



Press Release

Monday, 11 December 2017

Mental Health Dance Challenge Tours Hertfordshire Schools

TV presenter Chrissy Boodram, recently took her **#MHDChallenge** (Mental Health Dance Challenge) to two Hertfordshire primary schools with a particular interest in mental wellbeing. In total, 364 pupils from St Andrews CofE VC Primary in Stanstead Abbots and Brookmans Park Primary, Hatfield had fun taking part, and to prove it, recorded their performances for posting on social media.

Kat Shaw, who teaches both mindfulness and art at Brookmans Park said: “With the hectic pace of life at school and home, I am seeing an increasing number of pupils suffer with anxiety, worry and stress, and it is not getting any better...

“This is why we’re raising the profile of mental health and focusing on the mental wellbeing of all of our children by boosting inner resilience, confidence, self-esteem and empathy – but most importantly, knowing that there is always somebody to talk to. We see the importance of wellness and back it wholeheartedly - I for one am thrilled with how [the challenge] went today.”

Similar thoughts came from Shirley Arnold, headteacher at St Andrew’s, who said: “The challenge was a great opportunity to broaden the children’s understanding of what mental health is and how to determine for themselves when they are feeling mentally unwell and to reach out for help when the need arises.

“It was also an opportunity to reach out to the parents and to further include them in experiencing school life. I feel it is vital that we ensure that children are



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feeling happy and safe in their learning environment, ensuring that they are able to reach their full learning potential.

“The Mental Health Dance Challenge fitted in extremely well with work we are already undertaking and I am grateful to both Sharon and Chrissy for allowing us to take part. It was great fun too!”

The **#MHChallenge** was created earlier this year by Chrissy herself, and launched on the Chrissy B Show on mytv Sky 203, the UK’s only TV chat show dedicated to promoting good mental health and wellbeing. It is believed to be the first dance challenge to support mental health in the UK.

Funky music and dance moves depict the fight back against depression and other mental health issues and the aim is to encourage people to look after their mental health and wellbeing.

There’s a tutorial on YouTube for anyone who wants to learn the dance and take up the challenge. Dancers are then encouraged to video their performances and challenge their friends to do the dance, taking advantage of social media to throw down the gauntlet and further raise awareness.

Chrissy is eager to inspire anyone with mental health issues, having struggled with anxiety, depression, panic attacks, fear of death and OCD in the past, made worse by her inability to talk about her troubles. When she finally sought help, she learnt to fight back.

She said: “Despite growing understanding, it is not yet entirely OK to speak up if you have mental health issues, but plucking up the courage to do so and insisting on getting help makes an amazing difference. I did it and now want to do all I can to help others, especially youngsters, do the same.”



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ENDS

Note to editors:

Chrissy Boodram has worked in TV for over eight years. Her show is designed to help both men and women improve and maintain their mental wellbeing as well as taking a look at some of the major mental health issues of our time. **Sharon** is the Chrissy B Show's resident family coach, who also covers schools topics. She was the one who approached the schools to take part in the challenge.



Left: Chrissy (centre) and Sharon (right) with the performers at St Andrew's CofE VC Primary School.

Right: Chrissy and her team with some of the young dancers at Brookmans Park Primary School.





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For further information please contact the Press Officer via e-mail on info@chrissybshow.tv or call 020 7686 6033.