



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





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.

Coaching workshops

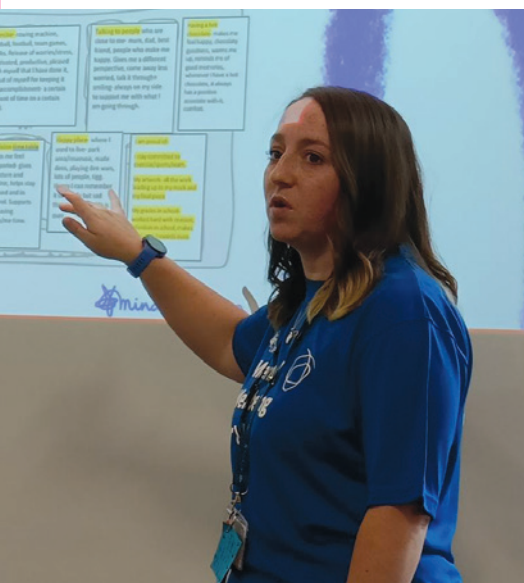
We deliver six interactive coaching workshops to small groups of young people, max 10 per group, on a variety of topics such as managing stress, self-esteem and confidence, body image, sleep and our brand-new workshop: Empower to Talk: Supporting Young People to Understand Self-Harm

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

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 and our brand-new workshop: Empower to Talk: Supporting Young People to Understand Self-Harm



"We have selected students specific for this role (Wellbeing Ambassador) and they needed to know lots of detail in the training. It was very well planned and delivered. It was brilliant and delivered fantastically."

Melissa Horrocks, Pastoral Team, Pendle Vale College.

One-hour seminars & 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.



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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.



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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.