

How we can help

Mental health and
wellbeing programme
for primary schools

To book or for more information,
please contact:

youth.service@rbmind.org



School assemblies and workshops

Our sessions for schools cover mental wellbeing at an introductory level as well as delving deeper into specific topics such as stress and anxiety, bullying and self-esteem.

Designed to address the topics in the Department of Education's statutory guidance, our assemblies and workshops are presented in a way that pupils can understand and relate to. We take a flexible approach and can work around a busy school timetable.

Our assemblies generally run for 10 – 15 minutes whereas our workshops run for 30 – 40 minutes.

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Assembly

This runs for approximately 10 -15 minutes and introduces the concept of mental wellbeing and covers:

What is mental wellbeing

And how it is as important as physical health

The normal range of human emotions

And how we experience emotions in relation to different experiences

The activities that help our wellbeing

Such as physical exercise, outdoor activities, joining in with others.

School assemblies and workshops

Workshop 1

How am I feeling today

This is an interactive session encouraging pupils to join in with the discussion through exercises and activities.

The workshop covers all the main topics of wellbeing at a general level and includes:

Recognising and talking about their emotions.

The pupils are encouraged to name as many emotions as they can. Are my emotions appropriate and proportionate?

Caring for their wellbeing

The importance of rest and physical activity

Feeling sad and lonely

Why it's important to talk about this with an adult

Why lots of people experience times when they feel sad and low

And what to do if you ever feel like this – whom to speak to in school.

Workshop 2

When I'm feeling sad

Covers in more depth the negative impacts of mental health including:

Self-care techniques

The importance of rest and physical activity, spending time with family and friends. The benefits of hobbies and interests.

Feeling sad and lonely

And how it can affect pupils or you, and why talking to an adult is the first step to feeling better

What is bullying and cyberbullying (where age appropriate)

And how this can have a lasting affect on how you feel

Why a lot of people have times when they feel sad and low

And what to do if you ever feel like this – whom to speak to in school.



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Specialised workshops

We have developed a range of special workshops in response to the times in children's lives where they may feel particular pressure.

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Workshop 3

Transition to secondary school

This 40-minute workshop is designed to help children in Year 6 and those newly arrived at Secondary school, handle the stressful aspects of joining a new school and coping with new worries including:

- Joining a larger school with older children
- Feeling lonely and isolated
- Making new friends
- Struggling with school work
- New teachers
- Bullying
- General stress and anxiety

Assembly

Anxiety assembly

This short 15-minute assembly is designed to promote awareness of stress and the effect it can have on our lives.

Workshop 4

Anxiety workshop (Year 6)

The effects of Covid as well as the upcoming change to life in secondary school can lead to anxiety for many young people. This 45-minute workshop is designed to help young people recognize the symptoms, and develop resilience-building tools:

Anxiety and stress

- Learning about the effects stress and anxiety can have on the body and mind
- Understanding the symptoms of stress – fight, flight or freeze response
- Seeking help and how confiding in friends, family will help
- Finding out ways to manage stress and anxiety
- Building resilience

- **What is stress and anxiety**
- **What are the symptoms of stress**
- **Getting help**

Resilience for teachers and other support staff

This is a workshop for teachers to support their emotional resilience. Teachers are trained to look out for signs of mental distress in pupils but often don't have the time to consider their own mental wellbeing.

This 45-minute workshop delves into the issues of developing resilience and covers areas such as:

- **Defining resilience and why it is so important**
- **Understanding psychological theories of control and our mindset**
- **Developing a growth mindset**
- **Relaxation techniques to use in times of stress**
- **Expanding our coping strategies**

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Workshops for parents, school support staff and youth workers

Essential workshops for all parents and anyone who works with young people

As a parent or someone who works with young people, we often find ourselves ill-equipped when it comes to dealing with, or even being aware of a child's mental wellbeing. In order to help them, we first need an understanding ourselves of what we mean by mental health. Second, the tools to help our young person with any emotional difficulties.

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Workshop 1

Mental Health Awareness for parents and those supporting young people

In this first workshop you will learn more about mental health and recognise the symptoms of mental health issues in children and young people.

- Learn about some of the contributing factors to a child or young person developing mental health difficulties
- Understand some of the issues in Richmond including why we have the worst youth wellbeing scores in London
- Look at the contributing factors that can lead to poor mental health
- Have a closer look at the types of mental health issues
- Focus on anxiety and how you can support a child with anxiety
- Depression – the signs and how you can support someone with depression
- Eating disorders – when they develop and the signs to look out for
- Find places and resources that can provide support and advice

Workshop 2

Managing mental health difficulties in children and young people

This second workshop will help you to improve communication with your child and support them to build their own mental health resilience and will:

- Examine the pressures on young people
- Understanding self-harm and how to manage it
- What underlies eating disorders
- Managing aggression
- Supporting recovery
- Support young people to build resilience
- Understand the need for boundaries
- Developing your own toolkit and support resources
- Recognising the importance of your own wellbeing
- Where to get support

Parent Programmes

Richmond Borough Mind recently conducted research amongst young people, their parents and those working or interacting with young people, to understand the weaknesses and strengths in the current mental health support system, so that we can support young people in the best way possible.

This led to the development of a special parent programme.

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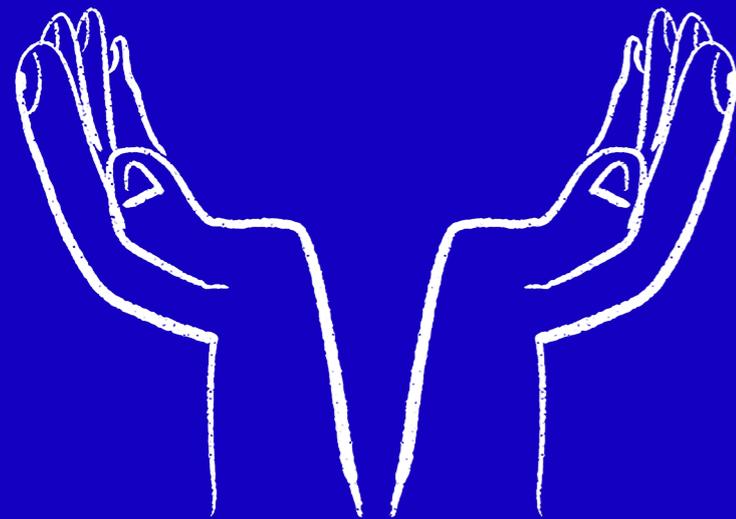
Resilience in Progress

This 5-week course has been co-designed with parents, young people and mental health professionals. It is the result of extensive research, interviews with service users and collaboration between staff. The course aims to help parents build up their own resilience as well as the resilience of their children and young people. Some of the topics covered are:

- Resilience and why it is important to mental wellbeing
- How the brain works
- What factors contribute to our psychological development
- Emotions
- Polyvagal theory and how it can enhance our resilience
- Listening skills

The course will teach parents exercises for managing emotions, becoming more resilient and looking after the self. There is an emphasis on learning from each other too so parents are encouraged to share and be open with one another.





Parent Support Programme

The parental support programme is designed to support parents/carers of young people (11-16 years), who are on a CAHMS waiting list and assessed as requiring treatment. The programme runs for eight weeks and is delivered via group workshops, and one to one support for parents to address some of the social determinants.

Mental health professionals provide psychoeducation and broad strategies for supporting young people as well as a peer support element.

Combining clinical expertise, social support and local links the programme focuses on the following:

- Providing psychoeducation about young people's mental health to parents/carers
- Providing broad strategies and guidance to parents/carers on how to support their young person who is struggling with their mental health
- Reducing parental distress and improving their resilience and wellbeing so that they, in turn, are better able to support their young person while they wait for treatment
- Offering support through peer group interactions
- Offering signposting/social prescription for further support where needed
- Providing parents with support at a time that they experience concern and distress about their child's mental health difficulties

This project is a collaboration between **Brandon Centre** and **Mind in London**; integrating Mind's local networks and considerable experience in addressing the social determinants, with Brandon Centre's clinical expertise and experience. Brandon Centre has been supporting young people and their families for over 50 years. With a reputation for high-quality services and many years of delivering parent programmes, Brandon Centre is contributing its clinical expertise and experience to the delivery of this project.

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