



# LONDON SPORT AWARDS NOMINATION FORM

MY INFORMATION	
Name	Fiona Nolan
How did you hear about the awards?	Email
Organisation (if applicable)	Camden and Islington NHS Foundation Trust
Phone number	
Email address	
Relationship to nominee (if you are nominating someone else for an award)	Director of Nursing
Twitter handle (if you have one)	

I WANT TO NOMINATE ...	
Name of club/organisation/person	Charlotte Evans
Category	Coach of the Year
London Borough where club/organisation/person is based	Islington
Email address	
Phone number	
Twitter handle (if they have one)	

REASONS FOR NOMINATION (500 words max)
<p>Charlotte has worked with users of our mental health services since 2015 in delivering individual and group exercise coaching in ward and community settings. Her work has focused on young people with serious mental illnesses (SMI) although through her presence in the clinical areas she has also influenced other groups. She was the first personal trainer we have hosted in our NHS Trust. We have been so encouraged by the success of her programme we have offered her ongoing work and have engaged a team of exercise instructors to work with her.</p> <p>Charlotte is a mental health nurse and has utilized her clinical skills and knowledge to great effect in this project. People with SMI are among the most vulnerable and disadvantaged in society, and are proven to die between 16 and 25 years younger than the rest of the population from diseases related to smoking, obesity and poor lifestyle choices, including lack of exercise. Our decision in Camden and Islington to host Charlotte's project was based on confidence in her ability to engage with groups of people with severe mental distress illnesses, at varied levels of distress, and receiving treatment from inpatient or community services.</p> <p>Using the £10,000 initial funding from London Sport Charlotte worked with two community teams and 5 inpatient wards to set up weekly activities. This was not an easy task. Despite supervision and support from senior staff, engaging the help of ward staff with the project</p>



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took some time. Charlotte has demonstrated considerable perseverance and enthusiasm for her work over the past year, which has been crucial to the success of the programme.

She has engaged people in contemplating exercise, in doing gentle stretches, circuits and in mindfulness. Her approach has been that of a skillful personal trainer and mental health nurse, enabling her to work with a wide range of people with SMI, who may be suffering from depression, mania or schizophrenia, amongst other disorders, in often volatile environments of acute mental health inpatient wards.

Charlotte managed to reach her target participants under 25 in the first stage of her project, and in the next 6 months she engaged a further 50 people. The number of contacts she had with each participant varied from one to 6, and was dependent on the mental state of people on the wards and community teams and on the length of their treatment periods. Her aim was to get this group thinking about exercise, and how to incorporate it into their lives, as well as to participate in a programme tailored to their needs.

#### **FACTS AND FIGURES TO SUPPORT YOUR NOMINATION** (200 words max)

- Charlotte engaged over 100 people with serious mental illness in exercise over one year
- She has now been offered a post managing a team of 7 exercise trainers in Camden and Islington- this is due to the confidence senior staff now have in her abilities.
- A survey involving 27 people who had experienced her sessions indicated that all were satisfied with their experiences, and most were very satisfied.
- Her work has set a precedent for personal training for people with serious mental illness in Camden and Islington and will be continued due to her ability to engage and inspire