

Welcome to your September newsletter

Welcome to the September edition of your physical activity and mental health newsletter. This month we are sharing:

- Audience scoping webinar
- Million Miles for Mind - we need you!
- World Mental Health Day - 10 October
- Devon NHS - Boosting Wellbeing Through Cycling

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Campaigns and Events

Webinar - exploring Mind's strategic audience through a physical activity lens

On **Wednesday, 16th November 2022 at 11.30am**, we will be hosting an hour-long webinar to raise the awareness and increase the knowledge about the role physical activity can play to support the mental health of young people, people living in poverty and racialised communities.

In 2021, we launched our new Mind Strategy. The strategy identified three new strategic priorities we will focus on moving forward:

- Supporting young people – with a focus on trauma.
- Fighting for the mental health of people in poverty.
- Becoming a truly anti-racist organisation - supporting people from racialised communities.

The aim of this webinar is to develop your understanding of the relationship between physical activity and the mental health of young people, racialised communities and people living in poverty.

You will hear from three people from our strategic audiences describing their experience and relationship with physical activity and mental health.

We will provide an insight into the research to help you understand the barriers young people, racialised communities and people living in poverty face in physical activity.

Register

Million Miles for Mind - We need you!

Last month we shared that ASICS are challenging runners, hikers and walkers to reach one million miles collectively during this month. To date **participants have reached 687,410 miles**. There's still time to register; the **deadline is midnight this Friday, 30 September**.

When one million miles is hit, **ASICS will donate £25,000** towards Mind's physical activity programmes.

Sign up

Why not rack up those miles using [ASICS Movement for Mind](#), a series of 30 minute outdoor sessions. All you need is a phone, some headphones, comfortable clothing and shoes. Or head over to our [Get Active, Feel Good!](#) webpage for some inspiration.

World Mental Health Day 2022 - 10 October

Sometimes, finding the words to say how we feel is tough. You can feel like you're talking another language – one no one else understands. But Mind do.

This World Mental Health Day (Monday 10 October), we want to show the different ways people talk about their experiences of mental health as part of our **'If this speaks to you, speak to us'** campaign.

We're encouraging people working and volunteering in sport and physical activity to get involved in the campaign. To help you, we've created a World Mental Health Day pack for the sport sector. It includes key messages, social media content, mental health statistics and a range of assets.

World Mental Health Day pack

At the heart of our campaign are the stories of two of our Mind media volunteers, Rohan and Mel. Rohan and Mel's stories have been brought to life through spoken word:

Find out more

[Rohan's story, spoken by Jords](#)
[Mel's story, spoken by James](#)

Spotlight

Case Study - Devon NHS Boosting Wellbeing Through Cycling

We have a selection of case studies on our web pages to capture learnings from across the sport and physical activity sector.

This month we're spotlighting Cycling for Recovery. A collaborative programme between Devon NHS Community Forensic team, Active Devon and Ride On that uses cycling to help improve mental health.

Read the case study

Case studies webpage

Did you know?

Over the last few years we've come a long way. But there's still more to be done. The focus of our strategy is on supporting the people disproportionately affected by mental health issues. People from racialised communities, young people, and people living in poverty. For more information please read [here](#).

We're here for you!

If you have a general query about the organisation, our contact details are:

- For information on mental health please contact our Infoline.

- Find your nearest local Mind or shop.

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