

New resources will help young people understand the link between movement and mental health

New resources have been published to help young people in Suffolk understand how movement and physical activity can improve their emotional wellbeing.

The resources, which include a handy pocket-sized information card, have been developed for young people with input and feedback from young people.

Made possible by Suffolk Mind and the Suffolk Most Active County Partnership, with assistance from Suffolk County Council's Children and Young People's engagement hub, the resources provide essential information about seven ways young people can improve their mental health through movement.

They also include 3 simple and effective ideas that young people can try straight away to help them take control of their mind and mood through movement, as well as a range of key local contacts for further support.

Commenting on the resources Cllr James Reeder, Suffolk County Council's Cabinet Member for Public Health and Prevention, said "the publication of these resources is very timely given emerging evidence that young people's mental health and wellbeing has suffered during lockdown".

He continued "The link between exercise and mental health cannot be over-stated but sadly is something that often gets forgotten. So, to have a clear and concise reminder of the all the benefits we gain from being active is extremely helpful and something, I hope, will act as an incentive to encourage our young people to think about moving more".

Charlie Green, Senior Emotional Needs & Resources Trainer at Suffolk Mind, was instrumental in the development of the resources. She said "Research shows that physical activity and movement, in all its different forms, is at the centre of good mental and physical health for young people and as lockdown eases it's important to help them find the motivation to move in enjoyable ways so it becomes part of their daily lives".

The resources will be distributed to schools, GP surgeries and libraries across the county. They are also available as a direct download from both the Keep Moving Suffolk (www.KeepMovingSuffolk.com/wellbeing) and The Source (www.theSource.me.uk/move) websites. Hard copies of the information card can also be requested through the Keep Moving Suffolk website.

Ends.