

We are excited to announce our 'Active Body Active Mind' programme in partnership with:



It is estimated that 5,485 children and young people within Tameside suffer from a diagnosable mental health condition. This represents just over 1 in 10 children and young people in Tameside. Active Body Active Mind will support pupils, teachers and families on their journey back to well-being. Programme aims include:

- To provide a varied and engaging programme of well-being activities to increase the number of young people improving their mental health.
- To reduce the incidents of self-harm, stress and low mood through the increase in provision of activities
- Encourage young people and their families to develop positive lifestyles and influence a change in their behaviour.
- Providing additional support by signposting young people and families to other local community support groups and mental health services.

Tameside schools and colleges will be targeted in line with the Mental Health in Education Steering Group and data based on children and young people with social, emotional, and mental health needs (**SEMH**) such as high anxiety or low mood.

'Active Tameside' physical activity sessions will improve children's teamwork, problem solving, communication and social skills through a variety of team building activities in a friendly, fun environment.

'Active Angels' wellbeing nurtures children's mental health and well-being through mindful movement, fun activities and relaxation. Building inner strength, resilience and focus, we equip children with the lifelong tools to express and manage emotions.

Physical activity sessions will take place in the morning and wellbeing sessions will take place in the afternoon for a period of 6 weeks initially.



For more information, please contact Gavin Browne [gavin.browne@activetameside.com](mailto:gavin.browne@activetameside.com)