

#47 IMAGINE YOUR GOALS. IMPROVING MENTAL HEALTH THROUGH FOOTBALL

TIME TO CHANGE

Programme and Report, since 2007

Topic for advocacy Education and Active Schools / HEPA - Physical Activity and Health

<https://www.time-to-change.org.uk/sites/default/files/imagine-your-goals-improving-mental-health-through-football.pdf>

Description of the good example

Imagine your goals was a two year project to improve well being through sport. Running from 2010-2012, it aimed to help people's physical and mental health; increase the social inclusion of people with mental health problems; and tackle the stigma and discrimination people with mental health problems experience. Sixteen Imagine Your Goals projects were delivered by community trusts and schemes affiliated to Premier League football clubs, and the Premier League and Sport Relief jointly funded the programme.

Target - Who can best use this example or document?

Football club community scheme, local professional and amateur sports clubs, local and national governments, sport community at large.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

All projects ran physical activity sessions designed to improve health, increase confidence and decrease isolation for people with experience of mental health problems. Most projects delivered football sessions, but some only ran them in combination with other activities and a few did not do football at all.

Learning points - What can we learn from it?

The project can be transferable to other sport organisations, and it's an excellent example on how people improve fitness, weight loss, improve football skills as well as their physical and mental wellbeing.

Further information

Time to Change

info@time-to-change.org.uk

<https://www.time-to-change.org.uk/>