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Abertawe Bro Morgannwg
University Health Board

**Down To Earth Project-
'Building Our Future'**



UK
Foundation

Abertawe Bro Morgannwg University Health Board; Cluster

The **Down To Earth Project- 'Building Our Future'** project takes a practical, hands-on approach to improving mental health and well being, building confidence and increasing physical activity. The project aims to engage people in building with natural materials on a real construction site

Project Lead; John Bayley, Lead Facilitator
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Rationale (background and purpose/aim of the project)

Project Details

The scheme is open to people in mid-life (25-50) and who have poor mental health but are not currently being treated by existing mental health services

"Down to Earth" leaflets will have been placed in participating GP surgeries and are freely available for anyone who feels they may benefit

The patient consults with the GP and the possibility of joining the scheme is discussed

The GP and patient jointly complete the "Sign-up sheet"

The GP encourages the patient to contact the providers of the scheme independently using the contact details indicated on the advertising leaflet

The GP completes the "GP only sign up record"

The scheme providers collect the completed "Sign-up sheets" once every two weeks

The onus is on the patient to contact the scheme providers but if they do not then the providers will contact the patient and ask if they wish to participate

Intended Outcomes (potential benefits of the project)

Partners; The Down to Earth project; Abertawe Bro Morgannwg University Health Board; BUPA UK Foundation; Welsh Government; National Lottery Fund; Agored Cymru

Time-frame (Permanent; Fixed Term; Pilot) with start and end date / duration

Future Development Planned (identified potential to roll-out or expand the project /service with regard to geographical coverage or service objectives)

Commissioning / Funding; BUPA UK Foundation / National Lottery

Evaluation / Reporting Clinical research funded by ABMU and Swansea University, measures effectiveness and assess psychological and physiological wellbeing.

Supporting Documentation; see attached leaflet

Acknowledgement; Thanks to Debra Morgan; ABMU Health Board for providing the relevant information

Similar projects (brief overview of any projects / services that are similar / complimentary / supportive in terms of aim / target audience / methodology)

