



Mind West Midlands Physical Activity Network

Led by Sport Birmingham, in partnership with the five other WM [Active Partnerships](#), the WMCA, Newman University, StreetGames and other stakeholders, we are committed to connecting people and expertise to make sport and physical activity support for mental health even stronger in the region

What is a Mind Regional Network?

A collaboration between sport, physical activity and mental health organisations committed to working together to increase the number of service providers who are equipped with the skills to support and engage people with mental health problems in physical activity.

We will do this through creating a platform for networking, shared learning and taking positive action to improve how we work together across sectors.

Mission

Our system advocates and makes the changes so that sport & physical activity is unequivocally advocated because of its positive impact upon individual and population level mental health.

Vision

Sport & Physical activity is accessible to everyone [across the West Midlands] and is enjoyed and recognised as a means of improving, maintaining and sustaining good mental health.

What does the Mind WM Network offer?

As one of nine new Mind Regional Network hubs, we hold autonomy and responsibility for designing, delivering and implementing how the Regional Network operates and what it delivers.

Over an 18 month period, each hub will aim to engage and support a minimum of 70 organisations in their region and upskill 160 people, such as coaches, volunteers and staff in mental health awareness.

In addition to the above we want to create opportunities to come together in order to encourage co-production, share ideas, capture experiences and learn from one another in an open and inclusive environment.

While this is challenging given the current situation with COVID-19, we aim to stay connected and support one another to look after our mental and physical health in the months ahead. You can do this by following us on Twitter [@MHSportBum](#) and keeping in touch with the programme nationally via #MindActiveNetwork.

How you can get involved

If you'd like to be part of this growing regional network or to access training and resources, please visit the following website page: www.sportbirmingham.org/mental-health or contact amy.bird@sportbirmingham.org