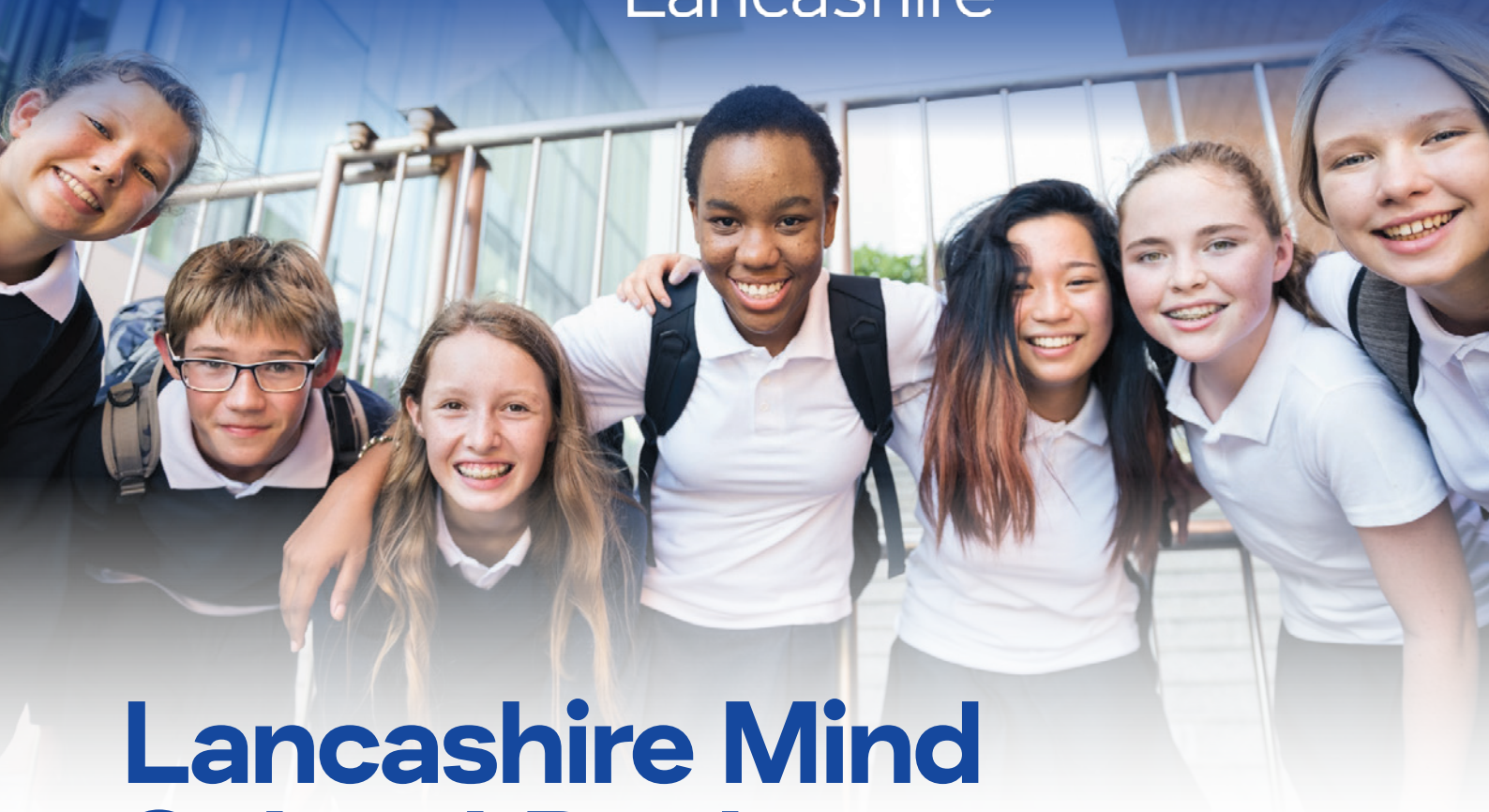




Lancashire Mind School Packages

Bronze package **15 credits** **£2.5k**

A starter package which allows schools to dip-in to our range of services and includes a free assembly.

Silver package **25 credits** **£5k**

A wider package of support to show a commitment to school wellbeing, this includes a free assembly.

Gold package **60 credits** **£10k**

An enhanced offer which allows you to access a full range of services for both children and staff. This offer includes 2 free assemblies.

Buying one of our packages gives you the best value.
However, we do offer our services at individual prices.
Please contact hannahholden@lancashiremind.org.uk for more information.



**BEST
VALUE**

Platinum package
95 credits **£15k**

Our best value package includes an exclusive mascot visit from Lancashire Mind's Sunny the Bear as well as 2 free assemblies.

Share with a school: If you share this with another school and they purchase one of our packages, get an additional 3 credits for both your school AND theirs.

Scan the QR code for more information



Service	Detail	Credits
Whole School		
5 Ways to Wellbeing Assembly	Assemblies are now free as part of the packages. Bronze and Silver Packages will get 1 assembly free, and Gold and Platinum Packages will get 2 assemblies free.	FREE
Whole Class		
Wellbeing Challenge	10 week programme for a group of 15 young people, years 7-9	6
Wellbeing Ambassador training	Establish Wellbeing Ambassadors in your school, maximum of 30 young people and supply of badges	3
Coaching workshops	6 week programme of workshops on a variety of topics such as self esteem and confidence, managing stress, sleep. Max 10 young people	3
1:1 support		
Wellbeing coaching	6 weeks of 1 hour sessions (2 credits per young person)	2
Staff wellbeing		
Staff seminar	1 hour seminar on one of the following topics (2 credits per seminar): Understanding self-harm Resilience Self Awareness of Stress, Anxiety and Depression	2
Wellbeing Action Planning session	1.5 hour session to develop practical tools to look after your own wellbeing	3
Managing Mental Health in the workplace workshop	3 hour CPD accredited course for managers	4

If you are interested in one of our packages for your school please visit lancashiremind.org.uk/schools-colleges or email hannahholden@lancashiremind.org.uk