

## Would you like help to get more active and improve your wellbeing?

If you would like to get more active to improve your well-being but feel that you need or would like some support to do so then Get Set to Go is the right choice for you.

### What's it all about?

Get Set to Go is an exciting new project which aims to help people with experience of mental health problems like stress, anxiety and depression improve their health and well-being through sports and physical activity. You don't need to have a diagnosed mental health condition to take part. Dudley Mind are delivering the project here in Dudley and Black Country.

### What's on offer?

- A weekly programme of activities ranging from yoga, football, Zumba and netball at different venues across Dudley. Our sessions provide a safe, friendly and relaxed environment in which to get more active. Most of the sessions are free or low-cost.
- Free monthly taster events giving people the chance to try out different activities which so far have included martial arts and water-skiing and most recently involved fishing. And yes, you can go water-skiing in Dudley!
- Initial and ongoing support from the Get Set to Go team.

You can see our weekly timetable and get more information about Get Set to Go at [www.dudleymind.org.uk](http://www.dudleymind.org.uk) and click on **Sport**.

### Who can take part?

If you're over 18 years old, live in Dudley or the surrounding area and have experience of mental health conditions like stress, anxiety or depression and you want to improve your well-being then you're eligible to get involved.

### Interested?

**Call James on 01384 442938** or email [james.austin@dudleymind.org.uk](mailto:james.austin@dudleymind.org.uk)

