



Mental Health Benefits of attending the HAPpy Programme

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Our core values and behaviours

Honesty We will be honest and act with integrity	Accountable We will be accountable to each other to get things done	Nurturing We will nurture Equality, Diversity and Inclusion
Ambitious We will be ambitious for our places and our people	Support We will support each other and work together	Focus We will put the needs of the customer first and be a customer focused organisation



Understanding Contributing Factors and How HAPpy Camps Can Help

- Importance of Mental Health in HAPpy
- Why understanding children and young people's mental health is crucial for providers



Common Mental Health Issues at Home

Stress & Anxiety:

Often stem from financial hardship, family conflict, unstable housing, and food insecurity.

Depression:

Children may feel isolated, sad, and have low self-esteem, especially in neglectful or chaotic home environments.

Trauma:

Some children experience emotional or physical abuse, leading to trauma responses like oversensitivity, withdrawal, or aggression.





Mental Health Issues at School

Bullying:



Academic Pressure:



Peer Relationships:



Contributing Factors to Mental Health Challenges

Poverty:



Nutrition:



Parental Stress:



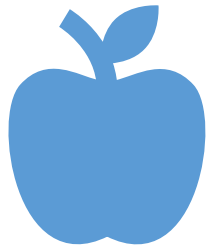
**Screen Time
& Social Media:**



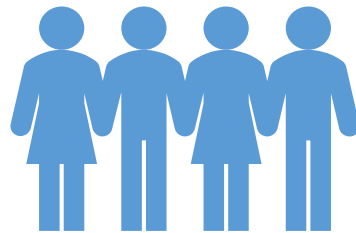


Possible Impacts on Mental Health

Before HAPpy:



**Nutritional
Deficits**



**Social
Isolation**



**Physical
Inactivity**

**Mental
Health
Struggles**



**Learning
Loss**





Impact of HAPpy on Mental Health

During/After HAPpy

- Improved Nutrition
- Enhanced Social Skills
- Increased Physical Activity
- Boosted Mental Well-being
- Learning and Skill Development





Role of Camp Providers

- **Empathy and Understanding**
- **Providing Stability**
- **Fostering Positive Relationships**





Conclusion & Key Takeaways

- The mental health challenges HAPpy children/young people may face at home and school.
- How poverty, stress, and peer relationships contribute to mental health struggles.
- How HAPpy provides a supportive environment that can help ease these issues.
- Final Thought: "Camp providers are more than just activity leaders—they are key contributors to children's well-being."



Questions and Discussion

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