10 to 12 weeks long and are tailored to meet your needs under the guidance of an exercise specialist.

Who qualifies for a referral?

1. People who are referred after an NHS health check
2. People who are obese (body mass index over 30)
3. People who are overweight (body mass index over 25) **and** have one of the conditions below:
 - controlled diabetes or hypertension
 - hypercholesterolemia (a type of high cholesterol)
 - depression or anxiety (mild to moderate)
 - osteoporosis
 - mild arthritis in hips or knees
 - asthma, COPD

Courses in Harrow take place at Harrow leisure centre and the Aspire Leisure Centre

Source: <https://www.harrow.gov.uk/health-leisure/exercise-referral>

Harrow Health Walks

Free and provide you with an opportunity to walk regularly in a relaxed and friendly environment and enjoy some beautiful green spaces.

The walks are led by qualified and insured volunteer walk leaders, who encourage you to walk at your own pace. Everyone is welcome, regardless of age and fitness level. With no need to book in advance you can just turn up on the day. You can attend as many walks as you want and all you need are some comfy shoes.

The walks vary from 30 minute to 1 hour and 15 mins in length. For details of specific locations, dates and times, see:

<https://www.walkingforhealth.org.uk/walkfinder/harrow-health-walks>



Rethink Physical activities navigation service

Individual and group exercise programmes for Rethink Mental illness service users and their carers. Involves an initial physical activities assessment, one to one and group activities, support to access a physical health check with a professional and information on how to access activities that are in your local community. For referrals or more information T: Luke on 07918 186 970 or E: luke.odam@rethink.org

Parkrun

Parkruns are free, weekly, community events. Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior parkruns for children aged four to 14. Parkrun is a positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. You can find your local parkrun on the website.

Website: www.parkrun.org.uk

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 disabled and non-disabled customers. There is 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. They also offer free disabled parking for disabled customers.

www.aspireleisurecentre.org.uk

Cycle Confident LTD and Harrow Council

Anybody who lives, works or studies in Harrow is entitled to the following **free** services:

FREE Cycle Skills: Get tailored training at a level suited to your needs, or book a lesson for the family (with up to three participants)! Choose from Basic (off-road environment), Urban quiet local roads) or Advanced (complex junctions and busy roads).

You can register and apply for a course online:

<https://www.cycleconfident.com/sponsors/harrow/>

The contact telephone number for Cycle Confident is 020 3031 6730



Friends of Harrow Weald Recreation Ground (aka Boxtree park)

We have a wide range of projects on the go all designed for the health and wellbeing of our space and community. Active volunteering opportunities include litter pickers and gardening group

<https://harrowweald.co.uk/>

Harrow Council, find sports activities near me

Harrow Council has partnered with the Pro Active London partnerships to develop an online one stop shop of all sport and physical activity. This includes clubs, venues and sporting activities across London.

On the website you can click on find activities near me and then a list comes up of local clubs, and gyms including prices.

<https://www.harrow.gov.uk/health-leisure/get-active-london>

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: 020 8901 5980

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

Community CONNEX (formerly Harrow Mencap)

Personalised community based day opportunities and activities. They have a range of services e.g. Youth ConneX and Together ConneX One of their services is called Care ConneX which is a registered care agency for people aged 8+ who are Autistic, or have learning disabilities or Mental Health needs. Their support workers can help people take up a new exercise or activity or join the gym. T: 020 8869 8484 / **020 8423 7382**. E: hello@communityconnex.co.uk

Mind in Harrow – Stepping Stones activity courses

The Stepping Stones Project enables service users with mild-moderate mental health needs 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



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<https://www.mindinharrow.org.uk/our-services/daytime-activities/stepping-stones-courses/>

London 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. Currently the nearest green gyms are Camden, Hillingdon and Hounslow.

<https://www.tcv.org.uk/london/green-gym-london/>

Harrow Recreation Ground.

Harrow Recreation Ground, Roxborough Road, HA1 1RR | T: 020 8863 6600

There has been a bowling ground at the Rec since its earliest days, and Harrow Bowling Club was formed around 1902. <http://www.harrowbowlsclub.co.uk/>

The rec is also home to Harrow St Mary's football club and the 3-Bridges Cricket Club.

Activities open to all:

- Harrow parkrun (Saturdays 9a.m. by Harrow St Mary's Pavilion)
- Tai Chi for health (Fridays mornings 9.30 to 10:30 near the café or on the basketball court)
- Group exercise (Tuesday mornings 10 to 11 near the Tennis courts or on the basketball court)
- Harrow Health walk (Tuesday mornings 10.30, meet at Hindes Road entrance)

<https://www.harrowrec.org.uk/>

Local clubs

Over 55 Club

Every week, on Tuesday and Thursday mornings, 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 £3.50 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.

<https://www.watfordfccsetrust.com/facility/cedars-youth-community-centre/>

Sarrie's Track Club

Bannister Sport Centre, Uxbridge Road, Harrow, HA3 6SW, Telephone 0203 675 7278

Sarrie's Track Club is an inclusive running club for anybody with physical/mental disabilities and/or mental health issues.: FRIDAY (TERM TIME) 5.00PM – 6.00PM

Sarrie's Track Club is a disability running club for those aged 16+. Participants undertake a registration and welcoming process before running laps of our track! Each week, the participant's laps are recorded as they progress through recognised distances including 10km, 100km & 250km.

Each participant is allocated a 'buddy runner' who runs alongside them to help support and motivate them during their laps! It is also the 'buddy runners' job to ensure that the participants are challenged at their own level to ensure maximum enjoyment from the sessions. The programme is designed to be fully inclusive with health, fitness and social benefits for the 'buddy runners' as well as the participants.

<https://www.saracenssportfoundation.org/sarries-track-club/>

E: disabilitysport@saracens.net

Walking Football United

Any Harrow resident with mental health issues welcome. Games are played at Whitmore High School, HA2. Wednesdays 8p.m. to 9p.m. (men aged 50+) T: 020 8515 1919 and

Cedars Community Centre, Harrow Weald, HA3, Friday 12noon to 1p.m. (age 50+) T: 0208 4214676 Cost is £3.50 per player depending on location.

<https://www.middlesexfa.com/players/ways-to-play/walking-football>

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



Local walking groups

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.

<https://www.harrowncf.org/>

Ramblers

T: 020 8863 7016

Ramblers Groups 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.

<https://www.ramblers.org.uk>

Apps, Podcasts and Online Resources

<https://www.nhs.uk/better-health/get-active>

This website links you to two free apps: **Couch to 5k** and **Active 10** that you can download from the App Store or Google Play.

Couch to 5K : A running programme for absolute beginners. The app:

- ✓ Has a choice of 5 trainers to motivate you
- ✓ Works with your music player
- ✓ Tracks your runs
- ✓ Connects you to other Couch to 5K runners

Active 10: A walking app which:

- ✓ Tracks your steps
- ✓ Helps you set goals
- ✓ Shows you your achievements
- ✓ Gives you tips to boost your activity

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, Fourth 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

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.