



ACTIVE MINDS
POSITIVE MENTAL HEALTH

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**Health & Wellbeing
Project Winner 2022**



#RESPECT
#RESILIENCE
#RESULTS



#FIGHTTHESTIGMA
#POSITIVEMENTALHEALTH



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THE PROBLEM WE FACE...

One in six children aged five to 16 were identified as having a mental health problem in July 2020, a huge increase from one in nine in 2017. That's five children in every classroom

80% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse

190,271 under 18 year old were referred to mental health services in 2021 - a 134% increase. There are currently 374,000 under 18 year olds on NHS waiting lists

50% of mental health problems are established by age 14 and 75% by age 24



IN MARTIAL ARTS



Sources:- Young Minds, Mentalhealth.org.uk

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THE PROBLEM WE FACE...

'Terrifying' rise in Notts children needing mental-health therapy

The number of children in Mansfield and Ashfield who need mental-health therapy has soared since the start of the Covid-19 pandemic.

By Richard Silverwood
Monday, 26th April 2021, 12:29 pm



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Health

Children face 'agonising' waits for mental health care

Mental health is a big issue for young people

- One in six children aged five to 16 were identified as having a probable mental health problem in July 2020, a huge increase from one in nine in 2017. That's five children in every classroom (i).

The Telegraph

Number of children in A&E with serious mental health issues jumps 50 per cent since start of pandemic

The number of children who go to A&E with serious mental health issues has jumped by more than 50 per cent since the coronavirus pandemic...

1 week ago



The Guardian

Children's NHS mental health referrals double in pandemic

Young people 'suffering terribly' in Covid crisis, with nearly 200000 referred in just three months.

1 week ago



The Guardian

The Guardian view on children's mental health: ministers must pay up

Editorial: If Dame Rachel de Souza wants to help young people, she should go all out to boost funding for schools.



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OUR PROGRAMMES



Wellbeing Warriors

A programme that combines education & activity around mental & physical health for children and schools



School Clubs

Non contact boxing, kickboxing & fitness sessions aimed at morning & lunchtime school clubs



Fight the Stigma

One off or multi event sessions to explore Mental Health and drive engagement, issues and solutions from participants

Coming Soon.....

Teachers Coaching
Certification

Mentoring

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OUR PROGRAMMES



We are able to run bespoke activities depending on individual or group needs and challenges. We are proud to work with a diverse set of challenges from Nottinghamshire police, social services & local charities

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WHY ACTIVE MINDS?

Experience & Expertise

Over 1,500 children have taken part in our programme
Partnership & consultative approach with schools
Ability to flex programmes based on group needs
Fully EDBS checked
Numerous qualifications in mental health & physical activity

Great Feedback

THANK YOU SO MUCH FOR EVERYTHING THAT YOU HAVE DONE FOR THE SCHOOL AND THE CHILDREN.

They have all absolutely loved it and certainly all have taken something from it. I'm glad that you enjoyed it too. Please also thank Paul, the children are still talking about him and his visit! All staff have loved supporting and taking part and have been asking when you will be back.

Positive Impact

BEING A WELLBEING WARRIOR IS COOL!

I love being a Wellbeing Warrior. We have learnt about Mental Health and Boxing and had lots of fun. I wish we could do it everyday in school.

THE CHILDREN LOVED IT!!

Thanks for today, I spoke to the children at the end of the day and they loved it. They can't wait for next week.

Detailed wrap ups



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WHY ACTIVE MINDS?

Thought Leadership

Leading & engaging our community to address poor mental health



Award Winning

Multi award winning social enterprise



Education & Expertise

Constant education and L&D to drive great participant experience



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