

Running Clinic

Coaching related issues and **mental health aspects** in relation to exercise participation will be available during this clinic. Mike Feighan ([pictured below](#)) will usually be joined by a fellow UK Athletics coach and leader. Mike can also give guidance to potential group leaders interested in providing the popular **NHS couch to 5KM programme**. Mike who has lived experience of mental health difficulties himself, is a Mental Health Ambassador for England Athletics and his running club South West Road Runners. He also works as an Occupational Therapist for Devon Partnership NHS Trust. Therefore he is very keen to support the inclusion of those with mental health difficulties participate in exercise and running, the evidence for exercise and its effectiveness in promoting mental health is compelling!

Where? **Exeter Quay Climbing Centre café EX2 8AX**

When? **The first clinic started on Saturday 18th June 2016 and will continue throughout 2016 every third Saturday, each month from 10.15a.m-11.00a.m (16th July, 20th August, 17th September...)**

For more information Mike can be contacted on feighan12345@gmail.com or 07962 041573



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