

Mental Health

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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