



## **What is the Mental Health Charter and why we have signed it?**

The Mental Health Charter sets out how sport and recreation organisations should adopt good mental health practice to make activities inclusive, positive and open to everyone.

'One in four of us will experience a mental health problem every year, yet it is still something people are worried to talk about or ask for help. This must change and physical activity can play a massive part.' (*Mental Health Charter for Sport and Recreation*)

Being physically active and meeting people socially through joining an FLEXercise class contributes to mental and physical health and well-being.

'We know many people have benefitted from our regular dance fitness classes while having mental health challenges, as have their carers and supporters. We feel that there are opportunities to help others enjoy the benefits of exercise and encouraging a sense of well being in a friendly, welcoming and supportive organisation' (*FLEXercise*)