



# Looking ahead Regional Network programme

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# Impact

2,000  
organisations  
engaged

50 events  
delivered

2,000+ people  
trained

Local Minds  
supported

Physical activity and  
mental health  
programmes

Mental health  
champions  
programmes

Awareness of our  
Sector Support

Influencing work  
with Integrated  
Care Systems



Being the hub lead was a real privilege for me. I've seen the positive impact we've made on supporting people with mental health problems.

Two years on and I am now a Programme Manager for Mental Health within an NHS ICB, which isn't a role I wouldn't have considered before being part of the hub!



# East of England impact

Brought together learning from across the region

Engaged 25 Mental Health Champions

Hosted numerous learning and networking events.

Better embedded mental health understanding in the region

Over 300 people signed up to our newsletter

Helped develop links with mental health services

# What's next?

**Networking**

**Training**

**Mind's support**

**Consultancy**

**Communication**

# Mind's support



## Mental Health Awareness for Sport & Physical Activity+ eLearning

Increases knowledge and confidence to support people with mental health problems through physical activity.

## Physical activity & mental health newsletter

Our newsletter includes all things mental health and physical activity related. Sign up at [bit.ly/mindpanewsletter](https://bit.ly/mindpanewsletter).

## Self-care library

Access our free of activities to support your mental wellbeing.

Visit [bit.ly/SelfCareLibrary](https://bit.ly/SelfCareLibrary).



# What's next: East of England

**Active Partnerships are not going  
anywhere**

**Communicate Mind's plans locally**

**Continue and grow the Mental Health  
Champions programme**

