

lancashiremind.org.uk



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

“I enjoyed meeting new people. I learnt how to feel confident and help others to feel strong.”

Wellbeing Challenge

Wellbeing Challenge strengthens school communities by providing young people with the structure and support to design and implement social action projects to tackle the wellbeing issues that matter to them. This creates resilient schools and reduces the number of children experiencing poor mental health. It is delivered in groups of up to 15 young people for Years 7 to 9.

Wellbeing Ambassador Training

Wellbeing Ambassador training helps to embed positive wellbeing practices in your school with young people taking the lead. A 1-day interactive session for up to 30 young people, teaching them the skills to support their peers and champion wellbeing through the whole school.

1:1 Wellbeing Coaching

Wellbeing Coaching is a great option for young people who need support with their mental health. The coach works with the young person to understand the areas that are causing them difficulty and support them to develop positive coping strategies. Some topics coaching can help with includes confidence and low self-esteem, sleep and self-care, low mood, stress and worry, anger.

Coaching workshops

We deliver six interactive coaching workshops to small groups of young people, max 10 per group, on a variety of topics such as managing stress, self-esteem and confidence, body image, sleep.

“I would recommend Wellbeing Ambassador Training because it gives you chance to help someone your age whilst spreading an important message.”

Scan here for more information on our school packages.



Supporting school staff

1:1 wellbeing coaching

Do you have staff who feel overwhelmed, stressed, are struggling with their own mental health? If so we can help with 6 x 1 hour 1:1 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.

An average of 83% of adults showed an improvement in wellbeing after coaching.



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. Or they can 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

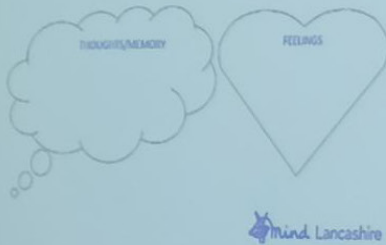
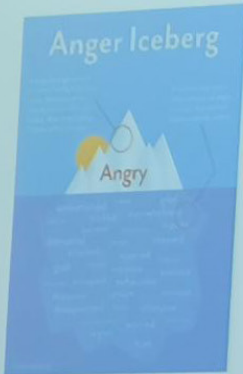
This three-hour workshop is evidence based to support conversations about wellbeing. Founded on the Five Ways to Wellbeing, it empowers learners to talk about emotional wellbeing and provides support to those who may be struggling.

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



Resources

What's underneath your iceberg?



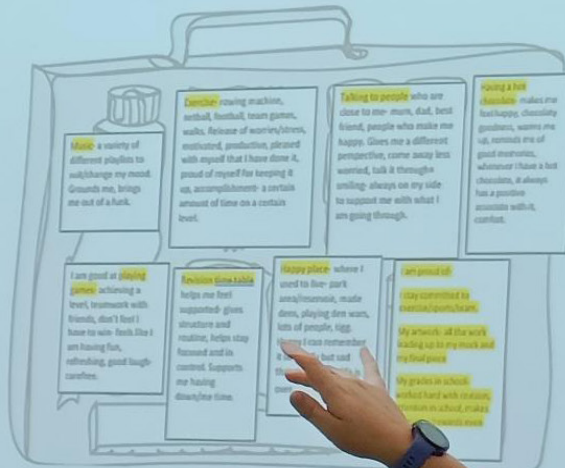
Mind Lancashire

What's in your toolkit?

Having a tool kit is really helpful when we feel overwhelmed, low or need a boost. The point of having a tool kit is to use the things inside to help support you when you need it most. Everyone's toolkit will be different and over time your toolkit may even change- this is perfectly normal.

Here are some ideas of what you might put in your toolkit-

- Something I am good at
- Something that helps me feel happy or relaxed
- Someone in my life that makes me feel happy or good about myself
- Something I am proud of
- A place that brings me happy memories
- Something that helps me feel supported
- Something helpful I can do to help with tough times



Mind

“

I would love to give feedback as you changed my daughter's life. From the first session Danielle* started to change. She felt listened to by you, trusted and as a result opened up properly to us for the first time.

She has become so much stronger, I think you taught her to believe in herself and believe she has the ability to help herself.

I think we were so successful because we didn't brush it under the carpet, as soon as we realised something was wrong the school acted so quickly and before we knew it you were involved. Had we not done this I fear the end result would have been very different!

I can't thank you enough. Mental health is so important and I'm sure she'll need to access help again in her lifetime.

*Name changed to protect privacy

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We are always looking to source further support for our students. We have a great team of staff who are committed to improving the mental health and wellbeing of all our students but sometimes students need that extra support. The support Lancashire Mind has provided is a preventative measure for such students, some of whom may already be starting to struggle. The support equips them with coping strategies and skills they can take into their adult lives.

We have found that our students may be more ready to open up to somebody outside of their family and college staff. Our students like being able to suggest areas they would like to work on within a group or 1:1 setting and making the sessions more personal to them. They have liked that they could work in a small group with other students that they feel comfortable with and have found Hazel to be friendly and approachable.

Gill Reynolds, Ormskirk High

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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 and complete the short enquiry form.



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