



**The Mind Sport and Physical Activity Network (Yorkshire and Humber) has created a series of videos that can be used by groups and organisations across the region.**

### **Purpose**

The videos are designed to show the role being physically active can play in better mental wellbeing.

All four videos come from stories suggested to the network by its members.

### **Is this part of a campaign?**

No, we have deliberately avoided creating another campaign. There are plenty of excellent local and national campaigns to support better mental health. These are personal stories from people across Yorkshire to supplement campaigns already in place, or as standalone videos.

There is some branding at the end of the videos, showing the network lead organisations, as well as those of Public Health England and Mind, who have provided funding for these videos.

### **Where can we use the videos?**

Use them wherever you see fit. Embed them on your website or use on social media. You could use them as part of presentations or at conferences.

We have included YouTube links, and it would be preferable if these were used to allow us to track views. However, you can also download the videos if this suits you better. We will ask for engagement figures in the future, if this is the case.

### **Will there be more?**

We hope to produce more videos in the future. We have opened up [the online form where we invite you to share the stories from your work for consideration](#).

### **Where can I access the videos?**

All the videos are hosted on a Google Drive. The next page also includes all the YouTube links. [Access the Google Drive](#).



**Below is the story behind each of the videos, to help you when it comes to writing your social media post or introducing the video as part of a presentation.**

### **Jan's story**

After a fall, Jan was diagnosed with a brain injury and as a result lost her independence. Jan was supported by P.A.U.L for Brain Recovery to access gym and yoga sessions which she credits for building up her strength which has allowed her to gain some of her independence back which in turn has improved her mental health.

[Full version](#) | [Short version](#) (Both YouTube links)

### **Gary's story**

Gary, 55, had a stroke that left him unable to speak and severely affected his mobility. Through the local Stroke Association he was supported to find ways to be active again which has enabled him to start being able to do some of the things he enjoyed doing before his stroke, which has improved both his mental and physical health.

[Full version](#) | [Short version](#) (Both YouTube links)

### **James' story**

James, 28, was diagnosed with depression in 2017 and admits to experiencing suicidal thoughts. He found a local football club when scrolling through Instagram and says it has played a significant part in supporting better wellbeing.

[YouTube link](#)

### **Babur's story**

In his late teens, Babur experienced anxiety and depression which ultimately led to him being given medication. Through a mental health nurse, he began rock climbing and hasn't looked back since. He has found full-time work and is now a volunteer for the local NHS Mental Health team. He runs a weekly climbing group for the NHS Insight team as he wanted to give something back.

[YouTube link](#)