

Mind and Body

Project lead: Jennifer Gonzales

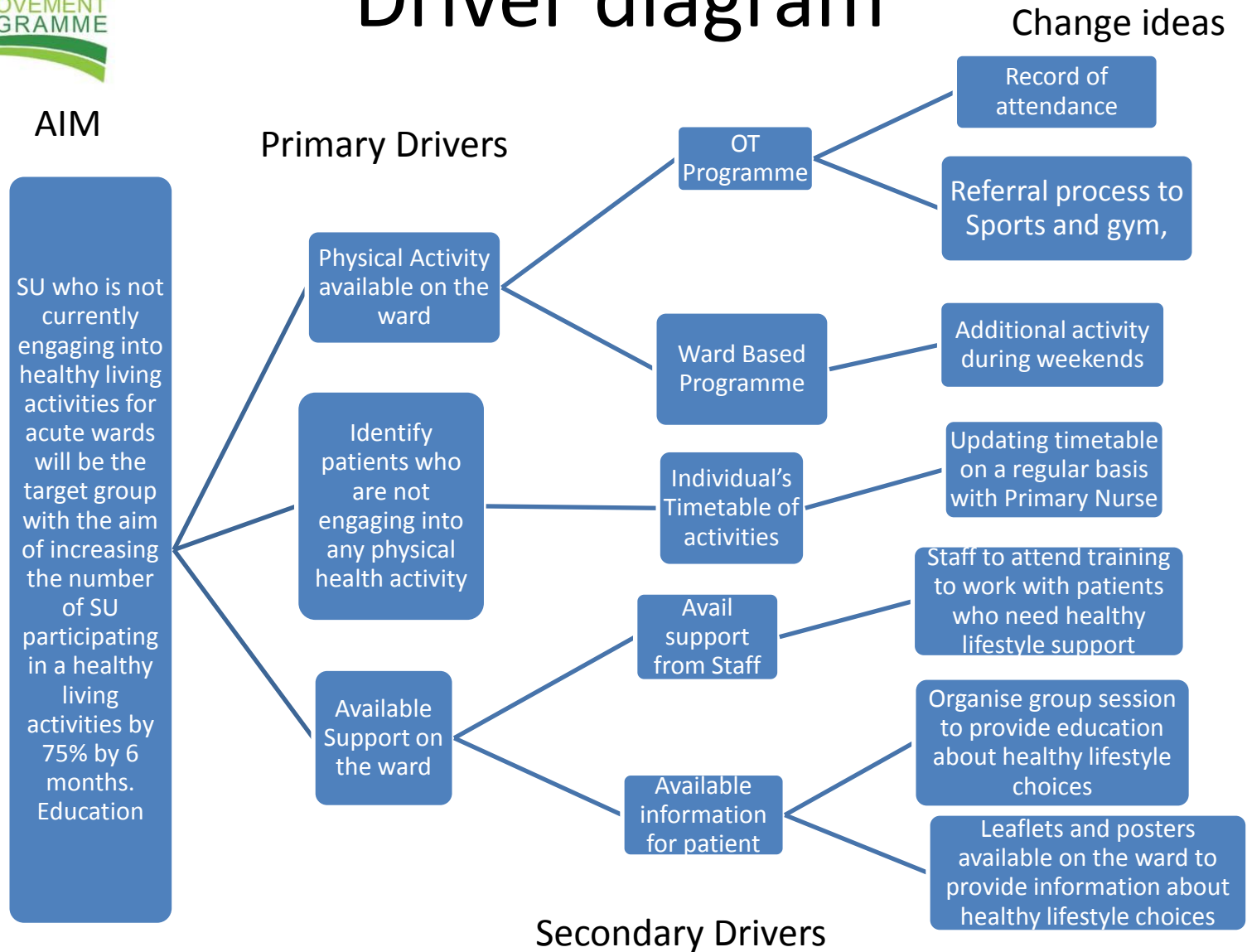
Project team: Kim Wilson

Project sponsor: John Wilson

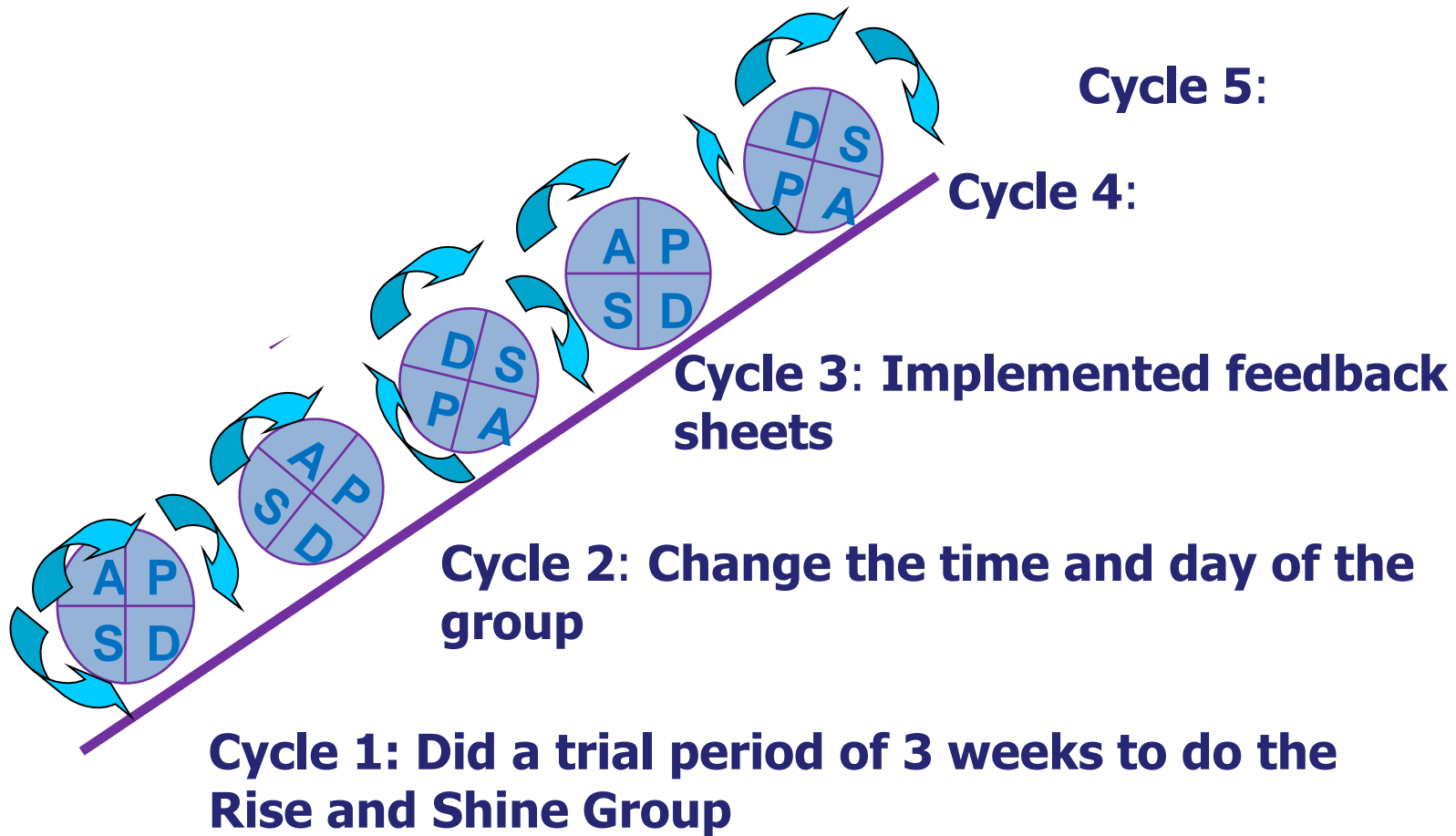
Background

- I wanted to link how one's person's physical health influences their mental health
- Need to provide more healthy lifestyle opportunities for the Service User, especially for service user group who has no leave or not keen to utilise gym facilities
- To increase number of service user participating in a healthy lifestyle

Driver diagram



Sequence of PDSA's – for one change idea or secondary driver



Learning

- Initially, it was difficult to convince people to take this project on board, for various reasons.
- But seeing the number of service user attending the group has been an effective way of encouraging other member of staff to participate
- Allocate time to do PDSA



What next?

- Data gathering
- Make the group more sustainable