



Mind Sport and Activity Network for Yorkshire and Humber

Event handbook
Wednesday 10 March

2021



Keynote: **Matthew Hoggard MBE**



The cricket legend shares his own story from local cricket in West Yorkshire to one of England's most successful Test match bowlers of all time. He also speaks of his own personal experiences of depression.

Question and answer session



Hayley Jarvis
Sport and Activity Lead, Mind

Dr. Ryan Dias
Child Psychiatrist

Billy Whitehouse
Mind Over Matter Charity

Bev Jones
Mind Over Matter Charity

Ellie Wildbore
Minds physical activity advisory group and Sheffield NHSFT patient ambassador

Resources and discussion

To access resources and to join the conversation, visit the event Padlet.

 Visit the Padlet page.

Use the password:
SportMindsYorkshire



The impact of Covid on the mental health and wellbeing of young people

Nicola Corrigan and Laura Hodgson, Public Health England

 Presentation



#EasierToBeActive

Dr. Catherine Home and Dr. Martin Lamb

 Presentation



An insight into Transition with the Reds

Kieron Campbell and Macauley Hobson, Reds in the Community

 Presentation



Supporting Older People's Physical & Mental Health during the pandemic

Damien Smith, North Yorkshire Sport

 Presentation

For more details about the Mind Sport and Activity Network for Yorkshire and Humber, contact Debra Cummins

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