

NEWS RELEASE

27th Sept 2017

#runandtalk

Chorlton Runners are pleased to be supporting #runandtalk, an England Athletics initiative taking place from 6th – 13th October around World Mental Health Day on 10th October. The event aims to improve mental wellbeing through running and break down the stigma associated with mental health by getting people talking about it. The event follows on from the successful #runandtalk events in October 2016 in support of World Mental Health Day and January 2017 in support of Time to Talk day which both saw over 100 organised runs to support mental wellbeing through running.

Evidence shows that physical activity is good for both body and mind, but having a mental health problem can make it difficult to get started, for a number of reasons, ranging from negative body image, lack of self-esteem to practical reasons such as having no one to go with, or not knowing where to get started.

The #runandtalk campaign aims to improve mental health through running in England by:

- getting people talking about mental health, sharing their experiences and removing stigma
- raising awareness of mental health problems and the benefits of exercise to mental well being
- supporting people experiencing mental health problems to be physically active through running whether that is to support them in starting, returning to or continuing to running

#runandtalk works by encouraging people to either run at a time and location of their choice or by joining one of the organised runs at an England Athletics club or RunTogether group. Chorlton Runners are organising a #runandtalk on **Sunday 8th October 2017 at 10:30am** from **Chorlton Water Park**, Maitland Avenue, Chorlton, M21 7WH. The runs available will be 1 or 2 miles with the option to walk, jog or run, so everyone is welcome whether you are new to running, looking to get back into it or are a regular runner.

To register to join us on the run or for more information contact our Chorlton Runners mental health representatives:

John at jtetherson@yahoo.com or **Leona** at lfb-mha@outlook.com.

The event is supported by our volunteer England Athletics Mental Health Ambassadors. Our friendly ambassadors have lived experience of mental health problems themselves or through close family or friends, work or are passionate about improving mental wellbeing through running.

Sign up on Facebook at <https://www.facebook.com/events/2005821352974239>

Join the conversation on social media using #runandtalk.

World Mental Health Day 2017 is on Tuesday 10th October and is an internationally recognised day with the objective of raising awareness of mental health issues around the world. Find out more here: <https://www.mind.org.uk/get-involved/world-mental-health-day/>

The #runandtalk campaign is being supported by the mental health charity Mind. Hayley Jarvis, Community Programmes Manager (Sport) at Mind, said:

“Mind is delighted to support England Athletics and the #runandtalk initiative. It’s well known that regular exercise is good for our bodies – and there’s good evidence that being active improves our mental wellbeing too. Mental health problems are more common than people think with one in four people

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experiencing one each year. #runandtalk is a great initiative that everyone can get involved with to support their own mental health, while meeting others in their local community.”

Helen Newberry, Inclusion Manager at England Athletics said:

“We are really pleased to be supporting World Mental Health Day with #runandtalk along with our Mental Health Ambassador Programme. We are passionate about the benefits running can bring to both physical and mental wellbeing and ensuring it is an activity that is accessible and beneficial to all. We hope that #runandtalk will help to breakdown some of the stigma attached to mental health and support people to access the social, physical and mental wellbeing benefits that running can bring.”

Running is one of the most accessible and low cost ways to be active and meet government recommendations to be moderately active for at least 150 minutes per week. Whether it's to get fit, improve health, make friends or take on a challenge running has something to offer everyone.

England Athletics

England Athletics develops grass roots athletics and running in England, supporting affiliated clubs to prosper, developing more and better coaches, recruiting and supporting volunteers and officials. England Athletics provides and supports competition opportunities at an international (England representative), national, area and county level. England Athletics also delivers campaigns and products to inspire and provide opportunities for people in England to start running. These include This Girl Can Run (a running activation campaign from Sport England's parent This Girl Can campaign) and RunTogether, a national recreational group-based running product.

England Athletics is a signatory of the Mental Health Charter for Sport and Recreation. The Charter sets out how sport can use its collective power to tackle the stigma that surrounds mental health and help people seek support when needed, see more at www.sportandrecreation.org.uk/mental-health-charter.

For more information on England Athletics please visit www.englandathletics.org

Mind

We're Mind, the mental health charity for England and Wales. We believe no one should have to face a mental health problem alone. We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We have a federated network of around 140 local Minds across England and Wales. Our Get Set to Go programme aims to improve the lives of 75,000 people with mental health problems through access to sport in their communities, with support from Sport England and the National Lottery.

We work to remove the barriers that people living with mental health problems can face when wanting to take up a sport. We aim to increase and sustain their independent participation in mainstream sports as part of a healthy lifestyle.

For more information on Mind's sport and physical activity work please visit www.mind.org.uk/sport