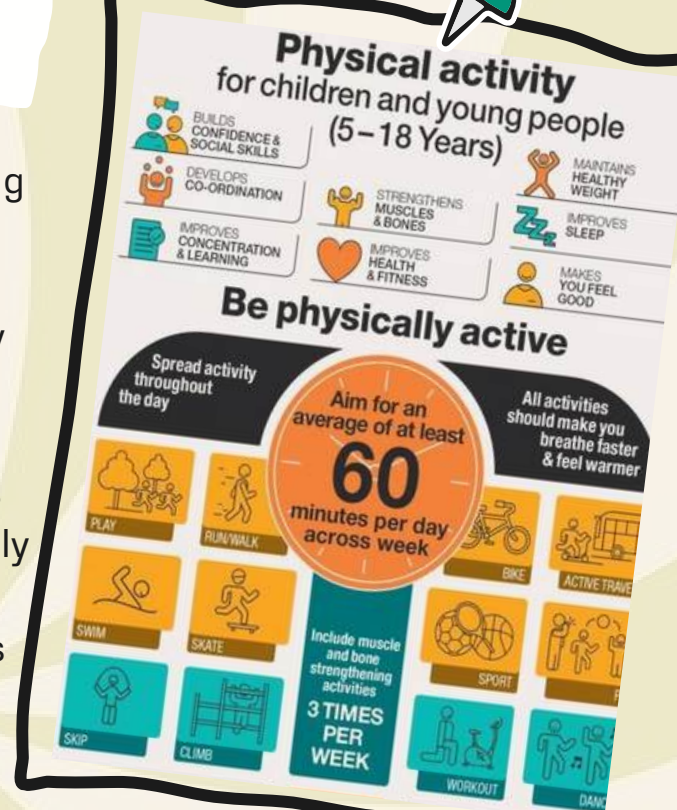


# PHYSICAL ACTIVITY Newsletter

OCTOBER 2025

## The importance of 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](#).



## 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.

## 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.

**DID YOU KNOW?**

Only 47.8% of children currently meet the Chief Medical Officer guidelines of 60 minutes of physical activity per day.

Source: Sport England 2023/24



Choose how  
**you move**  
in Leicester & Leicestershire



# THE HARBOROUGH MONSTER TRAIL

is back for 2025!

Brought to you by the South Leicestershire School Sport Partnership, with the support of the Harborough District Council and Active Together Harborough, we are delighted to announce the return of the '**Harborough Monster Trail**'. The aim is to encourage children and families to be active during half term, Halloween and the autumn. The Monster Trail starts on **Monday 20<sup>th</sup> October** and runs until **Monday 24<sup>th</sup> November**.

20 mischievous monsters are lurking in parks in Lutterworth, Harborough, Fleckney and Thurnby for you to find. There are badges and certificates on offer for finding the monsters in each area, PLUS Jellycat monster Pip is up for grabs in our prize draw for everyone that completes a trail!

Find out more [here](#)!

## World Mental Health Day

World Mental Health Day takes place on Thursday 10th October 2025. The theme this year is, "Access to Services-Mental Health in Catastrophes and Emergencies" The theme highlights the importance of people being able to protect their mental health whatever they're going through, because everyone deserves good mental health.

Find out more [here](#)

### KEY DATES

World Mental Health Day- 10<sup>th</sup> Oct  
International Walk to School month  
Dyslexia Week-6-12th Oct  
Recycle Week-7-13th Oct  
Black History Month  
ADHD Awareness Month

LET'S GET SOCIAL!



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







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

# South Leicestershire Community Board

## Care Navigation- Leicestershire Partnership NHS Trust

What is the Care Navigation service?

An administrative team working together with health professionals and external partner agencies to support children and young people aged 0-19.

We can support with:

- Directing you to local support networks.
- Collating and sharing information with professionals involved to enable a more efficient service.
- Providing confirmation of health appointments detailing the clinic, date, time, and venue.
- Act as a point of contact for families and professionals when support with health required.

What sort of information is shared?

- Health professionals that are currently involved.
- Referral updates.
- Appointment information.

Click here to find out more!

## Speak Out!



If a young person is struggling with stress, identity, or mental health, Speak Out's "Wellbeing Resources" page is packed with free, confidential, judgement-free support – from tips on stress & identity to 24/7 helplines - designed for young people. Scan the QR code for resources and more information.

Neighbourhood Mental Health Cafés spread around Leicester, Leicestershire and Rutland, run by trained and supportive staff, who are there to listen and provide the practical support you may need when you need it. Find out more here

Neighbourhood Mental Health Cafés



Click the logo to find your nearest cafe!

**ACTIVE TOGETHER**

**YOUNG PEOPLE PHYSICAL ACTIVITY & SPORTS HARSHIP 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 7-21 years, or up to the age of 25 years for young people with SEND.

**ROUND 1 DEADLINE: OCTOBER 5TH 2025**

**ROUND 2 DEADLINE: MARCH 1ST 2026**

SCAN ME

Click here to find out more!