



INSPIRE STORY

ACTIVE IN MIND



YOUTH
SPORT
TRUST

Active in Mind is an exciting programme that sees a group of students become mental health mentors for a nurture group of young students in school. An Athlete mentor is assigned by the Youth Sport Trust and comes along for a day to train the mentors and oversee their first session with the nurture group.

Once this training is complete the mentors will hold a once weekly session with the nurture group to check in with them and provide sports opportunities and a safe place to chat about their week. The training helps to give young people a toolkit to manage their Mental Health in school and feel safer and happier while at school.

The first programme we delivered was at Crown Hills Community College, where former Junior British number one tennis player and now Eurosport Commentator on Tennis, Yasmin Clarke, joined us to train a group of mentors. The mentors then worked with a nurture group to provide sessions and support these younger students to feel more comfortable at school.

The mentors loved the experience and were able to use this to further develop their leadership skills and confidence. The nurture group enjoyed the sessions and were more confident as a result of taking part.

Finally Yasmin, the Athlete mentor, will return for a celebration event to showcase the progress made by all students involved.



**INSPIRE
TOGETHER**
A healthier, happier, future generation