

YST ACTIVE IN MIND

Why Active in Mind?

1 in 10 children have a diagnosable mental health disorder - that's roughly 3 children in every classroom. In 2017/18 some 18,870 children under the age of 11 were referred for specialist mental health support. Both the physical and mental benefits of engaging in physical activity are well documented as having an impact on mood, reducing stress and anxiety, and building emotional resilience and positivity.

About the programme

Active in Mind offered peer mentoring support to young people experiencing mental wellbeing issues as well as creating innovative sport and physical activity opportunities for a targeted group of young people. The idea is to not only increase levels of physical activity, but also provide a safe and supported environment to improve their mental and physical health.



REACH

25



secondary schools from across England took part in the pilot project.



a total of **1,067** young people, **346** peer mentors and **721** mentees in the nurture group.



KEY FINDINGS

83%

of mentees either 'liked' or 'loved' taking part in the project.



IMPROVED SOCIAL WELLBEING



The evidence shows that the project led to improved social wellbeing, especially for those in the nurture group.

81%

of mentees reported making new friends since being part of the project.



Students are starting to talk about mental health and breaking down the stigma attached to it. Using outside coaches to run sessions including yoga, street golf, boxing, racket ball and cross fit and help pupils experience new activities and see the fun and beneficial range of a broader range of activities has been great." Teacher



I have realised that doing physical activity makes me happier. It lifts my mood. In the last few weeks since I have done this project I have started to do a lot more physical activity and I am happier. It stops me feeling stressed and worried." Mentee



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LOTTERY FUNDED



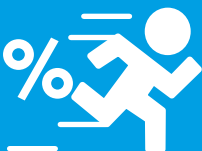
YOUTH
SPORT
TRUST

YST ACTIVE IN MIND



PHYSICAL ACTIVITY LEVELS

78%



of mentees reported that being part of the project had increased the amount of physical activity they did in an average week.



DEVELOPMENT OF MENTORING SKILLS

Peer mentors reported developing numerous leadership skills, including communication, confidence, empathy for others, relationships building, and self-awareness.

57%

of mentors believed that taking part in the project had given them 'loads' more empathy with others. Some peer mentors intended to use their new skills to apply for teaching courses.



IMPROVED MENTAL HEALTH

The project led to improved mental wellbeing, especially for young people who participated in the nurture groups.

61%

agreed that since taking part in the project they felt that they were coping better.

Mentees were able to explain how physical activity enabled them to relax and feel less stressed after participating in the project.

71%

of mentees agreed that since being on the project they felt more relaxed.



"I think it is a great opportunity to widen my knowledge and help towards my future career. It makes me feel good as I am helping other people with problems and getting them involved in physical activity - there couldn't be a better way." Mentor

