



## **Carn Brea Leisure Centre Trust - PRESS RELEASE**

### **Carn Brea teams up with West Cornwall MIND to help improve mental health**

Two local charities have joined forces to improve mental health through physical activity.

West Cornwall MIND will be using the facilities at Carn Brea Leisure Centre to deliver a pilot project that if successful, will attract funding to continue on a permanent basis.

The twelve week exercise programme is specifically designed for people who want to improve their physical and mental health and builds on research by MIND in identifying that physical activity can significantly improve mental health, overall health and wellbeing.

Stuart Thompson, Co-ordinator at West Cornwall MIND and Owner of Generate Fitness, who will be running the sessions, said "Looking after yourself both physically and mentally is a hard balance to achieve, particularly as we are becoming less physically active, more stressed and eating an unhealthier diet. This 12 week programme will support people to achieve that balance and give them the skills, confidence and knowledge to continue."

Barry Holding, Centre Manager at Carn Brea said "As a Charity who aims to offer the wider community the opportunity to be physically active, a partnership with West Cornwall MIND is the perfect fit. We are really looking forward to working with their team and clients in the future."

The group sessions take place on a Tuesday and Friday and include circuit training, which is a mix of fun aerobic and resistance exercises and spinning, a unique indoor group cycling session.

Both sessions use music to motivate and the group nature encourages social interaction and confidence building.

West Cornwall MIND Client, Mr Richard Mumford has been taking part in the pilot project since it started and has been delighted with the results, adding "the hardest thing in my life has been my inability to mix with others. This programme has enabled me to make new friends and to take part in a group exercise activity. The instructor is very supportive and allows me to work at my own pace and I now feel a lot better as a result."

The sessions are open to anyone who has or who is recovering from mental health issues or for people who have concerns about their mental health.

For further information and to book please contact West Cornwall MIND on 01209 714550 or [viawestcornwallmind@btinternet.com](mailto:viawestcornwallmind@btinternet.com)



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*Mind client Richard Mumford (first left) is joined by Mind Coordinator Stuart Thompson (middle) and Barry Holding, Carn Brea's Centre Manager to celebrate their new partnership.*

*MIND Coordinator Stuart Thompson (back row, third from left) and Carn Brea's Centre Manager, Barry Holding (front row, last on right) are joined by clients from MIND to celebrate their new partnership.*



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**14<sup>th</sup> April 2011**

For more information, please contact Tilly Smith, Carn Brea's Sales & Marketing Advisor on 01209 722000.