

Social Benefits References

1. *Pathways to Wellbeing: A Framework for Recreation in Canada*. 2014, Interprovincial Sport and Recreation Council and Canadian Parks and Recreation Association.
2. Darongkamas, J., H. Scott, and E. Taylor, *Kick-starting men's mental health: An evaluation of the effect of playing football on mental health service users' well-being*. International Journal of Mental Health Promotion, 2011. **13**(3): p. 14-21.
3. Dingle, G.A., et al., '*To be heard*': *The social and mental health benefits of choir singing for disadvantaged adults*. Psychology of Music, 2013. **41**(4): p. 405-421.
4. Gammonley D, L.K., *Peer education and advocacy through recreation and leadership*. Psychiatric rehabilitation journal, 2001. **25**(2): p. 170-8.
5. Howells, V. and T. Zelnik, *Making art: A qualitative study of personal and group transformation in a community arts studio*. Psychiatric Rehabilitation Journal, 2009. **32**(3): p. 215-222.
6. Mccorkle, B., et al., *Compeer Friends: a Qualitative Study of a Volunteer Friendship Programme for People with Serious Mental Illness*. International Journal of Social Psychiatry, 2009. **55**(4): p. 291-304.
7. Mynard, L., L. Howie, and L. Collister, *Belonging to a community-based football team: an ethnographic study* Australian Occupational Therapy Journal, 2009. **56**(4): p. 266-274.
8. McElroy, P., P. Evans, and A. Pringle, *Sick as a parrot or over the moon: an evaluation of the impact of playing regular matches in a football league on mental health service users*. Practice Development in Health Care, 2008. **7**(1): p. 40-48.
9. Carter-Morris, P. and G. Faulkner, *A football project for service users: the role of football in reducing social exclusion*. Journal of Mental Health Promotion, 2003. **2**: p. 24-30.
10. Corring, D., E. Lundberg, and A. Rudnick, *Therapeutic horseback riding for ACT patients with schizophrenia*. Community Mental Health Journal, 2013. **49**(1): p. 121-126.
11. Cotton, S. and F. Butselaar, *Outdoor adventure camps for people with mental illness*. Australasian Psychiatry, 2013. **21**(4): p. 352-358.
12. Crone, D., *Walking back to health: A qualitative investigation into service user' experiences of a walking project*. Issues in Mental Health Nursing, 2007. **28**(167-183).



Social Benefits References

13. Gonzalez, M.T., et al., *A prospective study of group cohesiveness in therapeutic horticulture for clinical depression*. International Journal of Mental Health Nursing, 2011. **20**(2): p. 119-129.
14. Grocke, D., S. Bloch, and D. Castle, *The effect of group music therapy on quality of life for participants living with a severe and enduring mental illness*. Journal of Music Therapy, 2009. **46**(2): p. 90-104.
15. Khalil, E., *Pragmatic Randomised Controlled Trial of an Exercise Programme to Improve Wellbeing Outcomes in Women with Depression: Findings from the Qualitative Component*. Psychology of Music, 2012. **3**(11): p. 979-986.
16. Lipe, A.W., et al., *The effects of an arts intervention program in a community mental health setting: A collaborative approach*. The Arts in Psychotherapy, 2012. **39**(1): p. 25-30.
17. Makin, S. and L. Gask, *'Getting back to normal': The added value of an art-based programme in promoting 'recovery' for common but chronic mental health problems*. Chronic Illness, 2012. **8**(1): p. 64-75.
18. Mason, O.J. and R. Holt, *A role for football in mental health: The Coping Through Football project*. The Psychiatrist, 2012. **36**(8): p. 290-293.
19. McCorkle, B., et al., *Increasing Social Support for Individuals with Serious Mental Illness: Evaluating the Compeer Model of Intentional Friendship*. Community Mental Health Journal, 2008. **44**(5): p. 359-366.
20. Moran, G.S. and U. Alon, *Playback theatre and recovery in mental health: Preliminary evidence*. The Arts in Psychotherapy, 2011. **38**(5): p. 318-324.
21. Wilson, N.W., et al., *Green shoots of recovery: The impact of a mental health ecotherapy programme*. Mental Health Review Journal, 2010. **15**(2): p. 4-14.
22. Stacey, G. and T. Stickley, *The meaning of art to people who use mental health services*, 2010. p. 70-77.
23. Lloyd, C., S. Wong, and L. Petchkovsky, *Art and Recovery in Mental Health: A Qualitative Investigation*. British Journal of Occupational Therapy, 2007. **70**(5): p. 207-214.

