**Lancashire Mind’s offer to schools**

1. **1:1 wellbeing coaching for young people**

**What**

We can offer 1:1 coaching to young people aged 11-18 across Lancashire; priority given to young people in West Lancashire due to our funding.

Through 1:1 coaching we support young people to explore challenges such as confidence, self-esteem, anxiety, relationships with peers, etc. We work with young people to develop coping strategies, giving them tools and techniques to improve their wellbeing.

Up to 6 x 1 hour sessions can be offered and appropriate onward referrals made.

**How**

All coaches have extensive experience of working with children and young people. A copy of the coach’s enhanced DBS certificate will be provided to the school. Lancashire Mind will also provide our Safeguarding Children policy and procedure and our additional COVID safeguarding guidance.

Coaching will be conducted via Zoom or phone following parental consent and introduction with the Wellbeing Coach.

**When**

Referrals to this service can begin straight away and once capacity has been reached, we will hold young people’s details on a waiting list.

1. **1:1 coaching for school staff**

**What**

We can offer 1:1 coaching for school staff to support them with their own mental health and wellbeing.

Through 1:1 coaching we can support people with stress, anxiety, poor sleep, low mood and help them develop coping strategies.

An initial half an hour session with a subsequent 3 sessions available if required. Open to Primary and Secondary staff.

**How**

All coaches have broad experience of coaching. Coaching will be conducted via Zoom or phone.

**When**

Referrals to this service can begin straight away and once capacity has been reached, we will hold details on a waiting list.

1. **Group facilitation for school staff**

**What**

We can offer small group facilitated sessions with school staff to discuss techniques and approaches to support the wellbeing of the young people they work with. This will provide an opportunity for peer support and input from our experienced CYP Project Lead (previous experience as a Deputy Head). It will enable school staff to gain confidence in supporting the wellbeing of young people, noticing if there is a problem and what to do about it.

3 x 45 min sessions will be available per group. Open to Primary and Secondary staff.

**How**

Facilitated sessions will be conducted via Zoom with Lancashire Mind’s CYP Project Lead as facilitator. Group attendance will be kept to a maximum of 6 to ensure adequate time for discussion.

**When**

Referrals to this service can begin straight away and once capacity has been reached, we will hold details on a waiting list.

1. **Bounce Forward teaching pack**

**What**

Bounce Forward is a 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. It is a successful programme delivered across Blackpool over the last 3 years and in several schools across Lancashire.

**How**

We can offer a teaching pack based on the Bounce Forward programme which is focused on supporting Year 6s with the transition back to school and preparing them for the transition to secondary school. Resources to print out and videos to watch will be included.

**When**

The teaching pack will be available from the start of June 2020.

**Resources for schools**

We have several free resources available to schools which we can provide digitally; videos for teaching staff, a COVID-19 diary and workbook for young people, a wellbeing passport for young people to complete. See our website for examples of resources available: <https://www.lancashiremind.org.uk/pages/154-support-for-children-young-people>