

ALL TO PLAY FOR – REPORT

Three-quarters of people that have died from suicide in Norfolk in the last ten years were male. Nationwide research has shown that men suffering with mental health issues have lower levels of engagement with available mental health support services than women. More needs to be done in Norfolk to reach and engage with men suffering from, and at risk of, poor mental health to support them to improve their mental health and access support and services.

Football has previously been used to engage men who are otherwise hard-to-reach in weight management services and was therefore chosen as a potentially suitable activity to engage men with mental health problems and offer them support.

A partnership between the Norfolk and Suffolk NHS Foundation Trust, Active Norfolk and Premier Sport sought to develop a football programme for men with mental health issues that offered an attractive environment for men to be active, develop friendships and peer support networks, and find out about support services available to them.

IMPACT

Over 400 participants have taken part in All To Play For to date. To evaluate the impact of the programme participants are asked to complete a survey when they join the programme and three months later.

Completed surveys have found that:

- **88% of participants were not meeting the physical activity recommendations prior to joining.**
- **50% of participants report low mental wellbeing scores which indicate a very high risk of depression or psychological distress.**
- **Around two thirds of participants are not currently engaged with mental health services when joining the programme, finding out about it via word of mouth. Adults living in deprivation are at high risk of poor mental health.**
- **All To Play For has successfully recruited participants from deprived areas with around 60% of participants to date living in poorer than average areas of deprivation.**

The main reasons why participants join All To Play For are:

- To be physically active
- To meet people
- To improve their mood
- To reduce stress and anxiety

"Everyone is friendly and supportive and no judgement is passed on your capabilities or your mental wellbeing."

– All To Play For Participant

"ATPF is the best bit of my week! The group has really changed my life, I've made more friends and I can deal with my problems more."

"Attending the sessions has completely changed my life! I'm so thankful for them and for having the courage to attend. Before attending I had very low self-esteem, high anxiety and was severely overweight. I was in a dark place having lost family members and my dog of 13 years. Over the weeks of attending I have grown in confidence, met lots of new friends and have lost 4 stone in weight. I no longer feel I need mental health support and have more support in my life, having new confidence has enabled me to meet my current girlfriend. I'm definitely in a much better place and plan on losing another 20kg of weight.

Thanks for helping me."

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Recruitment Statistics

(Problems experienced by those accessing All To Play For)

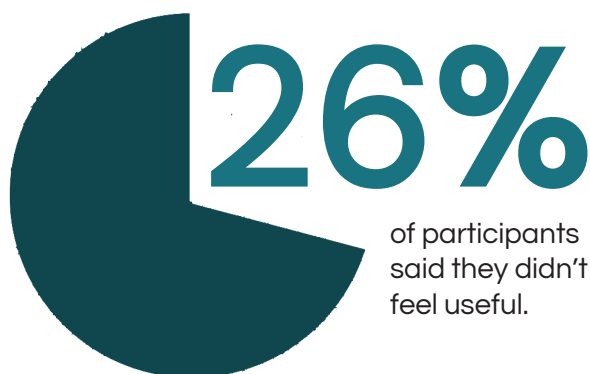


44%

of participants reported feeling anxious before joining All To Play For.

79%

of participants reported feeling lonely prior to joining All To Play For.



of participants said they didn't feel useful.



27%

of participants said that they had no interest in other people prior to All To Play For. The same percentage said they had low self-esteem.



reported a lack of confidence.



said they did not feel optimistic about the future.



stated a lack of interest in new things and often felt low.



said they struggle to make up their minds on things.



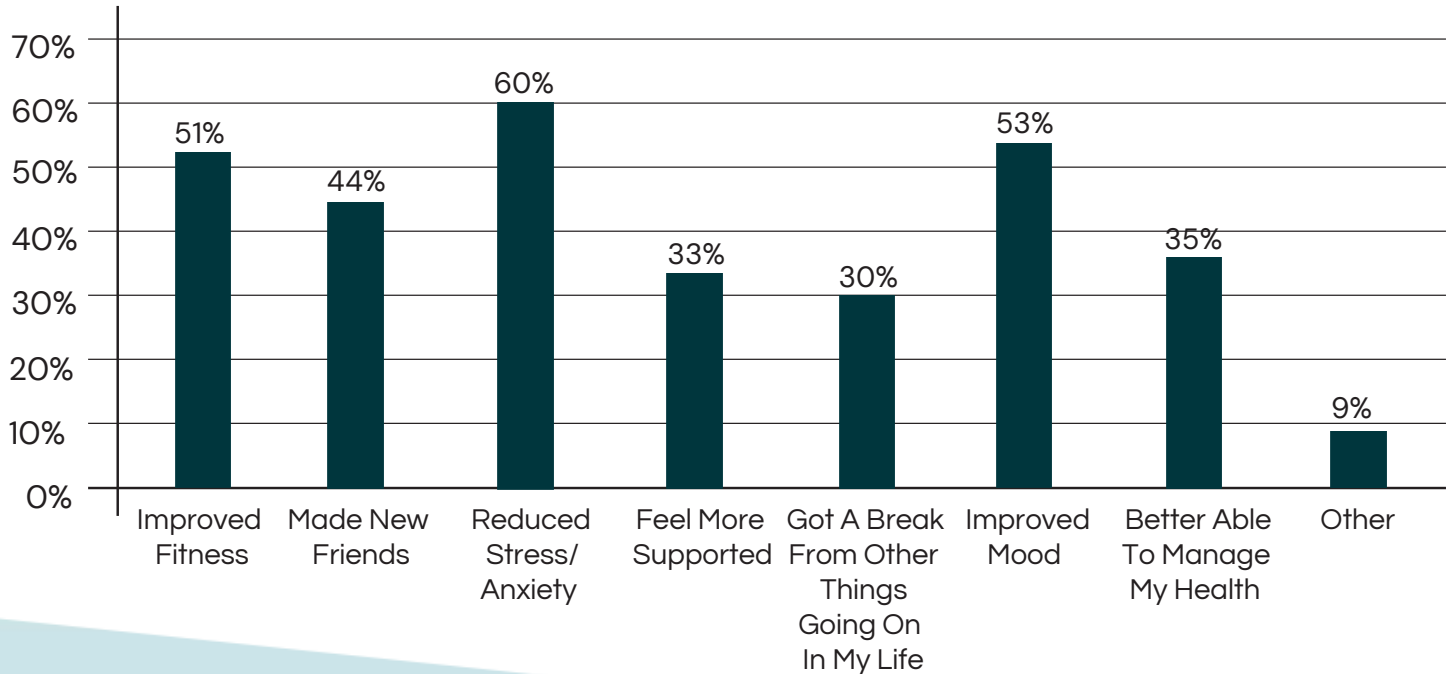
28%

of participants reported feeling distant from other people or unloved.

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Findings Charts

Participants reported the following benefits as a result of All To Play For three months after joining the programme:



Participants reported accessing the following services as a result of All To Play For three months after joining the programme:

