

What is the Wellbeing Challenge?

The Wellbeing Challenge is a project that is designed to improve whole school wellbeing using co-production with young people. Lancashire Mind and partners will work with a group of young people over ten hours to create a sustainable wellbeing initiative that will benefit the whole school community.

The overall aim of the pupil led initiative is to:

- Improve peer wellbeing
- Increase school/community resilience
- Reduce the number of children going on to develop mental health conditions



How does it work?

A group of 10-15 pupils (often Year 9, however this is flexible) will be recruited to take part in sessions delivered by the Lancashire Mind team. Sessions are creative and interactive, involving pupils designing a wellbeing asset for their school based upon the needs of the community.

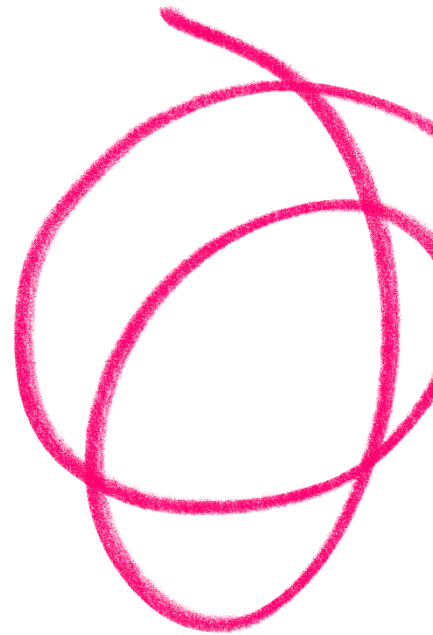
With the support of the group facilitator, pupils will take the lead to identify what would improve the wellbeing of the school community and work as a team to plan and deliver their asset.

The project is highly flexible, taking into account the needs of the school, and can be delivered in a range of formats. For example, one hour sessions weekly for 10 weeks, or condensed sessions over a shorter period.

Session outline

The project is largely led by the decision making and creativity of pupils, however there are a range of themes we cover in order to help guide the process.

Session 1	Introductions
Session 2	Understanding Assets
Session 3	Creating Ideas
Session 4	Refining and Research
Session 5	Setting Goals
Session 6	Storyboarding
Session 7	User Journey
Session 8	Elevator Pitch
Session 9	SWOT analysis
Session 10	Reflections and Celebrations



In addition to these 10 sessions, the Lancashire Mind team will also offer additional support to launch the wellbeing asset, for example, supporting with the delivery of wellbeing day.

How will it benefit pupils?

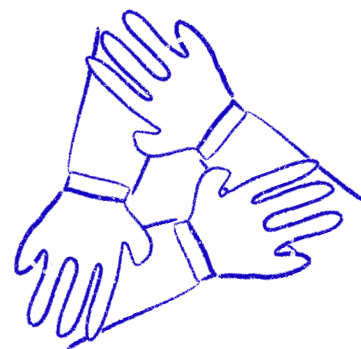
Alongside delivery partners, Lancashire Mind have delivered the Wellbeing Challenge for the past four years, with a huge range of successful outcomes for both pupils and the whole school community. Some key benefits for pupils include:

- Improved confidence
- The chance to work as part of a team towards a shared goal
- Pupil power! Providing a voice for pupils and playing a role in decision making within the school
- Improved knowledge of signposting and local support services
- The opportunity to create something impactful and lasting for the school community
- Improved resilience and support skills
- Project management skills, including; communication, promotion, planning
- Reward and recognition at the end of the project

How will it benefit the school?

The Wellbeing Challenge has been matched up with key Ofsted criteria and linked to the curriculum.

- Leadership and management - social and emotional wellbeing integrated into plans, policy and practice
- Curriculum teaching and learning - developing skills for dealing with stressful periods, such as exams
- Student voice - developing partnerships between young people and staff, opportunities for young people to contribute to decision making around wellbeing



The project has been successfully delivered in a wide range of schools, including Pupil Referral Units and those specialising in SEN teaching.

We also have a range of resources that support digital delivery, and can be taken home with pupils to further embed the project message.

“This programme has been invaluable and has helped a lot of our young people with their mental health, knowledge of how to improve it and where to get extra support if needed.”

Pastoral staff member

Costings

Delivery of the Wellbeing Challenge within a classroom setting is priced at:

£2500

This is inclusive of:

- Lancashire Mind staff delivery and prep time (10 hours of delivery)
- Resources for all sessions
- Any additional support required by the school in order to launch the Wellbeing Challenge asset
- Rewards and recognition for the pupils involved in the Challenge

For further information about the Wellbeing Challenge, please contact amybond@lancashiremind.org.uk.