

Name:

Wellbeing Ambassador Refresher Workbook



Lancashire



1. Connect



2. Be
active



3. Keep
learning


4. Take
notice



5. Give



What is my role?



As a Wellbeing Ambassador, you were trained by Lancashire Mind earlier this year to volunteer your time and skills to help people in wellbeing activities. You got together as a group to start planning and creating things such as lunch time wellbeing activities, and planning activities for your school around the 5 Ways to Wellbeing.

With the whole country being in lockdown and schools being closed, we know it has been difficult for you to plan activities for your school following your training with us. This workbook will help refresh your memory, and start getting some plans together! This could be for other pupils to access now (online), or starting to plan some activities you can put on after Christmas.

It may be helpful to have your training workbook (purple) with you, but don't worry if you don't have it to hand.

Contents:

Page 2 & 3	WBA recap & Boundaries
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Page 26	Useful contacts/signposting list

Boundaries

It's really important to remember what your boundaries as a Wellbeing Ambassador include.

Speak to your Wellbeing Coordinator for more information on what it is you will be doing.

My role does

include:

- Planning and running wellbeing sessions (online/in school after Christmas)
- Sharing and creating resources based around the five ways to wellbeing
- Volunteering with other wellbeing ambassadors
- Leading sessions and talking one-to-one with attendees when in school
- Completing a debrief after sessions you lead on
- Meeting with your Wellbeing Coordinator (via email/online)
- Learning new skills
- Enjoying yourself!

My role does not

include:

- Diagnosing people
- Telling someone what to do
- Giving your opinion
- Providing the same level of support outside the sessions
- Responsibility for other people's wellbeing



What makes a good ambassador?

Think about everything you have learnt from your training, and how these answers may have changed coming back to school.

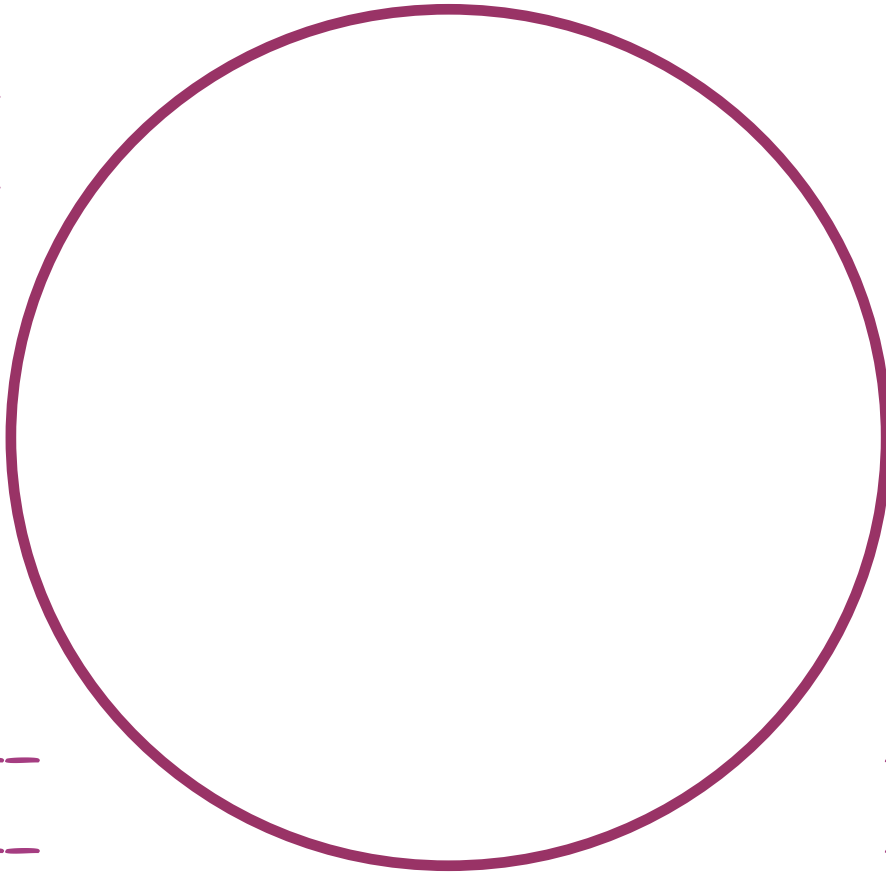
List all the qualities, skills and abilities you think make a good Wellbeing Ambassador. Put them inside/around the person.



Decorate me!

My Superpower

A successful team is made up of different skills and talents.
Think about what your superpower is and why...



Resilient Ranger
Has the ability to recover and power through tough times

Master of Optimism
Keeps the team motivated by the good stuff

Likes to think of things from a different perspective
The Creative Crusader

MINISTER OF TRUSTWORTHINESS
Definitely walks the talk and does what they say they will

CAPTAIN CAN DO
Always up for a challenge, a natural problem solver and never turns down an opportunity to shine

Super Supporter
Always knows the right thing to say. A person to rely on

THE STORYTELLER
★★★★★
Finds and shares stories that get people excited

SUPER CONNECTOR
A people person who believes in the power of working together to achieve a goal

Confidentiality

It is important that people can trust Wellbeing Ambassadors, so that they feel comfortable and confident taking part. Although you may be running activities online or in groups, there may be times when a fellow student wants to talk one to one and may share information that requires adult attention. Therefore it is important to understand what can be kept confidential and what needs to be shared with an adult.

Remember - if you don't know how to deal with something, the person you're speaking to will need to know that you may have to share this information with a staff member, or your Wellbeing Coordinator.

Think back to your training, and have a go at filling in the boxes below

<p>What information should not be kept confidential?</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>How to promise not to keep a secret:</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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Remember!

Information disclosed or shared with you that involves harm and danger, or criminal activity **should NOT** be kept confidential.



The 5 Ways to Wellbeing

1. Connect



2. Be active

5. Give



3. Keep learning



4. Take notice



@LancsMind #5Ways



People?



School and the

Organisations?

Mapping

Places?



the community

Online?

Signposting

Signposting someone means giving them useful options, it does not mean telling them what to do or where to go.

You are not expected to have all the answers. If you are ever unsure about how to signpost, you can always ask your fellow Wellbeing Ambassadors for help.

Remember, you should only share what you are comfortable sharing.

What options could I offer?

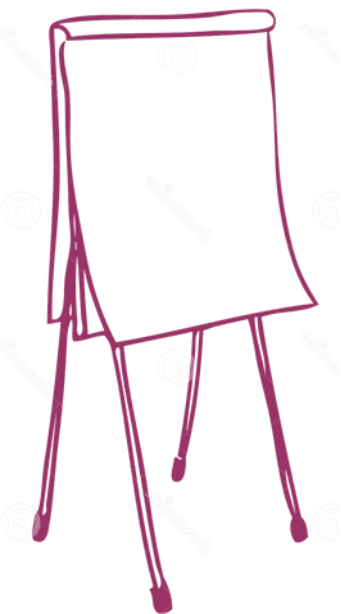
None – instead ask them what their options are.

Encourage them to talk to someone they trust.

Join in wellbeing activities.

Tell them about local services and websites.

Explore some of the strategies linked to the five ways to wellbeing.



Have a think about some useful websites you know about. In what situation would you tell someone about these websites and why?

Jot them down on page 26 so you have them handy if you ever need them.

Ideas - in school activities

You might want to start thinking about what activities the Wellbeing Ambassadors can arrange and offer to the rest of your school.

Use the 5 Ways to Wellbeing space below to jot down some ideas on how you and other Wellbeing Ambassadors could design and deliver some wellbeing activities after Christmas.

Connect:

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Be active:

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Take notice:

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Keep learning:

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Give:

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Action Planning

Use these next few pages to write out your ideas and how you will put them into action! You can send these back to your Wellbeing Coordinator.

When
The time and date of the activity group:

Where
The room or place that the group will be held:

Who
The volunteers that will be running the group:

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Why
The reason for the group and anything you hope to achieve. The five ways to wellbeing can be included here:

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Icebreakers:

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Main activities:

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What we need:

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Extra planning space:

A large rectangular area with a red border and horizontal dotted lines for writing. The area is intended for extra planning space.

Action plan

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Icebreakers:

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Main activities:

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What we need:

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Extra planning space:

A large rectangular area with a red border, containing 25 horizontal dotted lines for writing.

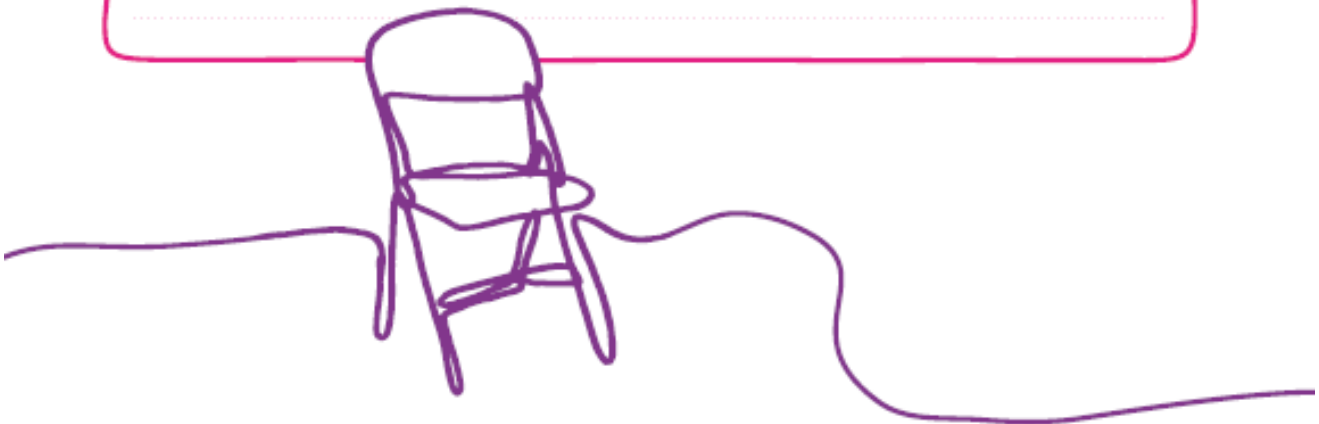
Ideas - online activities

Use the space below to jot down some ideas on how you and other Wellbeing Ambassadors could support pupils online if you choose to do so. These could be things like sending out useful resources, or signposting to websites.

Brief description:	Comments:
<p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p>
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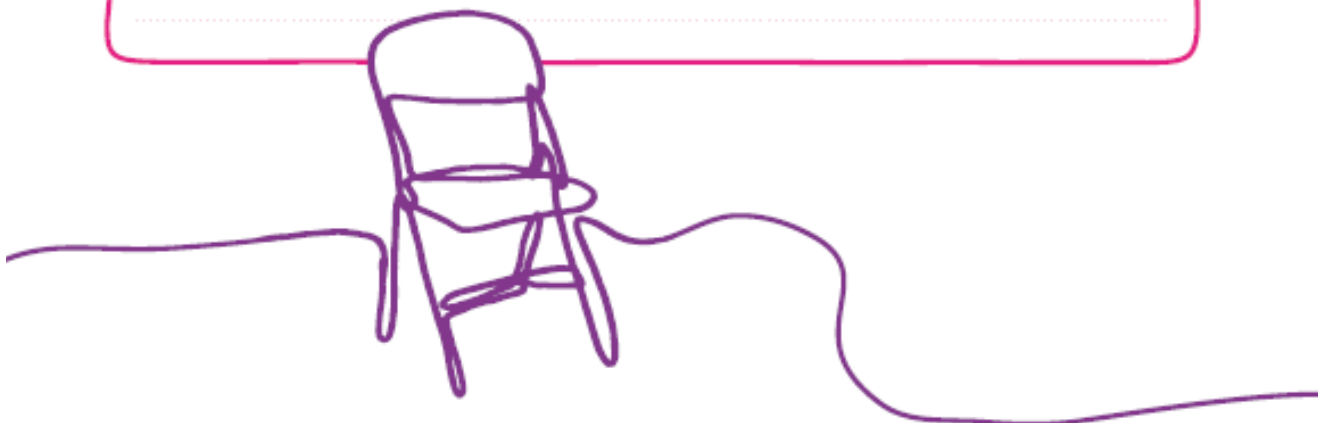
What else could you do?

Handwriting practice area with 10 horizontal dotted lines.



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Handwriting practice area with 10 horizontal dotted lines.



My 5 Ways to Wellbeing

We know being able to help other's starts with looking after ourselves.

Think back to the 5 Ways to Wellbeing in your training, and then have a go at filling in the boxes below, to remind yourself of what you have done during lockdown or on your return to school to look after your own mental wellbeing.

Connect:

Be active:

Take notice:

Keep learning:

Give:



Our Wellbeing Coordinator & looking after our own wellbeing

Our school Wellbeing Coordinator is

Contact

What makes you feel good
and helps your wellbeing?

What makes you feel not
so good, and may make
your wellbeing worse?

Write down 3 things that help when you are having a bad day:

1.

2.

3.

Useful Cor

Use this space to add contacts, websites or useful res
with the group and other

Lancashire Mind - Resources for Young People during lockdown
and returning to school:

<https://www.lancashiremind.org.uk/pages/154-support-for-children-young-people>

Schools newsletters and interactive information on mental health
and wellbeing:

<https://www.lancashiremind.org.uk/posts/143-mental-health-newsletters-for-lancashire-schools-a-success>

NSPCC - advice on returning to school

<https://www.nspcc.org.uk/keeping-children-safe/away-from-home/at-school/>

The Mix - <https://www.themix.org.uk/>



Contacts

Resources you've come across that could be shared
with people in school.

Why not try Lancashire Mind's Wellbeing Passport?

They are free to download and can be a really useful tool to
keep looking after your
wellbeing - [https://
wellbeingpassport.org.uk/](https://wellbeingpassport.org.uk/)



**WELLBEING
PASSPORT**

Lancashire





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We're here to support **young people** with their mental health through COVID-19

[Click here](#) for support and advice



Follow us on social media to stay up to date

