



Champions for Change

Manchester YMCA Social Prescribing Project



Who is it for?

To support individuals who have weight issues in making changes to achieve healthy weight and/or who are experiencing mental health issues to improve their mental wellbeing/mood through becoming more active and self-care.

What is our approach?

Our work will be person-centered, trauma informed and ability appropriate.

What is the project offering?

Phase 1:

A bespoke programme for each individual, co-designed with them. The client will be allocated a Personal Trainer (PT) and have 10 weekly sessions with them.

Phase 2:

A free 3 months membership to the Y Club to support self-reliance and independence, after completion of the 10 weeks programme. For this, the individual will be given some additional support if needed from the Personal Trainer and they will have access to a buddy scheme.



Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

Phase 1

A bespoke programme for each individual, co-designed with them. The client will be allocated a Personal Trainer (PT) and have 10 weekly sessions with them.

The following will be covered within each bespoke programme

An initial assessment of the client

Completion of baseline questionnaires for mental wellbeing and nutrition, a physical activity readiness questionnaire, their level of need (moderate or intensive), examining readiness for change, their health and wellbeing goal(s), their experience, areas of interest, levels of confidence.

3 elements, described in detail below, depending on individual need:

↳ **Developing positive behaviour change through life coaching.**

This will emphasise developing self-care, building self-esteem and confidence, developing a growth and positive mind set, a “can do” attitude, making choices, accessing motivation for change, exploring issues/barriers/solutions, getting started and maintaining changes, setting goals.

↳ **Tailored physical activity (PA) programme; increasing activity and reducing sedentary behaviour.**

In their one-hour weekly sessions, part of the one hour will be an exercise session led by a certified Personal Trainer, including warm up, strength, cardiovascular and stretching activity, and some of this time may be taken to explore positive behaviour changes. The physical activity programme will involve goal setting, be tailored to their needs, based on ability, e.g., specific sports sessions.

↳ **Bespoke nutrition sessions; facilitating and empowering positive food choices in the process to achieve healthy weight, promote self-care, and/or improve mood.**

Some of the time within the individual’s programme will be given to exploring the topics relevant to their needs, if relevant, e.g., nutrition overview and healthy eating, food and mood, relationship to food, making changes fun and easy to implement, tracking and monitoring food intake, keeping a food diary and recording moods.

Review/evaluation of progress

Carried out with them during the 10 weeks, to look at new insights gained, areas of growth and areas that need changing. Each PT session will consider progress made with the client.

Free full access to the YClub, for the duration of the programme to support more activity.

Phase 2

A free 3 months membership to the Y Club to support self-reliance and independence, after completion of the 10 weeks programme. For this, the individual will be given some additional support if needed from the Personal Trainer and they will have access to a buddy scheme.

A reduced-rate membership to the Y Club for the remainder of the 12 months, will be offered after the programme to support the continuation of an active lifestyle.

An example of a bespoke programme

Week 1: Initial assessment, introduction to the facilities, physical activity readiness and induction, setting health and wellbeing goals.

Weeks 2-5: Nutrition support, ongoing physical activity, life coaching.

Week 5: Review progress and needs, make adaptations to programme if needed, life coaching as needed.

Weeks 6-11: Ongoing physical activity, ongoing nutrition support, life coaching.

Week 12: End of programme evaluation, life coaching on what next to maintain changes.

Where will the activity take place?

The activity will take place at the Y Club and Castlefield Hotel premises, Liverpool Road, M3 4JR. The service is in walking distance for clients living in the Manchester City Centre and those living in areas close to the City Centre. We are walking distance from Deansgate-Castlefield tram stop, for clients from other parts of Manchester. We have a car park which clients will have free access to during their bespoke programme.

Travel

We will be able to make a travel pass contribution, for those who require support, for a limited number of clients. This will be up to £5 per week for each PT session.

Criteria

- Willing and ready to make a change.
- Commitment to attend sessions regularly.
- Commitment to engage fully in PT sessions.
- GP approved for being safe to undertake physical activity.
- Weight issues and/or poor mental health and wellbeing.
- BMI 40 or under. Occasionally we can work with 1-2 clients with BMI over 40; check with the programme if this is possible.
- Commitment to take part in evaluation/progress/monitoring and any check-ins.
- Ability to travel to the Y Club.



Referral intake

We are currently taking 8 - 10 referrals, for every quarter in 2024. The number of referrals will increase if we secure funding. We keep additional referrals on a waiting list should a place become available; this may happen if an existing client is unable to continue their programme. You can check for availability of places before making a referral, by using the email address below.

Referral process

- Individual to complete an electronic referral form; email it back to the programme, password protected. Please give as much detail as possible.
- We will contact the individual and invite them for an assessment if we are able to offer them a place.
- **For enquiries, for a referral form, or to send a completed referral form, email info@ymcamanchester.org.uk with the subject heading “Champions for Change Project”.**

What clients should do before coming to sessions

The Y Club strongly encourages all users to arrive “gym ready” and shower and change at home and keep all belongings to a minimum. Only cubicle showers will be in operation and they strongly recommend these only be used before and after swimming.


Y Club facilities

The project will have access to the Y Club, the biggest sports and leisure centre in the city centre, which has the following equipment and facilities:

*Gym; cardio and weights equipment *18m swimming pool *Dance studio *Soft play equipment *Sports hall *Indoor 100m running track *Sauna *Steam room



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 info@ymcamanchester.org.uk

 www.ymcamanchester.org.uk

 The Castlefield Hotel, Liverpool Rd, Manchester M3 4JR

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