



## IAPT

Since 2016, Ealing IAPT has invested in providing a free 'Running to Better Health' group catering for people with additional needs by not just getting residents fit and active but helping them to tackle depression and anxiety too. Mental health problems can have a substantial impact on people's lives; behavioural activation focusses on activity scheduling, encouraging people to approach activities they're avoiding, and that's the basis upon which Ealing IAPT's group was established. To date, over 150 residents have signed up for the programme which has achieved a recovery rate of 80%, with participants seeing improved wellbeing, becoming more social, more confident and importantly continued being active. Ealing's successful programme is leading the way in this area and is being replicated by NHS services in other London boroughs.

*"It has been amazing to see the positive impact our Running to Better Health course has had as part of Ealing IAPT's work to increase access to psychological therapies for the borough's residents. The course has really demonstrated the link between getting active and improved mental wellbeing, and so we are delighted to have been shortlisted for this award."*