



#RunAndRevise

This factsheet aims to provide further information about the England Athletics **#RunAndRevise** digital campaign for England Athletics affiliated clubs and National Partners plus RunTogether groups taking part in the campaign by hosting a **#RunAndRevise** session.



ABOUT #RunAndRevise

During the week of 13th-19th May 2019 England Athletics, supported by Mind the mental health charity, is encouraging young people to **#RunAndRevise** to take a break from exam revision and improve their mental wellbeing through running.

We'll be encouraging young people to take a break from studying or exam revision and run one mile or further and have a chat during the 13th-19th May as part of Mental Health Awareness Week. They can do this either with friends, family or colleagues at a time and location of their choice or by joining one of the organised runs at an England Athletics club, via one of our National Partners and their members or through a RunTogether group. Search for runs and book on here (live 29th April).

Students aged 16–18 at a school or college or those aged 18 – 25 studying at a college or university can take part in **#RunAndRevise** to run one mile or further and have a chat as part of Mental Health Awareness Week.

Organised runs must be led by a UKA qualified leader/coach or teacher if on a school/college site and most finish with an optional social element, so participants can go for a coffee or something similar afterwards. Anyone of any running ability can join a run even if they've never run before and are not a member of that club or group. Organised runs may however have specific age ranges so participants will need to check the information for the run they wish to join.

Some runs will have a volunteer Mental Health Champion(s) present. All our friendly Champions have lived experience of mental health problems themselves or through close family or friends and are passionate about improving mental wellbeing through running.

We want to support young people with their mental health through running because:

- 1 in 4 of us experience mental health problems each year and running can help everyone's mental wellbeing.
- rates of depression and anxiety among teenagers have increased by 70% in the past 25 years with around one in ten children have a diagnosable mental health disorder.
- 80% of young people say exam pressure has significantly impacted on their mental health.

TOP TIPS

If you're organising a run, here are some things to think about:

- Make sure you use a UKA qualified leader or coach and that the run is appropriate for everyone to take part regarding distance (one plus mile), speed and terrain
- Add fun elements and opportunities to chat
- Consider where to start your run from – perhaps a library or other places that young people might be studying
- Consider a social element afterwards
- If you're an existing club or group talk with your existing members and get them involved
- Visit www.runtogether.co.uk/running-support/tips-advice/ for advice and tips on getting started.

PROMOTING YOUR EVENT

England Athletics is providing support material for you to promote your event which is available by contacting runandrevise@englandathletics.org

Please use the hashtag **#RunAndRevise** when promoting your session and tag @EnglandAthletic and/or @RunTogether where possible.

USEFUL CONTACTS AND SUPPORT

BBC Bitesize

www.bbc.com/bitesize/support

Study and revision resources.

Childline

0800 1111, childline.org.uk

Free 24-hour helpline for children and young people in the UK.

The Mix

themix.org.uk

Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room. The Mix offers lots of useful advice about exam revision:

www.themix.org.uk/work-and-study/study-and-exam-tips/revision-tips-1238.html

www.themix.org.uk/work-and-study/study-and-exam-tips/exam-stress-1241.html

NHS exam guidance

www.nhs.uk/conditions/stress-anxiety-depression/tips-on-surviving-exams/

NSPCC

Helpline (children and young people): **0800 1111**. Helpline (adults): **0800 800 5000**

nspcc.org.uk, help@nspcc.org.uk

Specialises in child protection and the prevention of cruelty to children.

Papyrus

Helpline: **0800 068 41 41**, papyrus-uk.org

Provides information and support for anyone under 35 who is struggling with suicidal feelings, or anyone concerned about a young person who might be struggling.

Parenting and Family Support

Family Lives (formerly Parentline Plus) , Helpline: **0808 800 2222**, familylives.org.uk

Support to anyone parenting a child.

Samaritans

24-hour helpline: **116 123** (freephone), samaritans.org

Emotional support for anyone feeling down, experiencing distress or struggling to cope.

Youth Access

020 8772 9900, youthaccess.org.uk

Operates a network of membership organisations which provide local information, advice and counselling services. The Youth Access website and helpline can direct you to services in your area.

Young Minds,

0808 802 5544 (parents helpline for any adult with concerns about the mental health of a child or young person), **020 7089 5050** (general enquiries), youngminds.org.uk

National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people.

#RunAndRevise is part of the England Athletic #RunAndTalk programme

For more information visit www.englandathletics.org/mentalhealth