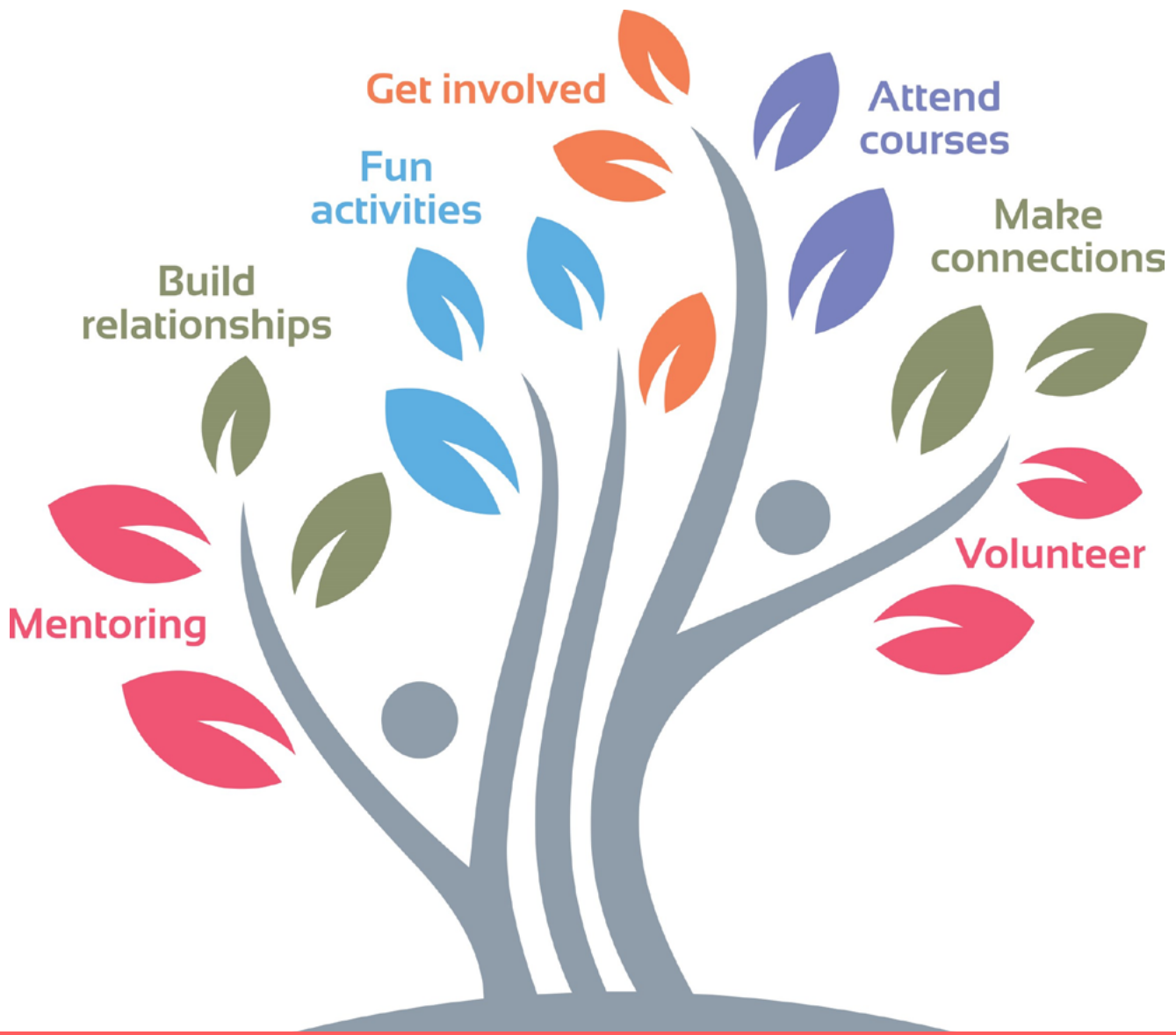


Essex Family Support Service

E-Bulletin August 2023



Community360 are working in partnership and collaboration with other charities and groups across Essex to deliver this service as part of the wider Essex Child and Family Wellbeing Service. We've partnered with HCRG Care Group and Barnardo's and want to provide as much support as we can to you and your family.

Our team of staff & volunteers are here to provide one to one support for you & your family. For details on how to refer to our service, see the last page of this bulletin.

We look forward to hearing from you.

Benefits of sport for children



Being active isn't just about feeling stronger, fitter, more energetic and sleeping better. It's also about having fun!

Kids need to be active for at least 60 minutes a day, with 30 minutes of this outside of school. This should include 3 sessions a week of activity that strengthens muscles and bones, so mix it up with a range of sports to keep your daily activity interesting.

And it's not just physically that kids benefit – being active also helps with mental health.



Evidence shows that children and young people who are more active have more confidence, higher self-esteem, less anxiety and stress, leadership skills, and improved social skills – attributes that can help them deal with the challenges they face in daily life.



CONFIDENCE

SELF ESTEEM

**REDUCED ANXIETY
AND STRESS**

LEADERSHIP SKILLS

SOCIAL SKILLS

FAMILY BONDS

There are currently seven million children aged 5 to 15 in England and more than half are not doing the recommended daily amount of exercise.

Having a positive attitude towards physical activity has also been associated with children being happier in other areas of their lives. It can help to build family bonds and common interests between family members, alongside helping the adults in the family with their activity levels.

Fun Physical Activities for Kids

Get your kids moving over the summer with some of these fun outdoor and indoor activities!

The NHS is a great resource for fun physical activities for kids, including these great ideas for stay-at-home games and activities to keep the kids active and having fun when they're inside

[Click here >>](#)

For outdoor fun try these oldies but goodies

Tag

Tag is played with two or more players. One of the players being selected to be "it". The "it" player must chase and catch one of the other children to tag them, making that player the new "it".

For different variations on Tag

[Click here >>](#)

Frisbee

Here are a few variations on different ways to play with a frisbee

[Click here >>](#)

Hopscotch

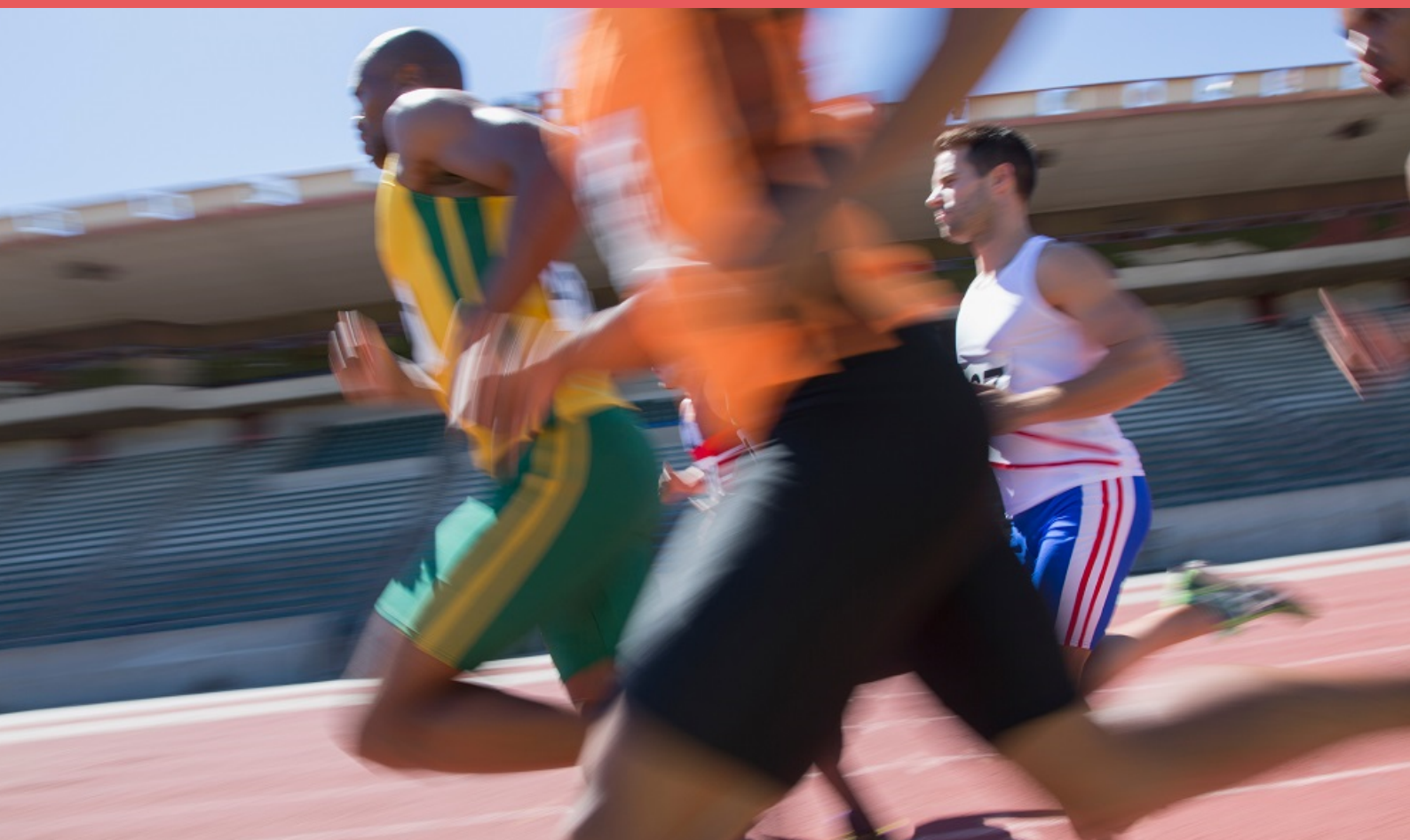
The easiest way to do this activity is to get a piece of chalk and draw the hopscotch design on a path or driveway.

Here is the basic game and design, along with some variations.

[Click here >>](#)



Neurodiverse Sports Stars



Neuro-diverse athlete Sam Holness sees autism as his super power. Sam Holness and athletes Simone Biles and Jessica-Jane Applegate share what being an athlete and neuro-divergent means to them.

[Click here >>](#)

Local Sport Events



Sport and movement can have such a positive impact on our wellbeing. Sport and activities needn't be expensive or unaffordable. Follow this link for fantastic ideas on how to get active in your area

[Click here >>](#)

6 facts about exercise and mental health

1. Exercise improves your deep sleep

Sleep is vital for our mental health, as it's a way to switch off, refresh, and let the brain and body recover from the day. Without it, mental health suffers

massively. Research indicates that aerobic exercise increases the amount of deep and restorative sleep you get at night.

How to use this fact: If you're experiencing sleep troubles, aim to get some exercise in at least 4 hours before bed. This can be a walk, a run, or a gym session. It doesn't matter. Get the heart rate going and the blood moving around the body.



2. Exercise relieves stress hormone levels

When stressed, the body releases a hormone called cortisol. The long-term effects of increased cortisol levels create not just mental health issues but also physical health issues. If you exercise during the day, research indicates your cortisol levels are lower by the evening.

How to use this fact: Use exercise as a tool for stress management. Schedule some dedicated time during the day for exercise. Set that boundary with yourself. Not only will it offer you some escape and distraction, but it will also reduce your cortisol levels and relieve some of those feelings of stress.



3. Exercise improves your memory and attention

There is a growing body of evidence which suggests physical exercise improves our cognitive functioning. Research indicates that increased blood flow caused by various types of exercise has positive impacts on mental alertness.

How to use this fact: On days where you are struggling to focus and feel unproductive, consider using exercise as a form of respite. It should lead you to feel more alert and mentally sharp.

4. Exercise affects your mood-related hormones.

Monoamines and endorphins are two essential hormones said to be responsible for mood improvements as a result of exercise. Research indicates the effects are linked to short-term improvements immediately after a session and are also related to long-term impacts such as decreased feelings of depression.

How to use this fact: View exercise as a tool, something you have in your tool kit, which will always help you improve your mood. Although it cannot exclusively solve a problem or a mental health illness, it's something you can use to lift your mood and bring about a better headspace.

5. Exercise increases self-esteem

The research between exercise and self-esteem has nothing to do with how you look. It's not about changing how you look, but rather exercise improves self-esteem due to the psychological implications of regularly taking on challenges. Exercising regularly increases self-esteem because it reminds you of your own abilities and that you are doing your best.

How to use this fact: Reflect on exercise as an achievement. It doesn't matter what you did. Acknowledge yourself for doing it. Use that as motivation to try new things, set goals, and find something you enjoy when it comes to a workout.



6. Exercise gives you more energy

Feeling lethargic and lacking in energy can contribute towards poor mental health. When you don't feel your best, you don't tend to think your best either. Exercise can be used as a means of recharging our batteries. When your fitness improves, changes happen to your cells, making more energy available to you. In essence, you give the energy to get more energy.

How to use this fact: Move away from thinking about exercise as only a way to look better. Focus on how it will make you feel better in the long run. Having more energy is a great motivation.



Funding for Respite Breaks for Disabled Children and their Families

Families, as well as groups of children, schools, organisations, and other registered charities, can apply for financial assistance from the Adamson Trust for the cost of holidays or respite breaks for disabled children with physical, mental, or emotional impairments.

To be eligible, the child must be a resident in the UK, between the ages of 3 and 17, and the Trust requires evidence of their disability or illness from a medical or social services professional. Grants from the Trust usually only cover a portion of the holiday expenses.

The next closing date for applications is the 30th September 2023.

[Click here >>](#)





Volunteer with Essex Family Support Service

Could you help families improve their health and wellbeing in your local community? We are looking for volunteer mentors (aged 18+) to join Community360 and the Essex Family Support Service to engage and inspire families who need support for up to a 10-week period, providing weekly sessions to focus on their needs and providing signposting and guidance. You would be encouraging families and children (aged 8-19 or up to 25 with additional needs) to take part in new activities, develop new skills and build their confidence.

For further information or to apply please give us a call on 01206 505250 or email families@community360.org.uk





Get in touch!

Please let us know what you would like to see in the next edition.
How can we help you and your family?

You can call us on:

T: 01206 505 250

Or you can email us at:

E: families@community360.org.uk

You can also find us online:

f [community360org](https://www.facebook.com/community360org)

@community360org

W: www.community360.org.uk