



Provider Information Sheet

Mind Safe & Effective Practice Pilot – Cheshire & Warrington

Project Lead: Active Cheshire in partnership with Mind and Cheshire Mind

Pilot Dates: TBC

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What is the Pilot?

Active Cheshire is working with Mind and Cheshire Mind to pilot a light-touch programme that helps local physical activity providers deliver safe, inclusive, and mentally healthy sessions.

As part of phase 1 of the pilot we are inviting up to 10 providers (2 per setting) from Cheshire East, Cheshire West and Chester, and Warrington to join this first phase.

Settings		Who
Independent	Resources to support people to be physically active independently. This includes in their home or independently in green (outside) or blue (on or in water) settings.	Everyone
Community open	Population-level programmes aiming to engage the public in physical activity, sport or sport for development.	Everyone
Community targeted – mental health	Targeted to deliver wider health, wellbeing and social outcomes. This means they are community programmes designed to support mental health outcomes.	People who may have a mental health diagnosis or be at risk of experiencing a mental health problem.
Primary care	Services that provide the first point of contact in the healthcare system.	People experiencing clinical symptoms – often mild-moderate mental health problems
Secondary care	Secondary care services provide expert care and specialist treatment for patients referred from primary services.	People experiencing more severe clinical

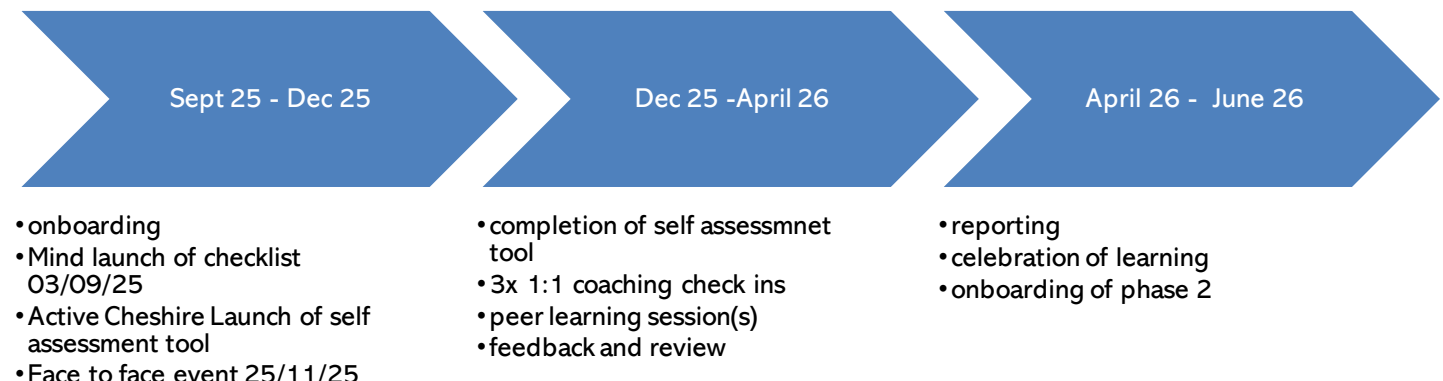
		needs including people in crisis.
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The programme uses [Mind's Safe & Effective Practice Guidance](#) – a nationally recognised framework developed with people who have lived experience of mental health problems and those delivering physical activity. It offers clear, practical principles around emotional safety, boundaries, supervision, and inclusion.

Why Take Part?

- Improve confidence in supporting people with mental health needs.
- Embed mental health awareness into your delivery without extra cost or complexity.
- Strengthen your reputation as a safe, inclusive provider.
- Connect with NHS and VCSFE Mental Health services
- Be part of a peer learning network with other committed providers.
- Help shape a model that could be scaled regionally.

Timeline



What's Involved?

Activity	Time Commitment
Face to face Workshop <ul style="list-style-type: none"> – Introduction to the guidance and bespoke support - Support for Completion of self-assessment toolkit 	Date: 25 th November 2025 10:30am – 3:30pm Location: The Halliwell Jones Stadium, Warrington Conference Centre, Mike Gregory Way, Warrington WA2 7NE Free, in-person workshop, please use this booking form: Microsoft Forms
Complete your self-assessment review and receive an implementation action plan online.	Half day (if unable to attend face to face workshop)
1:1 Coaching Check-ins – Three x30-min sessions with Active Cheshire Team	1.5 hours



Peer Learning Sessions – Online roundtable
(quarterly or biannually and to continue beyond
completion of phase 1 pilot) 1 hour

Feedback & Review – Share your experiences 1 hour

Who Are We Looking For?

Providers who:

- Deliver regular physical activity sessions (any type).
- Support participants with mental health problems or facing social inequalities.
- Are open to adopting inclusive, trauma-informed practices.
- Operate in Cheshire East, Cheshire West & Chester, or Warrington.
- Are willing to share learning with peers.

We want a diverse mix: small community groups, Primary care (social prescribing), secondary care, independent instructors and gyms, and VCSE organizations.

How This Links to Local Priorities

This pilot supports:

- Cheshire & Merseyside ICS priorities: prevention, early intervention, community support for mental health.
- Active Cheshire's 'Playing Our Part' outcomes: tackling inactivity, reducing inequalities, building sustainable spaces.
- Sport England's vision: culture change in the physical activity workforce.

Your Commitment

- Engage in the short programme of activities.
- Test and reflect on the guidance in your delivery.
- Provide feedback to help refine the model.
- Promote your involvement to participants and networks.

What You will Receive

- Access to Mind's Safe & Effective Practice Guidance and toolkits.
- Tailored coaching and peer support.
- Case study profile in final report and Active Cheshire communications.
- Priority invitation to Year 2 co-design phase.
- Membership of the Cheshire & Warrington Peer Learning Group

Next Steps

1. Review this sheet and check the commitment fits your capacity.
2. Contact Roberta Pomponio Roberta.pomponio@activecheshire.org for an informal chat.
3. Complete a short Expression of Interest form.

<https://app.smartsheet.com/b/form/23a84c179bf04923ab5ad9f18c1fc916>