

# LIFTING THE STIGMA

Creating stronger bodies.  
Creating stronger minds.

## Governing Charitable Document.

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## **Our Mission:**

To end the stigma of mental health and increase awareness about the intricacies and complexities of living with a mental health diagnosis while offering a free service to any person who wishes to make use of the opportunities provided by Lifting The Stigma.

## **Abstract:**

Lifting The Stigma (LTS) is a free mental health awareness, suicide prevention, mental wellbeing and physical fitness initiative designed to assist any, and all persons, in maintaining a healthy mental state through strength and physical fitness training. Mental Health services from the NHS are working far above their designed capacity, they are only able to deal with the most serious clinical cases, and the holistic and therapeutic treatments that are required to assist service users (Mental Health Service Users – MHSU) in their recovery are not readily available. It therefore falls to various charities to offer these services in order to ensure that mental health service users are able to be treated in the community and maintain a good quality of life. LTS offers peer support, advocacy and informal counselling, in addition to the unique service of physical fitness training.

## **Formation and Background**

LTS was formed by Pete Schreiber in October 2017 after his work assisting several individuals, who were mental health service users, manage their recovery. Pete is a former Soldier, leaving the British Army in 2018 as a result of a medical discharge due to mental health. During his time in preparing for discharge, Help For Heroes have encouraged him to join their Powerlifting team as part of their sports recovery pathway. Pete went on to represent the British Military at the World Military, Police and Fire Championships in Malta in 2017, winning his weight category. Powerlifting and strength training have been vital to Pete's recovery, helping him take control of his diagnosis and manage his day to day life.

Having seen the benefits of sport in recovery for mental health service users, Pete decided to replicate the Help For Heroes model in the civilian world. LTS was formally launched as an online platform in November 2017 and has enjoyed great success, and its profile has been growing ever since. At present (January 2018), over 150 personal training programs have been given to users, Pete is working with multiple clients within a gym setting and numerous ad-hoc users have contacted him for information on mental health treatment, awareness or general support.

## **Charitable Aims and Intentions:**

- Offer counselling and support to mental health service users and their families in order to assist them in better understanding their treatment and diagnosis;

- Assist service users by way of advocacy when dealing with local councils/Government departments;
- Provide free physical training for service users should they wish to use the service to assist them on their recovery journey;
- Offer general mental health awareness training for businesses so as to ensure they will be able to better assist their employees.

The aims will be further outlined below in greater detail.

**Counselling and Support.** Many service users, at both the clinical and sub-clinical level, find that talking therapy is effective in their recovery. Many have past traumas that have been contributory factors in their mental health deterioration or have significant social and work pressures that contribute to an inability to maintain a healthy mind. Simply having someone to offload and unburden themselves to is a crucial first step in recovery; quite often it is more than enough for sub-clinical service users at first point of contact.

**Advocacy.** Assisting service users in claims for PIP, ESA, JSA and any other benefits that they may be entitled to. Liaising with local services/social care/charities in order to assist the service user at their direction.

**Free Physical Training.** The unique selling point of LTS. Offering free physical fitness training on a one to one basis or in small groups. This will be discussed, and further justified, in a different section.

**Mental Health Awareness Training.** Using his own experience of mental health and in-depth knowledge of mental health law, Pete endeavours to inform employers on how they can better, and more readily, support mental health service users in their businesses as well as providing employees with avenues to support their mental wellbeing.

### **Teenagers and Young People (School Years 7-11 and 16-24-year olds)**

Mental Health within young people is, sadly, an ever-rising issue. The effects of social pressures combined with the difficulties of puberty, entering the workplace, further education/higher education and personal-social relationships are all contributing factors to the risks of poor mental wellbeing when there is a lack of effective clinical and sub-clinical treatments available to this social demographic.

LTS endeavours to work with these young people to provide them with knowledge and skills to identify when their mental health (or that of their peers) may be at risk. Awareness training and the offer of an approachable service to assist them is crucial in order to protect their mental wellbeing.

### **Lifting The Stigma – Physical Fitness**

“Creating a stronger body” aims to assist service users in using physical fitness as a method by which to take control of their diagnosis. Physical training gives users the

ability to establish a routine in their lives, gives them a social outlet, assists them in planning long term and short term goals – all key pillars of establishing healthy mental wellbeing.

The physiological and psychological benefits of physical fitness are well documented and researched as effective recovery methods. Physical fitness can be tailored to each service user's specific goals, limitations and/or long-term requirements. There are a significant number of statistics that show mental health service users are more likely to develop long term physiological illness compared to those who do not have a psychological diagnosis. LTS provides tailored and well researched physical training programs for every level of service user, whether they wish to just increase their mobility, become fitter or compete in a variety of sports.

This is the creation of a "stronger mind".

The principles of physical fitness programming and the transferable "soft skills" such as time management, socialisation, routine, critical analysis, to name a few, have a direct correlation to mental wellness and wellbeing. MHSU require greater support than the use of medications. Using a skill, such as routine, helps MHSU manage their day to day lives. A service user who has clinical depression, for example, may lack the motivation to get up in the morning, to prepare a meal, to bathe or to look after family members. By establishing a workout routine and program and showing the MHSU that they have the ability to follow structure, meet timelines, analyse their performance etc in sport demonstrates to them that are able to do the same in their day to day lives.

Cognitive Behaviour Therapy aims to alter the thought patterns of the MHSU, to get them thinking in a different way compared to how they think and feel when dealing with a mental health episode. Physical Training is a manifestation and extension of CBT principles. By demonstrating the "real world" application of CBT, the MHSU is more likely to engage with their treatment if they can comprehend the application of the therapies.

Below are a range of info-graphics that help show the extent to which mental health is prevalent in society and how LTS's charitable endeavours have been centred around these statistics.

Figure 1. Mental Health and Physical Health

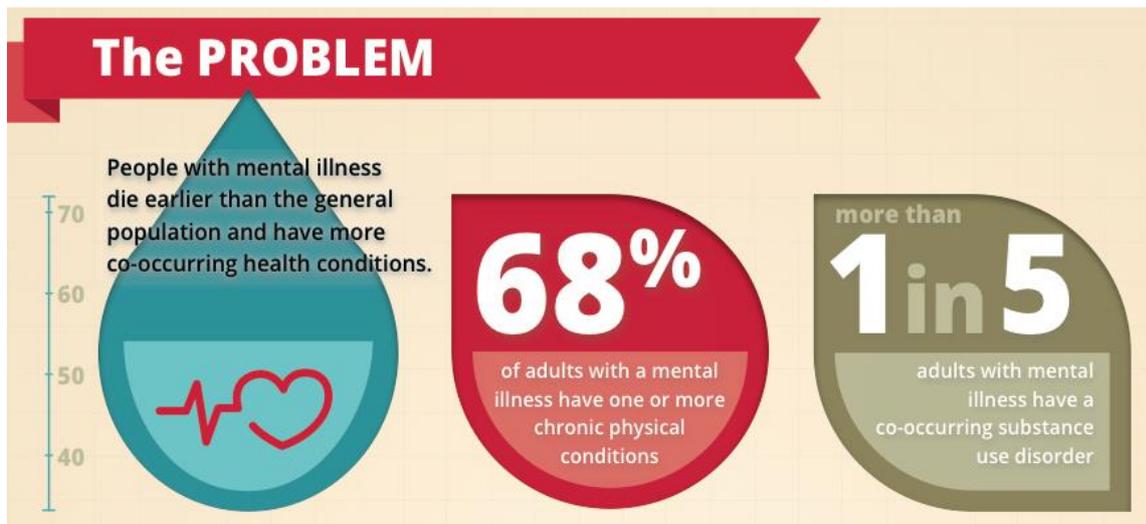


Figure 2. Mental Health in the workplace

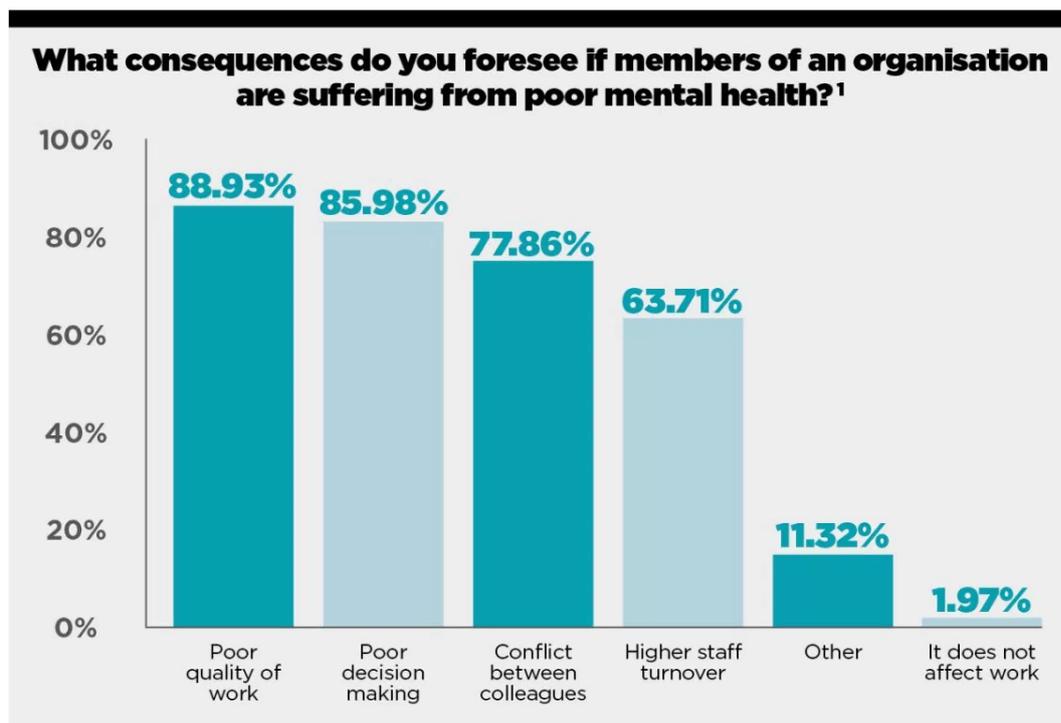


Figure 3. Young People and their response to mental health

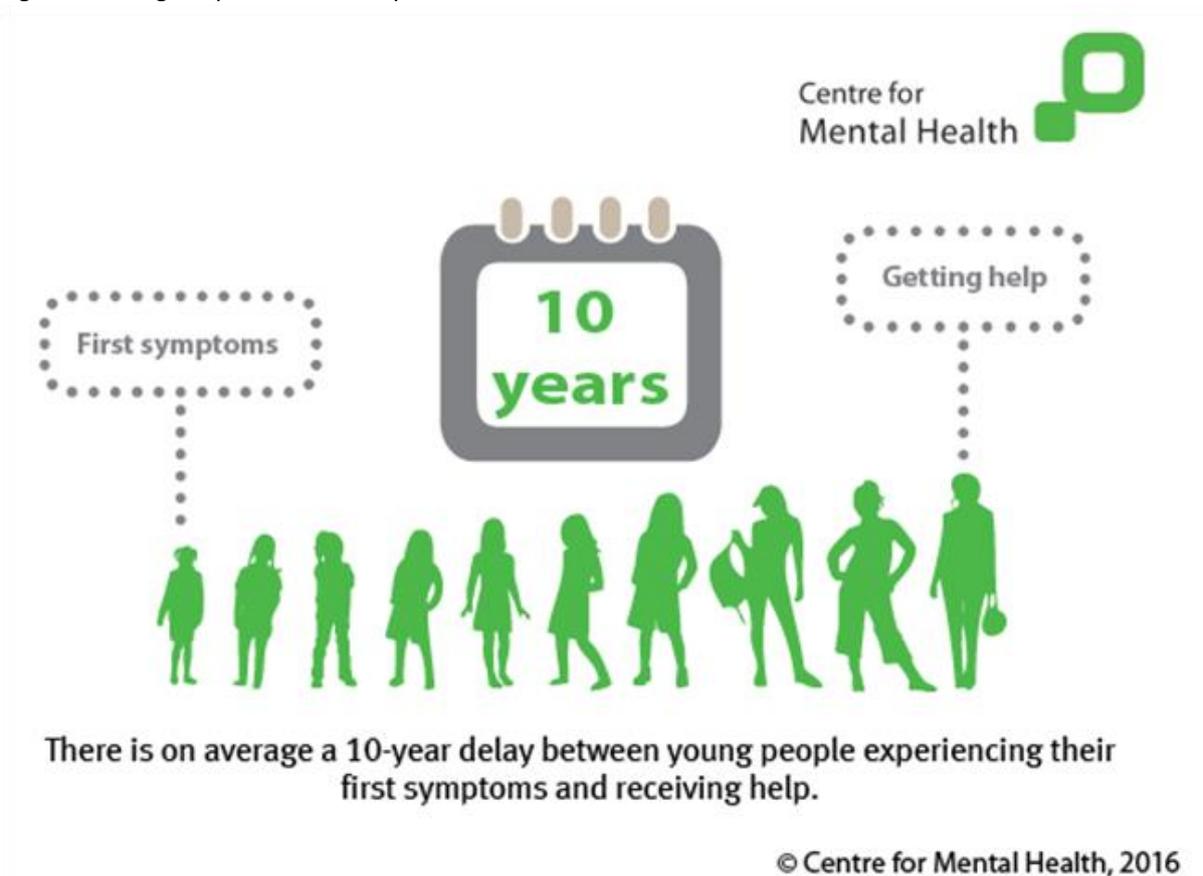


Figure 4. Reported self-harm in young people.

### Rise in young people reporting self-harm in England

16 to 24-year-olds in 2000, 2007 and 2014 (%)

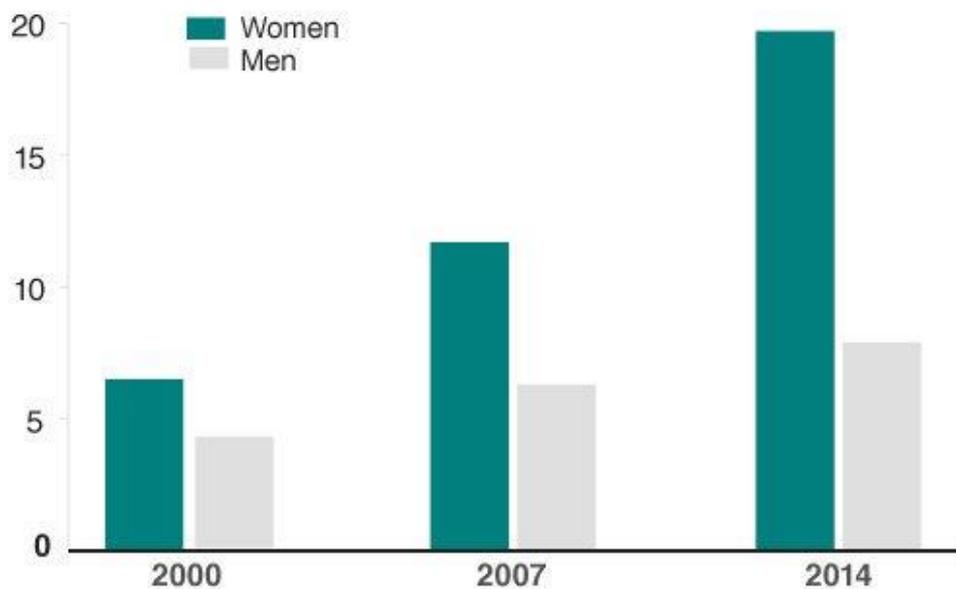


Figure 5. Children to Adolescent mental health.



### Current Partners

LTS is currently working closely with Solent Mind, engaging with their young person's mental health support group. Pete is able to offer his own personal experiences of mental health to the group, discuss how he engaged successfully with his treatment, and how he is now in stable recovery.

LTS are hoping to open links with the Handy Trust in Hythe, Southampton, in order to establish a connection with teenagers and young people and be a point of contact for them.

LTS is working on becoming a charitable partner of the British Powerlifting Federation and the British Drug Free Powerlifting Association, both drug free powerlifting organisations.

LTS works closely with a local Gym in Hythe, Southampton, who have made great efforts to be accommodating of the service we provide as well as offering incredibly competitive membership prices.

### Short Term Aims (To be achieved by September 2018)

- Increase awareness of LTS within the Hythe & Waterside / Totton / Southampton area
- Establish working relationships with local County Councillors and community leaders
- Become a recognised pathway into the sport of Powerlifting for LTS users

- Work with local schools/colleges to raise awareness of young people's mental health, delivering presentations to year 10 and 11 (14-16-year olds) students.
- Establish a board of trustees and independent auditors to scrutinise the accounts of LTS and give oversight to communications made between MHSU and LTS.

### **Long Term Aims** (To be achieved by Dec '19 – Feb '20)

- Become a recognised consultant for business for mental health in the workplace best practice
- Establish partnerships with national charities and the NHS in order to assist with their caseload
- In partnership with Mind UK, provide specialist mental health first aid training to a variety of sports coaches.
- Become a registered charity or CIC with the Charities Commission/Companies House

### **Charity Registration**

Registration of the charity with Charities Commission is currently underway. At present, no money is passed through LTS. All running costs are funded by Pete Schreiber personally. Any offers of monetary donations are well received; however, it is our current policy to direct these funds to well established charities directly.

This policy is in place until the administrative and legal requirements for charity registration have been satisfied.

### **Charitable Sponsors**

A number of individuals have come forward to volunteer as charitable sponsor/ to sit on the board of the charity. These individuals are currently being shortlisted to ensure that the best candidates, of exceptional character, are involved with the project.

### **Safeguarding Service Users**

LTS founder will be DBS checked and ensure that a valid DBS certificate is always held and available at any third party's request.

Confidentiality between LTS and service users will be observed unless there is a risk to the service user or another. Should such a situation arise, advice from the relevant authorities will be sought.

Any online communications with vulnerable persons/minors will be documented and made available for any third parties to review – subject to appropriate and reasonable confidentiality measures. Social media messages such as direct messages/private messaging will be made available to any third party. A suitable, independent charitable

sponsor will have full access to the passwords for all email and social media accounts held by LTS.

### **Further comment / Questions**

Should the reader of this document have any further questions about the nature of LTS's work, they are welcome to communicate these via any of the methods detailed on the front pages of this document.

**Produced by Peter Schreiber – Founder/Director Lifting The Stigma**