Mind Lancashire

Lancashire Mind School Packages

BEST VALUE

Gold package   60 credits   £10k

Our mid-range package which allows you to access a full range of services for both children and staff!

Silver package   25 credits   £5k

For schools with a smaller budget, the ideal starter package to show a commitment to school wellbeing!

Buying into one of our packages gives you the best value. However, if you like the look of a specific service then contact us to discuss options.

Platinum package
95 credits   £15k

Our best value package which includes exclusive benefits such as a whole school wellbeing survey and a mascot visit from Lancashire Mind's very own bear!

Service	Detail	Credits
Whole School		
2 Assemblies	1 assembly each for KS3 and KS4	1
Whole Class		
Wellbeing Challenge	10 week programme for a group of 15 young people, years 7-9	5
Wellbeing Ambassador training	Establish Wellbeing Ambassadors in your school, maximum of 30 young people and supply of badges	3
Coaching workshops	6 week programme of workshops on a variety of topics such as self esteem and confidence, managing stress, sleep. Max 10 young people	3
1:1 support		
Wellbeing coaching	6 weeks of 1 hour sessions (2 credits per young person)	2
Staff and parent wellbeing		
Wellbeing coaching (1:1 support)	6 weeks of 1 hour sessions (2 credits per teacher, minimum 2 teachers)	2
Staff seminar	1 hour seminar on one of the following topics (2 credits per seminar): Understanding self-harm Resilience Stressbuster	2
Wellbeing Action Planning session	1.5 hour session to develop practical tools to look after your own wellbeing	3
Connect 5 workshop	3 hour workshop based around the 5 ways to wellbeing	4
Managing Mental Health in the workplace workshop	3 hour CPD accredited course for managers	4

If you are interested in one of our packages for your school please visit lancashiremind.org.uk/schoolpackages