



Jade Gregory-Haselden & Jess Hale

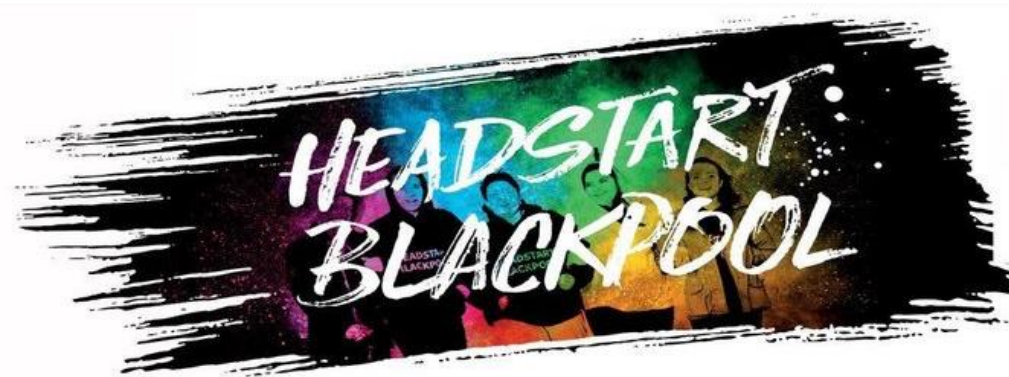


Vision  
Mental wellbeing for all

Mission  
Revolutionise attitudes  
Challenge perceptions  
Alter provision



What is the difference?



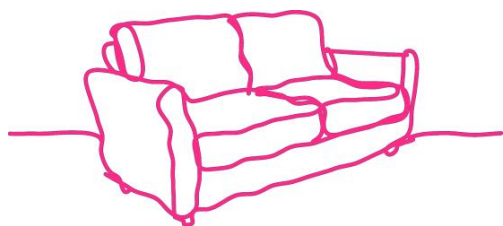
**time to change**

let's end mental health discrimination



The  
Henry Smith  
Charity

founded in 1628



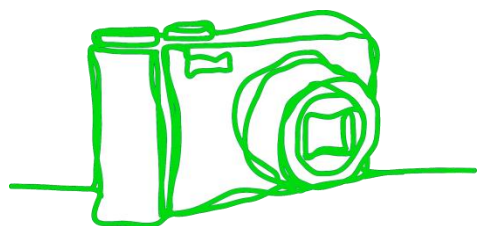
Connect



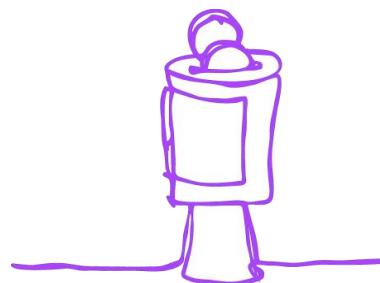
Keep learning



Be active



Take notice



Give



**Happier**  
**Lancashire**

Contact:  
[hollymannion@lancashiremind.org.uk](mailto:hollymannion@lancashiremind.org.uk)



# Wellbeing Challenge

- Partnership project
- Work with Year 8 and 9 students to review wellbeing in their school
- Identify assets and develop a plan to improve wellbeing
  - Drop in sessions at lunchtime
  - Wellbeing section on the website
  - Wellbeing events
- Young people gain project development skills



Lancashire

Contact:  
[jesshale@lancashiremind.org.uk](mailto:jesshale@lancashiremind.org.uk)

# Whole School Approach

- Funded by The Brit Awards and Mastercard through National Mind
- Working with the whole school community – pupils, teaching and non-teaching staff, parents, governors
- Carry out an initial wellbeing survey
- Asset mapping with each group
- Menu of interventions
  - Targeted assemblies e.g. exam stress
  - Resilience workshops for pupils
  - Staff training
  - Parents events
- Pilot year with 4 schools, hope to roll out next year

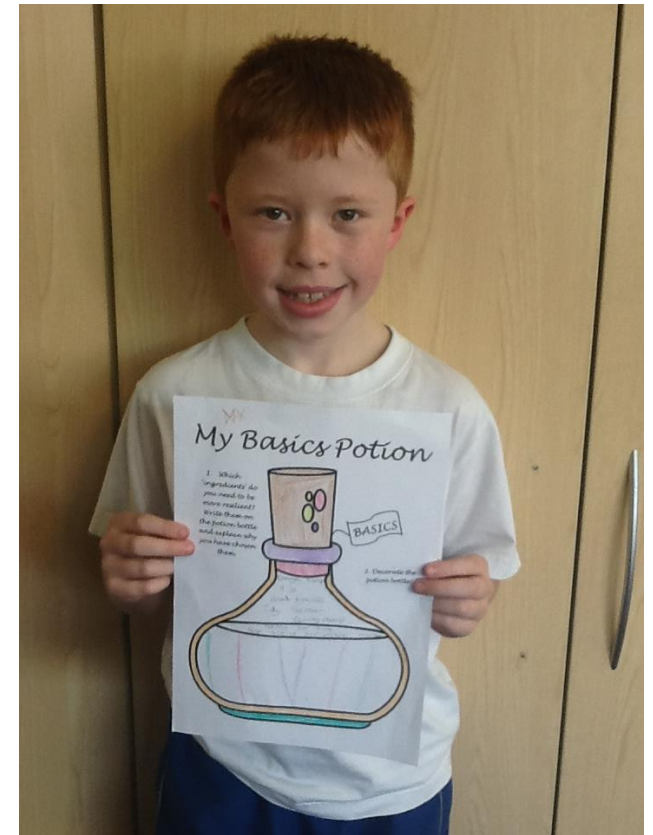


# Bounce Forward

To teach young people about resilience and teach them strategies they can apply to increase their ability to bounce forward in tough times.

## What is Bounce Forward?

- 10 session universal resilience programme
- One hour long sessions
- Classroom based
- Whole class delivery
- Currently primary schools – year 5
- From 2020 available for primary and secondary schools to purchase for any year group
- Resilience Framework



"Thanks to Bounce Forward I have learnt about my emotions and how to deal with them better."



# RESILIENCE FRAMEWORK

## Basics

-  Good Housing
-  Money to live
-  Being safe
-  Transport and getting to places
-  Healthy diet
-  Exercise and fresh air
-  Enough sleep
-  Play and hobbies
-  Not being judged

## Belonging

-  Find somewhere you feel like you belong
-  Find your place in the world
-  Spend time with good people and in good places
-  Keep relationships going
-  More healthy relationships the better
-  Take what you can from relationships where there is some hope
-  Get together with people you can rely on
-  Responsibilities & obligations. For example: looking after your brother/sister or going to school
-  Focus on good times and places
-  Understand what has happened in your life
-  Predict a good experience of someone or something new
-  Make friends and mix with other people

## Learning

-  Make school or college work as well as possible
-  Engage mentors
-  Plan out your future
-  Organise yourself
-  Highlight achievements
-  Develop life skills

## Coping

-  Understand right from wrong
-  Be brave
-  Solving problems
-  Focus on the good things in life. Put on your Positivity Glasses!
-  Find time for your interests
-  Calming down and making yourself feel better
-  Remember tomorrow is another day
-  Lean on others when necessary
-  LOL Have a laugh

## Core self

-  Instil a sense of hope
-  Understand other people's feelings
-  Know and understand yourself
-  Take responsibility for yourself
-  Find time for your talents
-  There is existing help and solutions for problems, use them

## Noble truths

-  Accepting
-  Conserving
-  Commitment
-  Enlisting

**time to change**

let's end mental health discrimination

**time to change**  
**blackpool**

let's end mental health discrimination



[www.blackpooltransport.com](http://www.blackpooltransport.com)



HERE 4 U



Blackpool Coastal  
Housing

A still from a video showing two men sitting in the front seats of a car. The man on the left is Black and the man on the right is white. Both are wearing light blue polo shirts and seatbelts. In the back seat, the head and neck of a large elephant are visible, looking towards the front. The car's interior, including the steering wheel and dashboard, is visible. The scene is lit with natural light from the windows.

IF YOUR MATE'S ACTING DIFFERENTLY

# Changing Futures – Wellbeing Coaching

The Changing Futures project aims to identify, reduce and remove participant barriers to employment.

Support can include:

- Help accessing/applying for education, training programmes or volunteering opportunities
- Access to support groups and activities
- Help develop a personalised action plan
- Support in developing a CV and covering letters
- Support to increase your confidence, self-esteem and motivation.
- Help with job searching and completing job applications
- Help to manage and over-come barriers that may prevent you entering education or applying for a job
- For more information please contact:  
[bryonylittler@lancashiremind.org.uk](mailto:bryonylittler@lancashiremind.org.uk)



# Workplace Training

We have a suite of services designed to practically support you and your organisation. Purchased individually or as a programme of delivery, our services provide support at every stage of your workplace wellbeing journey to improve health, wellbeing and performance.

For more information please visit  
<http://lancashireworkplacewellbeing.org.uk/>



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