



National
Academy
for Social
Prescribing

NASP webinar: RED January - Moving for Change

- Chair - Tracey Lines, National Lead for Physical Activity, NASP
- Hannah Beecham MBE, RED January CEO and Founder
- Dr Mohan Sekeram, GP Principal Wideway Medical Practice
- Peter Dutton, Activation Manager, We Are Undefeatable, Age UK
- Jon Salmon, REDer and Mental Health Campaigner



Housekeeping

- Please note we are **recording** this webinar (you will be sent the slides and the link to the recording, and they will be on NASP's website too.)
- Presentations, then a **Q&A session** at the end.
- Please **submit questions via the chat**.
- Please use the chat for introducing yourself and networking.
- Please stay on **mute** and **camera off**.



Accessibility

- **Closed Captions** are available – turn these on at the bottom of your screen
- **BSL interpretation** is available – the interpreters will be spotlit
- Please put any technical questions into the chat



Overview of session

- Chair - Tracey Lines, National Lead for Physical Activity, NASP
- Hannah Beecham MBE, RED January CEO and Founder
- Dr Mohan Sekeram, GP Principal Wideway Medical Practice
- Peter Dutton, Activation Manager, We Are Undefeatable, Age UK
- Jon Salmon, REder and Mental Health Campaigner
- Q&A





JANUARY



National Academy for Social Prescribing

Active together for better mental health.

redjanuary.com

JANUARY
Beating the blues
one day at a time

Beating the blues
one day at a time

6.00 km
57:45
7:12/km

Forgot to rest my watch after taking this glorious walk through
Distance: 34.46 km
Time: 1h 40m

209 miles

You've done it!

2021 31/31

10.01 mi
1:39:08
5.6/mi
North Ayrshire Pathway

789J

Hannah Beecham MBE

RED January CEO and Founder

Dr Mohan Sekeram

GP Principal Wideway Medical Practice

Red January 2024

What a start to the year!



My role as a GP

- Mental health is big chunk of what we see in General practice
 - Over 300 million patient consultations per year in UK
 - 2018 (Mind charity) - 40 % Gp appointments involve MH
 - Likely increased since Covid / Cost of living crisis ...
- Movement / exercise - If exercise was a drug - then everyone would be prescribed..
 - Hormones such as Endorphins are released in exercise . Boost self esteem, mood, sleep quality and energy....
- Lots of factors involved in supporting
 - Social prescribing in supporting social root cause issues / appropriate therapy / seasonal variation...
 - Health care workers spreading that message to clients/ patients and also for ourselves...

AS a redder in year 5

Personal goals....



- Own mental health and focus for the new year
- Good opportunity to link with colleagues and motivate each other
- Motivation at start of the year which flies by
- Great to see sea of red and spur each other on.
- Long month January
- Important that you set a self made goal of movement - target for yourself...

Peter Dutton

Activation Manager, We Are Undeatable, Age UK

**WE ARE
UNDEFEATABLE**



**We Are Undeatable:
Building physical activity into daily life**



What is We Are Undefeatable?

"We Are Undefeatable" is a movement supporting people with a range of long term health conditions, developed by 15 leading health and social care charities, backed by Sport England and is funded by the National Lottery.

The campaign provides inspiration through **real-life stories** of people living with long term health conditions, finding their way to move.

There are a range of **resources and tools available** to support people to be more active, in a way that works for them.



BREAST
CANCER
NOW

ASTHMA+
LUNG UK



PARKINSON'S^{UK}



ROYAL
VOLUNTARY
SERVICE



British Heart
Foundation

VERSUS
ARTHRITIS

BritishRedCross

MACMILLAN
CANCER SUPPORT



Stroke
Association

MS Society

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



6 top tips for building activity in to your daily life



Remember, chores such as cleaning is activity



Take a break from your desk and stretch



Do squats whilst waiting for the kettle to boil



Walk with colleagues on your break



Use objects to do strength-based exercises



Join in an activity challenge with your work team

Campaign resources to help you move more



[Five In Five](#)



[Freedom To Move](#)



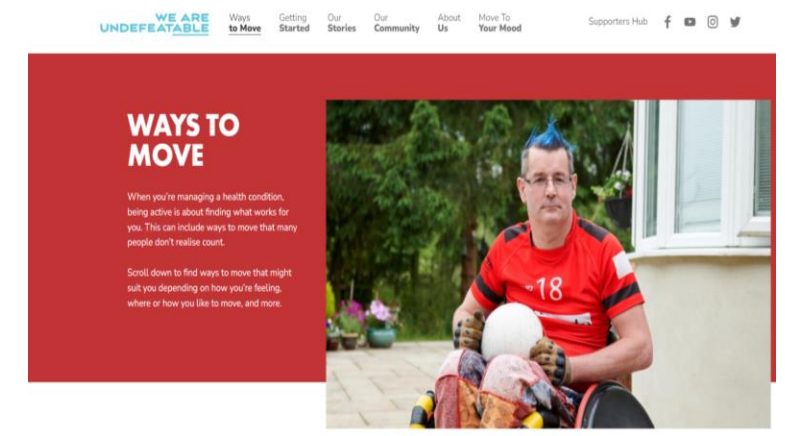
[YouTube Channel](#)



[Get Moving Around Your Home](#)



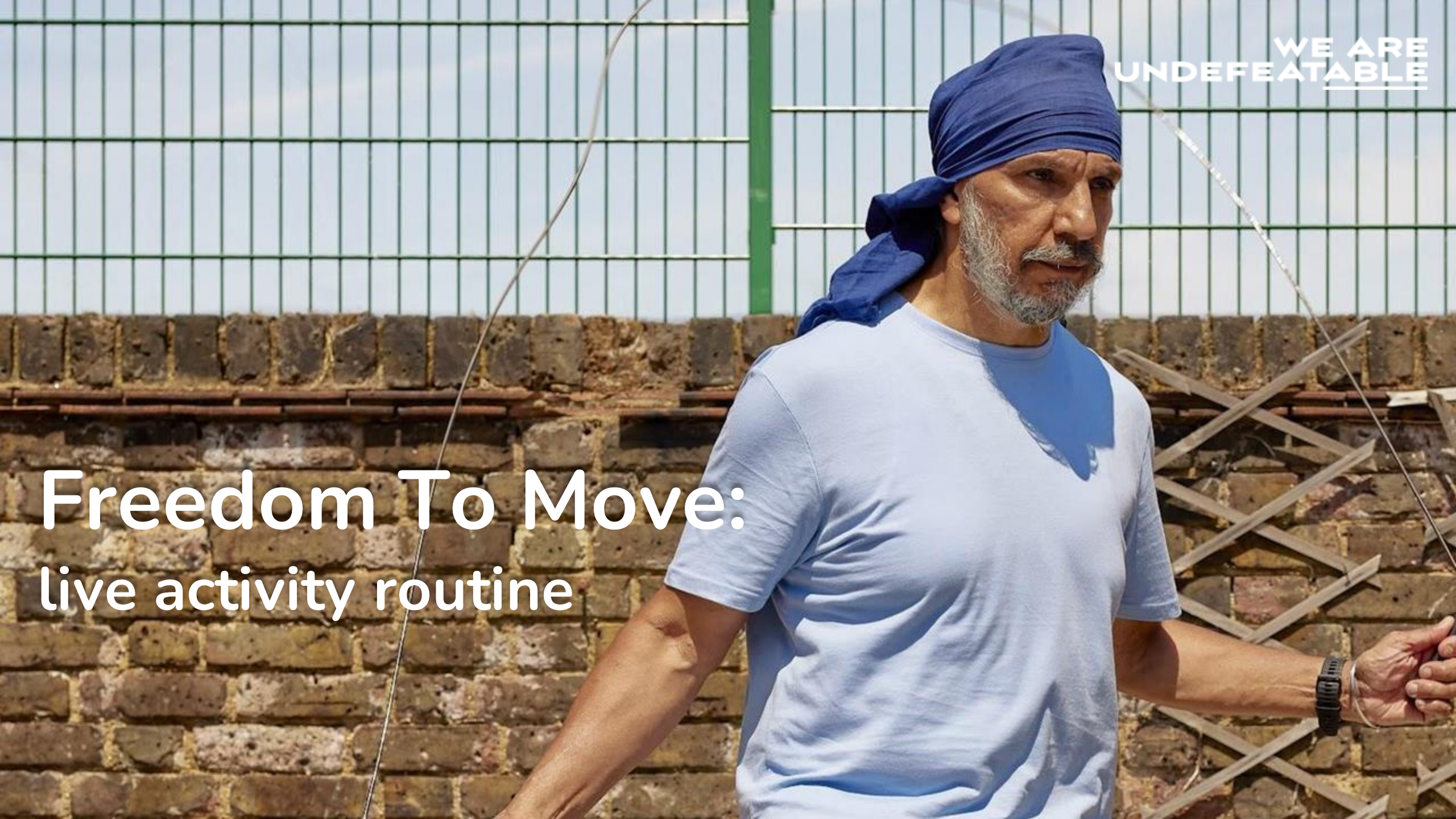
[Move To Your Mood](#)



[Activity Inspiration on our website](#)

WE ARE
UNDEFEATABLE

Freedom To Move:
live activity routine





Kick ball change cushion, kick ball change cushion.

**WE ARE
UNDEFEATABLE**

Any Questions?
Thank you for listening



Jon Salmon

REDer and Mental Health Campaigner



National
Academy
for Social
Prescribing

A nationwide movement for mental wellbeing

Make real changes, not new year resolutions.

Choose a challenge to boost yourself and your
community.

[Sign up](#)

[Donate](#)

Sign up today
and encourage
all your work
colleagues and
partners you
work with.

A large light blue circle is partially visible at the top right. Below it, several pink and white diagonal stripes extend from the right edge towards the center.

Any Questions?



National Academy for Social Prescribing

Get in touch

socialprescribingacademy.org.uk



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@NASP_insta

