

# Lifestyle Education to Achieve Potential (LEAP)

Information Booklet



Early Intervention in Psychosis  
National Steering Group



GIG  
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# Introduction

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**This booklet provides information for individuals attending the Lifestyle Education to Achieve Potential (LEAP) programme as well as families, carers and wider support networks. If you have any questions or concerns, please speak with your Early Intervention Psychosis (EIP) practitioner.**

## What is the LEAP programme?

The LEAP programme was designed by Early Intervention in Psychosis Services across Wales in collaboration with the young people they work with.

The aim of LEAP is to improve wellbeing and physical health. The programme has been developed specifically to support people who have experienced psychosis.

The programme offers:

- A six week physical health and lifestyle programme
- Practical advice on managing individual physical health
- Education around healthy lifestyles
- Support around goal setting
- Access to staff with varied professional backgrounds
- Opportunity to engage in physical activities and the adventure therapy programme

## What will the sessions cover?

- The programme covers a range of topics including healthy eating, exercise and making positive lifestyle choices (take a look at the 'LEAP library' list at the end of this booklet)
  - Each session lasts for approximately 90 minutes and consists of roughly a 30 minute health and wellbeing topic, followed by a 60 minute activity
  - The programme will include a mix of educational material, interactive sessions and practical activities. You will receive information to take home after each session
  - Sessions are delivered in your local area and by your local EIP team.
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## What are the benefits of attending the LEAP programme?

### Improving physical health has lots of benefits:

- Reduced risk of acquiring a range of physical health conditions, including type 2 diabetes and coronary heart disease
- Ease medication side effects
- Increase fitness
- Makes you feel stronger and more energised

### Being active can help increase 'feel good' hormones in our bodies, known as endorphins and serotonin. This helps:

- Improve mood and reduce anxiety
- Increase confidence and self-esteem
- Reduce stress levels
- Mitigate side effects of mental health medication

### Participating in the LEAP programme also has social benefits and supports personal development:

- Meet new people
- Reduce isolation
- Fun and enjoyment
- Improve confidence to try new things
- Helps with setting personal goals

## How do I know if the LEAP programme is helping me?

Facilitators will help you identify your personal health and wellbeing goals and support you to achieve these. We do this through monitoring at regular intervals.

Before the start of the programme, we will ask you to have a physical health assessment. This is done individually and no other group members will hear or see the results. We will also complete another assessment three months after the programme has finished.

We will also ask you to complete a short questionnaire prior to and at the end of the programme focused on how you are feeling. This is called a quality of life measure.

By undertaking these we have a good baseline at the start on which to build. Together with the later measures we will then be able to tell if the programme has helped you achieve your goals.

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**Please ask your EIP practitioner if you have any questions about the physical health assessment or quality of life questionnaire.**

### **Will anyone see my information?**

Your personal goals and progress through the LEAP programme are personal to you. This information is held confidentially with your EIP care team.

As a service, we like to know if the interventions we offer are helpful for people. To understand this, we look at overall outcomes and feedback from each group. These results may be shared within the NHS to support improvements, but this information will always be anonymous.

### **What if I decide I do not want to take part in the LEAP programme?**

Research suggests individuals who do not take steps to improve their physical health and wellbeing are at an increased risk of developing health problems compared to individuals who do.

If you would prefer, sessions can be delivered on a one:one basis rather than in a group setting. If this is something you would like to explore, please discuss with your EIP practitioner.

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## LEAP Library

The topics covered in the programme may vary depending on the group. To give you an idea please see the list below of possible sessions.

### LEAP Programme Library

- Exercise
- Healthy eating
- Routine and self-care
- Consent and sexual health
- Online safety
- Alcohol
- Smoking
- Substances
- Sleep
- Adventure therapy
- Coping strategies
- Medication side effects
- Anxiety
- Depression
- Goal setting

The programme is flexible, so if there is something that you would find really helpful to know about, please speak to your EIP practitioner.

More information and copies of the factsheets available in the LEAP programme library can be found on the psychosis Wales website:

Scan here for:  
Psychosis  
Wales website



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