

Mental Health

Six-week
Mental Health
programme

Sessions Feedback

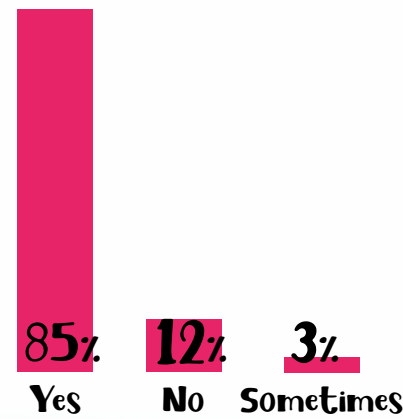
"Being able to support the Activators with the primary school mental health sessions, was a fantastic opportunity to provide both wellbeing and mental health support for a younger audience. The combination of physical and mental health activities provided both a fun and educational part of the pupils week. The programme provided an understanding of why discussing wellbeing and mental health is important for everyone."

Perry Trafford – Children & Young People Coordinator Oxfordshire Mind

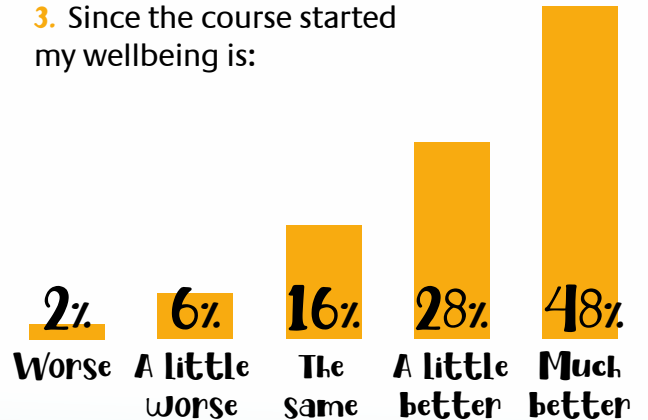
1. Did you have fun at the Mental Health sessions?



2. Have you enjoyed doing the sporting activities more?



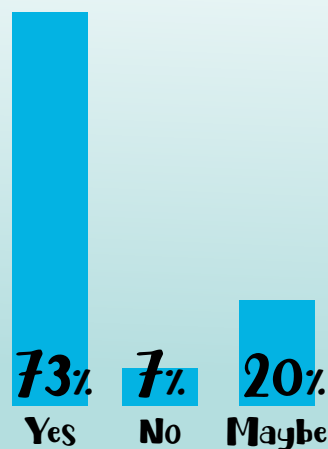
3. Since the course started my wellbeing is:



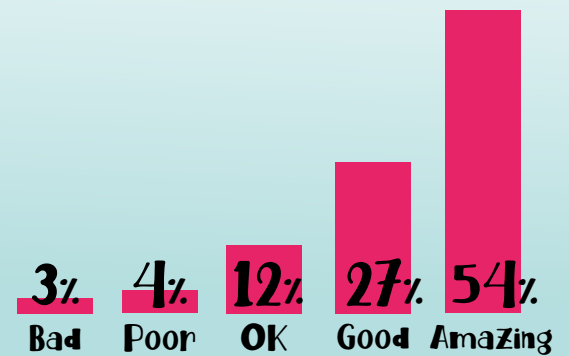
"It has been a pleasure working alongside Oxfordshire Mind in helping create and deliver a Mental Health Programme which covers arrange of topics from goal setting, resilience and self-esteem. We have worked with three different schools and taught students across the district new coping mechanisms and ways to talk about their mental health."

Harry Baker – Youth Activator

4. Would you recommend this course to other students?



5. Overall experience of the course?



Contact

Harry.Baker@cherwell-dc.gov.uk
or ring 01295 753749



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"The children really enjoyed the sessions. There was a good mix of physical activity and mental health discussion as well as lots of opportunities for children to explore and discuss their own ideas and feelings"

Teacher

"The resources were really good and the children were really engaged by the enthusiasm and positive approach of the leaders. Thank you very much!"

Teacher

"So many of the children have said how great it has been to talk about their feelings and to know that others feel the same as them"

Teacher

"I am sure that this course has had a long term impact on their behaviour and with how they support each other"

Teacher

"The children now refer to their mental health and wellbeing more openly."

Teacher

"I think it is the right balance of physical education and mental well-being"

Teacher

"It is particularly useful to have leaders who the children can relate to as 'sporty' to share the same messages as in our PSHE lessons!"

Teacher

"I am really impressed with the course and the open and positive way it is delivered by the leaders. I would definitely recommend it to others."

Teacher

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