

Men's Mindset Gym

Information Sheet



What does it involve?	This is a weekly class for men who are looking to enhance their physical and mental fitness through strength and conditioning classes/circuits. This is suitable for men who are showing symptoms of stress, anxiety and depression, and are seeking peer support. Landing Page Link
You Tube Video	Please click the link to view our 5-minute YouTube clip explaining a little more about the classes – YouTube Vid – Intro to the Mindset Gym for Men
Where does it take place?	This class will take place at West Lindsey Leisure Centre, The Avenue, Gainsborough, Lincs, DN21 1EP
Day and Time?	Classes will take place on a Tuesday evening from 6-7pm.
How long is the programme?	This is a subsidised programme funded by Sport England and will be delivered for a minimum of 12 months, with a view to sustain the programme beyond the funded period.
What are the benefits?	Individuals that self-refer themselves to the programme will not only enhance their physical fitness, but will learn the mastery of good mindset, and social wellbeing. Sessions are focussed on what their bodies and minds can do through carefully designed and achievable fitness circuits and routines.
Who is delivering the programme?	Chris Duncan, the Mindset Coach has close to 25 years of experience working in the leisure, health, and fitness sector. Over the past 5 years has dedicated his time to supporting individuals with both physical and mental health conditions. To learn more about Chris the Mindset Coach visit https://christhemindsetcoach.com/profile Here Chris's own journey through physical and mental health https://tinyurl.com/f83pp3fj Aaron Coy is our expert freelance instructor supporting the delivery of the weekly sessions and has qualifications and experience in delivering multiple health and wellness classes.

Does it cost anything?	There is a small fee of £2 per class per participant for the first year of the programme.
Do I need anything?	Participants are required to come appropriately dressed to move in a functional way with ease. T-shirt, vests, shorts, and trainers are deemed appropriate, and it is advisable to bring a water bottle.
What about confidentiality?	All bookings are made through a secure bookings system called 'Bookaby' where personal information is stored securely. We respect your privacy at all times. It will be requested that you inform the coach of any additional physical or mental constraints other than the primary conditions so that we can make provisions ensure safety and accessibility at all times.
What are the outcomes of the class for participants?	The participants will feel empowered with a sense of connection and community with class peers. They will also feel a sense of purpose which will enhance confidence and self-esteem. The participant will be able to manage their mental health symptoms, as well as being more mindful of what their body can do in each class.
Eligibility criteria	To be eligible for the scheme you MUST be: - • 18 years and older • Be prepared to attempt positive behaviour change • A stable mental health condition, controlled by medication • Or be at risk of a mental health condition/illness • Be a resident of Lincolnshire / Lincolnshire post code
How do I book onto the classes?	By clicking on the link below this will take you through to our bookings page, where you will find planned 'Mindset Gym for Men' sessions. You will need to create your own profile for regular bookings. You will then be able to book and pay for the sessions using your bank details. https://bookaby.me/chris-the-mindset-coach/whats-on
What happens when I've booked onto a class for the first time?	You will receive a call/email from Chris the Mindset Coach as an introduction and be welcomed to your first class. Chris will explain what to expect as they enter the venue, location of the wellbeing studio, and what to expect from the class and other class participants. From there we hope that the participant will enjoy the classes and start to make some positive behaviour change 😊