

Jo Blogs in October.

Time for Change



Here we are in Autumn already and the leaves are beginning to change colour and the mornings getting darker and cooler. Each season has its own beauty and what better way to appreciate it all than by stepping outside in nature and using all our senses to enjoy it.

For some, it is still a struggle to go out and enjoy their surroundings but we can all help in our own way to support and motivate each other.

World Mental health day takes place on 10th October and the theme will be

“MENTAL HEALTH IN AN UNEQUAL WORLD”

This means we all have a responsibility to help raise Mental Health awareness and everyone can play their part in supporting each other to live better lives, which are dignified and fulfilling.

There is no doubt that there has been significant impact on our young peoples’ mental health and what better place to start. They are the future after all.

- During the pandemic, some disadvantaged young people and children, such as children in care or those who are disadvantaged financially, have reported poorer mental health and wellbeing including anxiety and loneliness ([references 2, 3, 8, 15, 24](#)).
- Parents/carers reported the highest level of behavioural, emotional and attentional difficulties in June 2020 and February 2021, when restrictions were highest.
- Overall children have experienced reductions in mental health symptoms as restrictions eased in March 2021, however children with SEN/ND and those from low-income households have continued to show elevated mental health symptoms.
- The pattern of adolescent self-reported mental health is consistent with parent/carer reports. [Children's mental health: One year in the pandemic - Co-Space \(cospaceoxford.org\)](#)

We have an important role to play right now in ensuring our young people are supported to manage their emotions and move forward with their lives.

Once again we need to give them opportunities and to motivate them to get out in nature and reap the benefits of exercise, fresh air, making sure they have fun too!

Most young people enjoy some kind of physical activity and we need to key in to what they love, be it walking, football, skateboarding, paddle boarding, cycling, building camps. The list goes on.

What will you do this half term to ensure your children and young adults get involved in outdoor activities?

How can you find out what's going on in your communities?

Active Essex have an amazing tool in FIND YOUR ACTIVE which anyone can access and here at Community 360 we are always ready to support our communities with advice and information.

Maybe bring your children on one of our FINDING YOUR FEET walks or start your own walk up.

Link up with others in your community to see what young people really want to get involved with exercise wise.

The most important message is

KEEP ACTIVE!

“A physically active child is a healthy child.

Physical activity strengthens a child's muscles and bones, prevents excessive weight gain, and reduces the risk of diabetes, cancer, and other conditions.

However, physical activity is also beneficial to the mental health of a child.

Experts say physical activity allows children to have a better outlook on life by building confidence, managing anxiety and depression, and increasing self-esteem and cognitive skills.”

[Exercise and Children: The Benefits \(healthline.com\)](https://www.healthline.com/health/exercise-children)