



# ACTIVE TRAVEL

## Newsletter



### Physical Activity

To maintain a basic level of health, the Chief Medical Officer recommends children and young people aged 5 to 18 should take part in an average of at least 60 minutes of physical activity per day. Taking part in Physical Activity has many benefits for children and young people, including; improving fitness, increasing concentration, building a stronger heart, bones and healthier muscles. Being regularly physically active improves self-esteem, lowers stress and encourages a better nights sleep. The NHS has further information [here](#).

**Physical activity for children and young people (5-18 Years)**

- BUILDS CONFIDENCE & SOCIAL SKILLS
- DEVELOPS CO-ORDINATION
- IMPROVES CONCENTRATION & LEARNING
- STRENGTHENS MUSCLES & BONES
- IMPROVES HEALTH & FITNESS
- MAINTAINS HEALTHY WEIGHT
- IMPROVES SLEEP
- MAKES YOU FEEL GOOD

**Be physically active**

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Activities shown: PLAY, RUN/WALK, SWIM, SKATE, SKIP, CLIMB, BIKE, ACTIVE TRAVEL, SPORT, WORKOUT, DANCE.



### Active Travel Month

Active Travel Month takes place throughout October and we want as many pupils as possible to get involved! Actively travelling to school can increase mental alertness, energy, positive mood and self-esteem, as well as reducing stress and anxiety. It helps them feel alert and ready for the day. Cycling, walking or scooting to school also increases awareness of road safety as well as supporting the environment.



### Steptober is back!

We're challenging workplaces to compete as a team to complete as many steps as they can over the month of October! Set yourself a daily, weekly or October step count goal, maybe **10,000** steps a day, **40,000** steps across the week or **150,000** over October. Email [MKhan@southwigston.lwlat.org.uk](mailto:MKhan@southwigston.lwlat.org.uk) to register your interest!

# THE HARBOROUGH MONSTER TRAIL



The South Leicestershire School Sport Partnership, with the support of the Harborough District Council and Active Together Harborough, are delighted to announce that we have created the 'Harborough Monster Trail'. The programme is funded by the UKSPF and will form part of the 'Harborough on the Move' programme. The aim of the trail is to encourage children and families to be active during half term, Halloween and the autumn. The Monster Trail starts on Monday 21st October and finishes on Friday 29th November.

20 monsters are hidden across parks and green spaces in Lutterworth, Harborough, Kibworth & Smeeton and Broughton Astley for you to find. There are prizes on offer for finding the monsters in each area, find out more [here!](#)



## WORLD MENTAL HEALTH DAY

World Mental Health Day takes place on Thursday 10th October 2024. The theme this year is, "It is time to prioritise mental health in the workplace" If you or a colleague require additional help and support, there is lots of help available. Click [here](#) to find out more.

## Key Dates

- WORLD MENTAL HEALTH DAY- 10TH OCT
- INTERNATIONAL WALK TO SCHOOL MONTH
- BLACK HISTORY MONTH
- DYSLLEXIA WEEK 7TH-13TH OCT
- RECYCLE WEEK- 16TH-22ND OCT
- WORLD FOOD DAY- 16TH OCT

## Stay Active for less!

Click [here](#) to find helpful resources and information for your family to stay active for less.

Look out for our guide to local walking routes and beautiful green spaces South Leicestershire has to offer.



LET'S GET SOCIAL!



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

# South Leicestershire Community Board

Children & Young People's Mental Health Services Directory. This directory is full of local support services that are designed to help you overcome life challenges and support any mental health issues you may have. Find out more here.



Click here →

Local Inclusive Football Clubs!  
Click the logos to find out more!



Local Area Co-ordinators work in communities across Leicestershire to help improve health, wellbeing and resilience of the people who live there. Find details of your local Co-ordinator here

Kibworth Town Football Club are running Disability Football sessions on a Monday evening for 5-11 year olds!  
Contact [kelsey@kibworth.football](mailto:kelsey@kibworth.football) for more information.



**ACTIVE TOGETHER**  
**YOUNG PEOPLE PHYSICAL ACTIVITY & SPORT HARDSHIP FUND**

The fund will support young people from Leicestershire, Leicester and Rutland, in the greatest financial need, to overcome economic constraints and access physical activity and sport as a participant, official, coach, volunteer or talented sportsperson. Young people should be aged 21 years or under on 31st March 2025, or up to the age of 25 years for young people with SEND.

[active-together.org/fundingfinder/1812](https://active-together.org/fundingfinder/1812)

**ROUND 1 DEADLINE: OCTOBER 6TH 2024**

**ROUND 2 DEADLINE: MARCH 2ND 2025**

LET'S GET MOVING

**ACTIVE MUMS CLUB**  
MOVEMENT • WELLBEING • SUPPORT

**Free Buggy Walks**

Walk with us at these locations across Leicestershire:

- Bouskell Park, Blaby
- Everards Meadow, Enderby
- Lutterworth Sports Centre
- Mosssdale Meadows, Braunstone
- Welland Park, Market Harborough

For more info on days and times have a look at our Instagram or Facebook.

Join the club at [activemumsclub.org](https://activemumsclub.org)

Active mums club  
active\_mums\_club

LET'S GET MOVING