



**BETTER**  
PATHWAYS

Positive about mental health



## Are you looking to improve your mental health wellbeing and physical health?

**If so, then our Better Health 4 Life programme at Better Pathways offers free personalised mental health support alongside regular and diverse physical activities tailored to you.**

**It is a holistic programme to promote a healthier lifestyle while maintaining positive mental health.**

### **8 - Week Programme**

- ✓ This project consists of group workshops involving 2 pathways individuals can take: the Active Pathway or the Better Health 4 Life Pathway.
- ✓ The Active Pathway explores how to maintain physical health, enhance mental health, incorporating low-intensity exercises/activities and healthy eating tips.
- ✓ The Better Health 4 Life Pathway explores mental health topics, incorporating work sheets alongside one-to-one mental health support.

You will have access to one-to-one personalised mentoring from a qualified Personal Wellbeing Champion who delivers 30 minutes check in sessions after workshops



## Activities

### Physical Activities may include

- Resistant band stretches
- Seated cycling
- Seated exercise
- Keep Fit Sessions
- Dancing

### Social Activities may include

- Mindfulness
- Healthy relationships
- Identifying/challenging negative thinking patterns
- Sleep hygiene
- Social Support

**We are open to more activity suggestions.** For example, we can run specialised workshops such as men's mental health workshops and women's mental health workshops, and we can also do walking groups and many more more activities tailored to your needs.

## Eligibility

Birmingham resident aged 18+

Open to people:

- Who would benefit from increasing their mental health and/ or wellbeing
- Living with disabilities, learning difficulties, long-term health conditions

Carers are also welcome to join this project.

## Benefits

- Bringing Individuals together with like-minded peers
- Reduced social isolation
- A chance to access volunteering and employability opportunities
- Improving physical and mental health
- An opportunity to be more involved in your local community
- **Free yearly bus pass**

To sign up visit [betterpathways.org.uk/pandc-registration/](https://betterpathways.org.uk/pandc-registration/)



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