



## Fitt Buddies Hinckley & Bosworth Borough Council

### The local need

10,345 individual's aged 18 - 64 living with a mental health issue in Hinckley and Bosworth; this equates to 10% of the local population. In 2014 Active Together set up a one to one physical activity scheme called Fitt Buddies.

The programme supports people living with a mental health issue on a one to one basis and allows them to select their own personal Fitt Buddy.

The project provides partners a referral service that users can use when discharged. This includes Swanswell, Mind, Richmond Fellowship, local GP's and other local providers.

### The vision

In July 2014 a service user, Steve aged 34; a keen Boxer was referred in to the Fitt Buddy scheme by MIND. Since 2004 Steve has been a wheelchair user after being involved in a serious car accident. The crash left Steve in a coma for three months, hospitalised for six months and living in care for two years before returning to his home.

Steve suffered neurological difficulties that affected his speech and paralysed him down the whole of his left side. Steve now drinks with a straw, needs help with food and moving to and from his wheelchair. Doctors told Steve after his crash to expect no changes in his movement or speech. However this has not been the case and Steve has already made some remarkable improvements.

***"Your present circumstances do not determine where you can go; they merely determine where you start".***

### The results

Steve has been working with a boxercise instructor over the past six months. He now has full mobility and strength on his left side, can box with his left arm, and hold his right leg up with leg weights on.

Steve likes a challenge and surprised us all in December 2014 when he decided to stand up with only a little support from his carer. When standing he can now do side knee kicks, something we thought would never happen. He communicates better, his speech has improved, he can now hold a cup and his general body language is better.

*"I now go and buy my Mum flowers and take them to her grave every week."* - Steve, service user.

*"Steve thinks quicker and his reactions are better, he has been a real inspiration to work with."* - Kelton, instructor.

### Where next?

#### Links to social return on investment

- > NHS referral savings
- > GPs have a clear exit route to refer patients
- > Medication reduced or not needed
- > Counselling reduced or not needed
- > Add quality of life for individuals
- > Aids local mental health support groups

### For more information >>

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