

# Mental Health

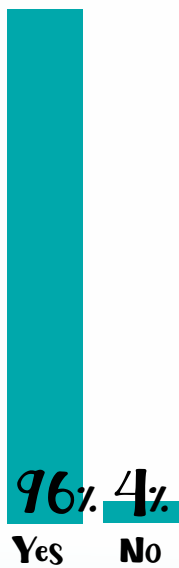
Six-week  
Mental Health  
programme

## Sessions Feedback

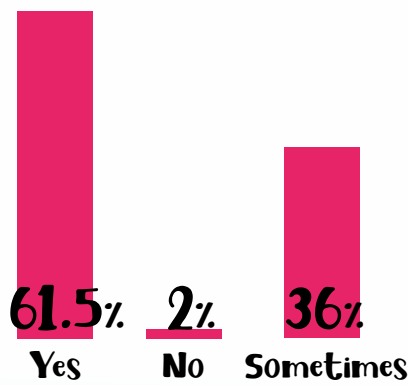
"Being able to support the Activators with the primary school mental health sessions, was a fantastic opportunity to provide both wellbeing and mental health support for a younger audience. The combination of physical and mental health activities provided both a fun and educational part of the pupils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

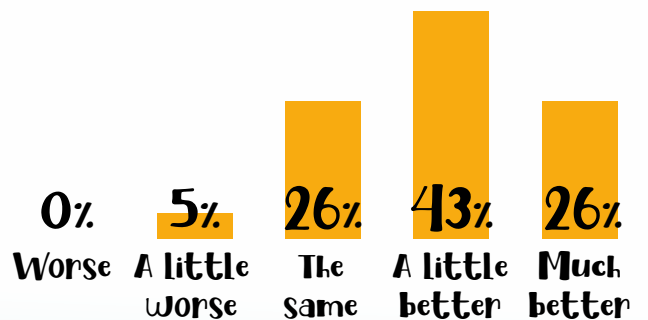
1. Did you have fun at the Mental Health sessions?



2. Have you enjoyed doing the sporting activities more?



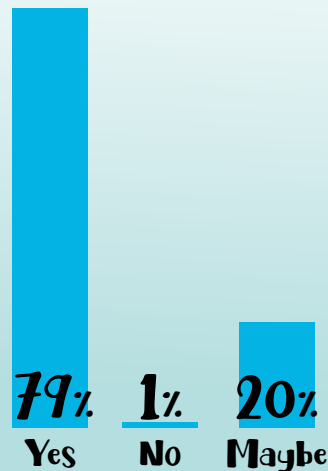
3. Since the course started my wellbeing is:



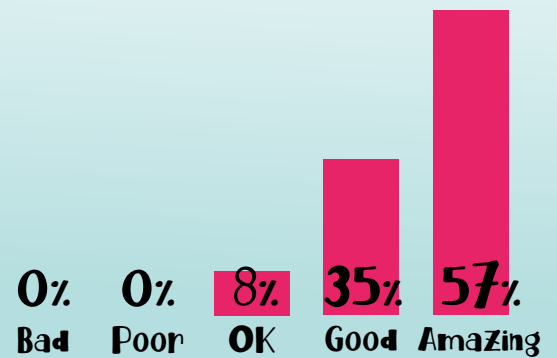
"It has been a pleasure working alongside Oxfordshire Mind in helping create and deliver a Mental Health Programme which covers arrange of topics from goal setting, resilience and self-esteem. We have worked with three different schools and taught students across the district new coping mechanisms and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

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## Sessions Feedback

"The children enjoyed the Youth Activator sessions – they enjoyed the challenge of the circuit training. The mental health sessions were well paced and engaging, with a good mixture of talking and listening."

**Teacher**

"I enjoyed it because it taught me how to be more kind and it taught me how to be more fit."

**Student**

"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 really liked doing the exercises outside with the music on all the challenges we did."

**Student**

"They are very fun lessons and exciting. I am a lot more fit and healthy."

**Student**

"We got more exercise and learned much more about our mental health."

**Student**

"The kids still go on about your sessions and they have a new way of talking about their mental health and wellbeing. They now do meditation weekly to help."

**Teacher**

"The children are more motivated to improve from week to week."

**Teacher**

### Contact

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