

# Active Body, Healthy Mind

Active Body, Healthy Mind offers supported sport and physical activity sessions to people across Oxfordshire, who are experiencing mental ill health.

With a wide range of fantastic sessions available, designed to fit around your life, you're bound to find something you'll enjoy!

Sessions include:

- Boxercise
- Canoeing
- Mountain biking
- Football
- Fishing
- Wall climbing
- Table Tennis
- Archery



Contact Jamie at Aspire on 01865 204450 / 07771 640930

 **aspire**  
*Working to Change Lives*

Aspire Oxford, St Thomas School, Osney Lane, Oxford OX1 1NJ

# Amy Priest Case Study

*"It is hard to explain how I felt on the inside whilst looking fine on the outside. I have battled with depression since my teenage years and I dealt with it in all the wrong ways. I have been in recovery for over 10 years now and I am now dealing with my issues and illness in the right ways.*

*In 2015 I started to engage in the Get Connected scheme at Turning Point and through this I was introduced to the Active Body, Healthy Mind scheme run by Aspire. I started to do the Boxercise sessions at Spit N Sawdust gym and this helped my mental well being improve dramatically. I was placed on a level 1 boxing coaching course which I passed and i now help to facilitate classes with Dave Earl across the county.*

*I am so grateful to Aspire and the Active Body, Healthy Mind scheme for giving me this opportunity and I feel so much better in body and mind."*



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**ActiveBody, HealthyMind**  
Improving our mental wellbeing through sport and exercise

