



Exercising the brain!

Everyone knows that physical activity is good for the body but it is also good for your mental health. The Mental Health Foundation states that exercise releases chemicals in your brain that make you feel good - the same chemicals that you get from antidepressants.

How much exercise should we be doing?

For good mental health, you should aim to do at least thirty minutes of moderate exercise, five days a week. Moderate exercise can include things such as walking the dog, riding your bike, skateboarding or rollerblading and dancing.

Part of the problem is, if you are feeling down and depressed, it can be quite hard to motivate yourself. Exercise can feel like the last thing that you want to do but if you take one small step at a time and build up gradually, it won't take long before you start feeling the benefits.

Parents and children alike can suffer from the same lack of motivation but as Julia Gleeson, Fitness Instructor for Worthing Leisure states: *"It can be hard to get going but energy makes energy. Exercising gives an unbeatable feel good factor and it's one that's great for our health too."*

In terms of starting small, suggestions with regard to family activities include: going to the park, dancing in front of the TV and playing hide

and seek. Working as a family group will help provide mutual support and encouragement and will also help to boost up the apathetic mind.

Of course, it is important we don't neglect potential underlying issues and problems such as bullying, trauma, poor physical health and social exclusion. For problems that are particularly deep rooted it may be necessary to seek external professional health advice.

Whatever the underlying reason, exercise is tremendously beneficial and should be included in any strategy for overcoming mental health problems such as depression and anxiety.

Combining exercise with a healthy diet

It's essential to combine exercise with a healthy diet. The fuel you put into your body also has a direct effect on your mood - like a car, if we want to run well, it's imperative that we eat the right kind of fuel.

Some people can be put off by the cost of healthy food but

eating healthily does not have to cost the earth. The Royal College of Psychiatrists has the following tips for purchasing brain food whilst on a budget:

1 Avoid ready meals and takeaways. They are usually bad for you and poor value for money.

2 Crisps, ice creams and sweets should be kept as an occasional treat.

3 Buy fruit and vegetables in season, when they're cheaper.

4 Avoid tinned foods as they're usually more expensive. For example, dried beans and pasta are less expensive than canned beans and processed pasta.

5 Avoid fizzy drinks and fruit juices. They are often quite expensive. Use water and fruit instead.

6 Compare prices in local shops and supermarkets and take advantage of special offers.

7 Use 'generic' supermarket brands instead of classic brands. They often contain the same ingredients but are cheaper.

8 Cook and eat together with others and share the costs.

9 Make a shopping list and plan your food budget every week. If you feel you cannot do this on your own, ask for help.

For more information go to www.mentalhealth.org.uk

So how do we spot mental health issues in our children? There are a variety of warning signs that we can look out for as parents. Dr Navina Evans, consultant psychiatrist at London's Capho Nightingale Hospital and the East London and City Mental Health Trust, states: *"The obvious signs to look out for include a low mood and unhappiness, with tearfulness or irritability that may not be related to anything specific."* Enhanced reaction can also be

(continued over the page)

Portslade Sports Centre
Leisure 4 Life

Bring your under 5's to our **Toddlers Gym** and use our exciting soft play equipment, including bouncy castle and ball pit!
Tuesday 09:30 - 11:30, Thursday 11:00 - 12:00 & Friday 13:00 - 15:00.
£3.40 per session (siblings half price). Call us for more information!

01273 418000 www.portsladesportscentre.co.uk

TUMBLE TOTS
Skills for Life

Gymbabes

Give your baby a head start in life!

Gymbabes classes are tailor made for babies from 6 months who are just discovering their own bodies and all the wonderful things they can do with them.

Tumble Tots Physical Play Programme for children from 6 months to 7 years

Using specifically designed equipment your child will learn agility, balance, climbing and co-ordination skills appropriate to their age.

www.tumbletots.com

Hove to Seaford please call Sarah 07727 137511
Worthing to Haywards Heath please call Julie 07799 148286

Stay & Play...

Carden Tots

all day!



**Old Boat Corner Community Centre
Carden Hill, Hollingbury BN1 8GN**

For summer holiday opening times please see our website

Mondays - Jumping Gym 10am to 2pm

Tuesdays to Fridays- Carden Tots 9am to 3pm

Kids over 6 months £2 Siblings £1.50 Adults £1.50

Messy play, baby singing, art & crafts, snacks, lunch, sweets
& beverages served, enclosed garden, play park, easy parking...

01273 540779 www.carden-tots.co.uk


Find us on Facebook

Reg. charity 290022

(continued from previous page)

a sign that something is wrong. For example, if someone dies it is normal to feel distressed. However, if your child's reactions is too extreme or seems to go on too long, it may be a sign of depression. According to Dr David Kingsley, consultant adolescent psychiatrist at Cheadle Royal Hospital's Young Persons' Service, if your child's mood is affecting their day-to-day functioning, this is a sign that a mental health problem should be investigated.

friends... anyone that could be of assistance. That old saying 'a problem shared is a problem halved' is a good one!

For those of you wanting to integrate exercise into your daily mix, the trick is to make it fun and find something that your children will enjoy. Worthing Leisure operate a number of initiatives placed under their FIT4Life banner. These include a FREE annual Summer Fun Fitness Challenge taking place at all four leisure sites which encourages children to complete thirty lots of physical activities during the summer holidays. Activities include anything from walking the dog or rock climbing to street dancing or playing basketball. 

For further details on all Worthing Leisure activities please visit www.worthingleisure.co.uk or see ad on page 103.

"If a young person is unable to function at school and has lost interest in things they were previously interested in, then that's a major sign," he says. "So, too, is increasing social isolation. These are signs that low mood is causing significant impairment."

So what can we do?

Help is always available. If you are worried share the burden. Talk to your GP, a social worker or a counsellor. Share your concerns with family members,

ABC ...what Sussex parents really read!



Fun, Excitement & Motivation for your 3-8 years olds

1st Class Free

Classes throughout Sussex

Little Ninjas offer aly designed classes concentrating on improving:

Focus Balance Coordination Control
Balance Teamwork Memory Control

Our classes aim to improve children's listening and motor skills using martial arts based exercise. Students advance by working with others and following directions from their instructors in a fun & motivating way!

**For details call 01323 873753
01273 463592
www.scrivenlittleninjas.co.uk**

Classes at Wickers Gymnastics Club in Lancing



Wickers Gym Club's bespoke gymnastics centre is the only permanent facility in the Adur District. From GLOWORMS TO BUTTERFLIES sessions, Wickers is the perfect place for your children to let off a little steam whilst also strengthening their muscles and improving flexibility. Gymnastics is a fun way to keep fit and healthy, why not come down and give it a go?

All classes are for both boys and girls and are led by British Gymnastics qualified coaches. Wickers Gym Club is fully insured through British Gymnastics, and is a GymMark accredited club.

Your first session is a taster session for just £2, with further sessions costing from £3.70 for a fully coached and supervised gymnastics session.

Under 5s activities for girls and boys

GLOWORMS - sessions for competent walkers and their parents/carers

| | |
|------------|---------------------------------------------------------|
| Mondays | 10.15am - 11.00am |
| Tuesdays | 10.15am - 11.00am & 11.15am - 12 noon |
| Wednesdays | 9.30am - 10.15am, 10.15am - 11.00am & 11.15am - 12 noon |
| Fridays | 9.30am - 10.15am & 10.15am - 11.00am |

BUTTERFLIES - independent sessions for 3 - 4 year olds

| | |
|----------------------------------|------------------------------------------------------|
| Tuesdays, Wednesdays & Thursdays | 1.00pm - 1.45pm & 2.00pm - 2.45pm |
| Mondays & Fridays | 11.15am - 12 noon, 1.00pm - 1.45pm & 2.00pm - 2.45pm |

JUNIOR GYMNASTICS - sessions for aged 3 years upwards

| | |
|------------------------|--------------------------------------|
| Mondays (gymnastics) | 3.45pm - 4.45pm & 4.45pm - 5.45pm |
| Tuesdays (gymnastics) | 4.00pm - 5.00pm & 5.00pm - 6.00pm |
| Thursdays (gymnastics) | 4.00pm - 5.00pm & 5.00pm - 6.30pm |
| Fridays (gymnastics) | 4.00pm - 5.00pm & 5.00pm - 6.00pm |
| Saturdays (gymnastics) | 9.00am - 10.00am & 10.15am - 11.15am |

For Gloworm sessions

there is no need to book, you can just turn up to a suitable session.

For Butterflies sessions

please call or email to book your place.

First session is a £2 taster session for all classes!

We also run after-school sessions for children aged 3 years and over.

You can also book birthday parties for children at the club!

Call 01273 465554 or visit www.wickers.btck.co.uk



Wickers Gymnastics Club

Preschool gymnastics classes for children who are competent walkers and their parents/carers
Stand Alone fun sessions for children aged 3-4 years, and Junior Sessions for children aged 3 years and over.

www.wickers.btck.co.uk

All classes are led by qualified and enthusiastic young coaches.

Wickers has a permanent gymnastics facility in Lancing



for more information call Katy on
01273 465554
khodgson@talk21.com
www.wickers.btck.co.uk