MP TEMPLATE LETTER please personalise

Dear

Children’s physical activity levels declined sharply during lockdowns. The most recent Active Lives survey indicates more than half of children are not meeting the CMO physical activity guidelines. A wellbeing survey conducted by Youth Sport Trust in March 2021 highlights that two thirds of parents believe their children are less active now compared to before the Coronavirus pandemic with only 21% meeting the CMO daily physical activity guidelines. Furthermore, schools we work with on return from the latest lockdown have fed back to us how its visible that many children’s body shapes have changed for the worse and how unfit they have become.

YST also have highlighted that young people’s mental health has deteriorated as a result of restrictions imposed by Covid with at least one third of children experiencing an increase in mental health issues including stress, loneliness and worry.

As a local not for profit organisation that specialises in working closely with schools and helping to address many of the highlighted issues I would very much welcome an opportunity to demonstrate the impact we are having locally in increasing children’s physical activity levels, mental health, and wellbeing. I would like to do this through meeting with you and to take you to schools in your constituency to see and hear first-hand from school staff and pupils. We will of course do this covid safely.

I look forward to hearing from you.

Yours sincerely