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Working  
with schools  
to improve  
wellbeing

# Lancashire Mind School Packages

Designed alongside schools to support  
emotional health and wellbeing

## Who are Lancashire Mind?

We're a local, independent mental health charity working for the people of Lancashire.

We've been delivering services specifically designed for children and young people for over 10 years. Our experienced staff, many from the education sector, are passionate about making a difference to the mental health of children and young people.

But we can't achieve our vision alone; working in partnership is essential. We work with schools to support children and young people with their wellbeing through a range of flexible support packages. We can offer great value to schools because our packages are priced based on covering our delivery costs, not on making a profit.

**Our vision:**  
**A Lancashire**  
**where everyone**  
**can have the best**  
**mental health**  
**and wellbeing**  
**possible.**

## Why is it important to support children with their mental health?

As school staff, working with children on a daily basis, you will be only too aware that an increasing number are experiencing low mood, anxiety, worries and other factors that can lead to longer-term mental health conditions.

One in six children, aged five to 16, were identified as having a probable mental health condition in July 2021, a huge increase from one in nine in 2017. That's five children in every classroom.

83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse.

We need to act now and work together to educate children about their mental health, equip them to look after it and provide support when and where they need it.

**18% of 7 to 16**  
**year olds have**  
**a probable**  
**mental health**  
**condition**

## What do we offer in schools?

We offer activities that promote resilience building and self care, equipping children with tools and techniques to manage and overcome challenges and barriers to achieving positive mental health.

We provide a range of flexible support packages to schools that cater for the whole school; children, parents and school staff.

Our Platinum, Gold and Silver packages work on credits. You can spend your credits on what your school needs from a menu of options; giving you a fully flexible service.



This booklet gives a brief description of the different elements of the packages, you're welcome to contact us for more information.



**Scan the QR**  
**code for more**  
**information**



## Five Ways to Wellbeing Assemblies

A great way to start embedding positive wellbeing practices in your school. We deliver assemblies based around the Five Ways to Wellbeing: Be Active - Take Notice - Keep Learning - Give.

These sessions explain what wellbeing is, why it's important and highlights small changes you can make to live a happier and healthier life.

### Mental Elf

Mental Elf is Lancashire Mind's annual fun run that we bring to your school! We provide all the resources, you just need to find a route at your school. Mental Elf is all about being active, connecting with others and giving something back to your community, which provides a wonderful wellbeing boost, as well as raising funds that help us to reach more children and young people.

## Wellbeing Week holiday programme

Our week long holiday programme full of fun and engaging wellbeing activities to promote positive physical and mental health. Based at your school, the programme runs from 9.30 to 3pm for up to 30 children, Years 3 to 6.

## After school wellbeing programme

An exciting 6-week programme of after school wellbeing activities for Years 3 to 6, up to 15 children per session. These 1-hour sessions are engaging, fun and embed positive coping strategies to improve children's wellbeing.



**"It has been a valuable service which we now prioritise for our looked after children."**

## Small group and 1:1 support

If you identify children who need additional support, we deliver bespoke small group support for up to four children, or 1:1 support over the course of 6 weeks. This can be an excellent option for children who need tailored support or who respond better in a smaller group.





Our provision is curriculum linked to the Relationships, Sex and Health Education (RSHE) curriculum that became compulsory to teach in 2020. This curriculum makes a significant contribution to whole-school judgements under the Ofsted Common Inspection Framework, which is why our programmes also align with the SMSC (spiritual, moral, social and cultural) objectives and pupil's personal development.

“Bounce Forward got the class to reflect on the challenges they face now and may face in the future and how they can respond to those challenges in a healthy, positive way. All of the materials and strategies were practical and easy to access and this gave the children the opportunity to feel like they could bounce forward from hard times.”

(Year 6 teacher)

“I think Bounce Forward is amazing...it teaches about coping, feeling good, feeling proud and a lot more.”

(Year 6 teacher)

## Bounce Forward

Bounce Forward is our flagship preventative programme based on a resilience framework co-designed with young people. It teaches children about resilience and helps them to develop practical coping strategies to increase their ability to bounce forward in tough times. If children are supported to understand their mental health and know how to build their resilience, they are more likely to remain mentally healthy.

It is delivered to the whole class for years 4-6 and we can offer a tailored transition programme to support Year 6 children with the move to secondary school.

Scan here for  
more information  
on our school  
packages.





# Supporting school staff

## 1:1 wellbeing coaching

Do you have staff who feel overwhelmed, stressed, or are struggling with their own mental health? If so, we can help with 6 x 1 hour 1:1 adult wellbeing coaching sessions. Coaching centres around behavioural change techniques and the coach will work with the staff member to develop a personal wellbeing action plan to work towards agreed goals.

83% of people stated that their wellbeing improved as a result of our coaching programme.



## Upskilling Your Team

We deliver a range of training sessions and workshops to support school staff. These can be delivered at a time to suit you, for example lunch and learn sessions or twilight sessions. They can also be delivered virtually.

## One-hour seminars and workshops:

### Introduction To Self Harm

This seminar destigmatises self-injury behaviour and provides your team with the awareness to identify self-injury behaviours. You will be supported to respond appropriately to encourage the child or young person to share their feelings without fear of judgement.

### Introduction To Resilience

This workshop opens conversations around workplace culture and individual wellbeing. With exploration of practical steps to improve wellbeing over time and tips on changing our thinking to focus on the positive, this workshop can open up conversations on culture both at home and work.

### Stressbuster

This workshop encourages your team to explore different strategies to address present moment stress in creative ways, whilst understanding the impact of stress and how to balance those feelings to support our long-term mental wellbeing.





## We also run several longer workshops for school staff:

### Managing Mental Health in the Workplace

This three-hour CPD accredited workshop is aimed at staff within managerial or supervisory roles. Learners will gain awareness of the signs of common mental health conditions in the workplace and explore good practice relating to legislation in supporting mental health at work.

According to The Health and Safety Executive 2020-22, 160,000 education sector workers experienced a new or long standing case of work related ill health between 2020 and 2022.

### Wellbeing Action Planning

This 1.5 hour workshop encourages staff to be more aware of their own wellbeing and reflect on practical steps they can implement to support their overall wellbeing. Using a practical tool to support conversations around wellbeing, these action plans are a great way to embed wellbeing within the workplace culture of your school.

### Connect 5

This three-hour workshop is evidence based to support conversations about wellbeing. Founded on the Five Ways to Wellbeing, it empowers learners to talk about emotional wellbeing and provides support to those who may be struggling.

Scan the QR code if you are interested in one of our packages for your school





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The services that we have received from Lancashire Mind have been outstanding. All children involved have really enjoyed the sessions but more than this, they have become stronger young people too. The children tell me they have had fun and learnt a great deal from the support they have received. One child said, ‘I loved the emoji check in as it helped me identify feelings and gave me the space and time to talk about those feelings and begin to understand why I feel like that’.

One boy said ‘I loved the feelings jar – it showed me that everyone feels the same sometimes, which really helped me understand and feel better about myself’. All children who have taken part are much more confident in themselves and feel they have benefitted from the service provided.

I think having staff available to come in to school from an outside agency has really helped us all support the children’s mental health. We have had such good support from Lancashire Mind and I hope it will continue because children are in desperate need of support for their emotions, more so now since lockdown. I always hear from the children ‘when are those ladies coming back in – the ones we can talk to?’

Tracey Parker, Headteacher,  
Great Harwood St John’s CE Primary School

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## What to do next?

If you are interested in one of our packages and would like more information, scan the QR code or visit [lancashiremind.org.uk/schoolpackages](https://lancashiremind.org.uk/schoolpackages) and complete the short enquiry form.



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