



Working
alongside and
supporting
schools to build
wellbeing and
resilience

Lancashire Mind School Packages

Developed in partnership with schools to support
emotional health and wellbeing, with flexible options
tailored to each school's needs

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 12 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.

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, Silver and Bronze packages work on a credit scheme. 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

2024
IN NUMBERS



5,928 children supported through group and 1-to-1 support



100% school staff reported they feel better equipped to promote children's resilience following Lancashire Mind's support



We've worked in all **14** areas of Lancashire



74 Schools engaged



100% school staff would recommend Lancashire Mind to other schools



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 can be delivered to the whole class for years 2-6 and we can offer a tailored transition programme to support Year 6 children with the move to secondary school



“I feel the Bounce Forward sessions have allowed the class to think of resilience in a positive way and relate what has been taught to their own life. I feel it has really prepared the children for high school and to carry these important skills forward. The 1:1 sessions James completed with a child in my class has allowed him to become more confident when dealing with his anxieties.”

Victoria Lane, Hillside Community Primary School

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.

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.

Staff one-hour seminars and workshops:

NEW Seminar: Self Awareness – Stress, Anxiety and Depression

At the end of the seminar, participants will have:

- Increased self awareness.
- Understanding of the signs and symptoms of anxiety and depression.
- Understanding of the common misconceptions about stress, anxiety and depression.
- Understanding to challenge stigma.

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.



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.

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.



Scan the QR code for more information

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/schools-colleges or contact hannahholden@lancashiremind.org.uk for more information.

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.



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Registered charity number: 1081427
Date published: June 2023

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