



Motiv8

Are you a current service user at the Edenfield Centre in GMMH?

Would you like to improve your physical health and fitness?

Do you want to take part in **Motiv8?!**

We are looking for people to take part in a study of **Motiv8**. **Motiv8** is a 9-week program for your physical health and wellbeing. You will be asked to do some physical and mental health assessments before and after, and again after three months.

Half of people who sign up will get **Motiv8** straight away and the other half will get it afterwards. Your usual care will NOT be affected in any way, and you will get lots of extra support!

How can I find out more?

For more information contact:

Elizabeth Kimber (Research Assistant)

☎ 0771 734 0245

@ Elizabeth.Kimber@gmmh.nhs.uk

Rebekah Carney (Chief Investigator)

☎ 0161 358 6595

@ Rebekah.Carney@gmmh.nhs.uk

Please note that if you decide to take part we will need to inform your care provider (e.g., your GP or clinician). This project is funded by the National Institute for Health Research (NIHR) Research for Patient Benefit (RfPB) Programme (Grant Reference Number: NIHR 201482).

The views expressed are those of the authors and not necessarily those of the NIHR, the NHS, or the Department of Health.

Version 1. 07.09.2021 | IRAS: 299909

FUNDED BY

NIHR | National Institute
for Health Research