



Health and Wellbeing Champions' Conference

MARKETPLACE INFORMATION

ADHD SOLUTIONS CIC

ADHD Solutions CIC is an independent initiative set up to support children young people and adults who have ADHD, their families, and the professionals who are working with them.

We offer a holistic service based on the needs of the individual.

- For some this will be empowering parents to restore the equilibrium in their home by implementing our behaviour management programme. For others it may be that we work with a child's school to prevent exclusion and enable them to reach their full potential.
- Adolescents often need help and support with understanding their ADHD, life skills, social and study skills, anger management, and preparation for the transition to the adult world.
- Our adult clients have often found themselves struggling with organisation, time management and their finances, which can have disastrous consequences both at home and in the work place. By concentrating on individual strengths and identifying areas of concern, we can help our clients overcome these challenges and develop strategies and solutions to become successful partners and parents, hold down a job, become solvent financially, and become successful in all areas of their life.
- We aim to provide professionals with factual, well researched, up to date information about ADHD to enable them to have a clearer understanding of the difficulties faced by someone with the condition and a range of strategies to use.

Website: <http://cmsms.adhdsolutions.org/>

Phone: 0116 261 0711



APPLE P.I.E (PERFORMANCE IN EDUCATION)

Apple Pie (Performance in Education) uses an interactive drama approach to teaching children and young people. We offer workshops that cover a wide range of PSHE based issues. The workshops enable young people to explore feelings and attitudes, as well as practice skills and gain knowledge.

Also available is Peer support training and after school Drama classes.

Website: www.apple-pie.org.uk – Currently updating my website

Email: james@apple-pie.org.uk

Phone: 07857 679 719



CHILDNET

Childnet is a UK charity that delivers education, policy and youth participation activities to help make the internet a great and safe place for children and young people. As a partner in the UK Safer Internet Centre, Childnet coordinates Safer Internet Day, which reaches millions of UK children every year.



Childnet also coordinate the Childnet Digital Leaders Programme which empowers children and young people to champion digital citizenship and digital creativity within their schools and to educate their peers, parents and teachers about staying safe online. The programme aims to make online safety learning fun and effective and helps schools work towards an outstanding whole school community approach to online safety.

Website: www.childnet.com

Email: info@childnet.com

Phone: 020 7639 6967

Social media: @childnet @childnetDL

ECO-SCHOOLS LEICESTER

Leicester City Council has a dedicated Environmental Education Team based in the Energy and Sustainability Team that works with Leicester City Schools to help them become more sustainable in all that they do. As well as one-to-one support, schools are able to engage through termly #EcoTeachMeets, staff training, resource planning & workshops, assemblies, Eco-Schools conferences & celebration events and can keep up to date through a dedicated social media, monthly eBulletins and termly newsletters. Schools are encouraged to participate in the Eco-Schools Award which provides a free framework to support sustainability across the whole school.



Website: schools.leicester.gov.uk/eco-schools

Email: lee.jowett@leicester.gov.uk and amy.peace@leicester.gov.uk

Phone: Lee 0116 454 2271, Amy 0116 454 4543

Twitter: EcoSchoolsLCC

Facebook: EcoSchoolLCC

FOOD FOR LIFE

Food for Life have a network of over 4,500 schools across England committed to transforming their food culture. It supports them to provide fresh, well-sourced and nutritious meals and improve their overall lunchtime experience. It helps children, adults and teachers understand the importance of good nutrition and where their food comes from through practical cooking, growing activities and farm visits.

Food for Life (FFL) which offers on to one support, free resources and free training to schools.



Website: foodforlife.org.uk

Email: Ldidier@soilassociation.org

Phone: 07718570945

GO-GETTA CIC

Started in 2012 by two individuals who have built their careers on supporting young people to be their best, Go-Getta CIC has evolved into a leading provider of Youth Work and Alternative Education in Charnwood and continues to grow and expand across Leicester and Leicestershire.



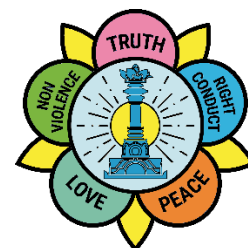
As an organisation, we actively target those young people who are often seen as disenfranchised, 'hard-to-reach' and challenging. Often, challenging behaviours can mean they become excluded from mainstream activity; school, sports clubs, youth clubs... even becoming shunned and isolated within their communities. We specialise in engaging these young people and helping them to integrate with their peers and community.

Website: <https://go-getta.org.uk/>

Email: info@go-getta.org.uk

GOOD VALUES CLUB

Good Values Club is a registered Charity working with children and young people to promote Human Values. The Good Values Club is free and open to everyone. The activities include stories, art and craft, singing, dancing, trips, games and much more. The Good Values Club also trains volunteers to promote Human Values.



The tragedy of the helicopter accident at the King Power Stadium revealed to the public of Leicester and the whole world the good work done by its chairman Khun Vichai. We thought that his death and those of his colleagues, pilot and co-pilot should not go in vain. The values Vichai practiced should be shared with the world and the board game of football will draw out the inherent values in the children. Even if we can change a few people then that will be beneficial to the world.



Keeping this in mind, The Good Values Club, has produced a board game called 'Values in football'. While playing the game the players will reflect on the values in the game of football such as Teamwork, Focus and Concentration, Racism etc. Accompanying the game there are worksheets and activities. For schools and communities we can arrange to conduct a few sessions to play the game. We can also arrange school assemblies on values. Free Quotations Board is also available for the schools. There is no charge for the game, activities, board and assemblies. This project is supported by School Development Supports Agency (SDSA), Aimstrong Sport and Sported .The Leicester City Football Club have also wished us luck for the project.

Website: <http://www.goodvaluesclub.com/>

Email: goodvaluesclub@gmail.com

Phone: 0116 3320378

L IS 4 LEARNING



L is for Learning delivers quality teaching and support to nursery, primary and secondary school settings across the Leicestershire area and beyond. Following success in a local business competition L is 4 Learning was set up in September 2015 to make teachers' lives easier. Our initial focus was to provide primary teachers with the means and tools to teach modern foreign languages. In September 2017, the company has grown and developed to provide support in three key areas: Mindfulness, Language Clubs and Online Teaching Resources

Website: <http://lis4learning.com/>

Email: info@lis4learning.com

Facebook: <https://www.facebook.com/Lis4learning>

Twitter: @Lis4learning

LEICESTER CITY COUNCIL – AIR QUALITY



A free tailored engagement experience, for all schools. One-off, term or year-long projects, led for you or by you.

The programme includes:

- **Learn** about air quality and air pollution
- Assemblies to **raise awareness**
- Curriculum-linked activities
- Outdoor learning opportunities
- **Take action** through pupil led campaigns
- Community events for parents and children
- Training opportunities for school staff.
- **Healthier Air Award** –linking your active travel projects together.

Website: <https://schools.leicester.gov.uk/services/environment-health-and-well-being/air-quality-education/>

Email: danielle.kennell@leicester.gov.uk

Phone: 0116 454 0166

Social media: @DanielleKennell (twitter) @clean_air_girl (instagram)

LEICESTER CITY SCHOOL SPORT & PHYSICAL ACTIVITY NETWORK

Our PE & School Sport & Physical Activity Networks supports School and works in partnership with a number of key organisations to provide a wide and diverse offer to ALL young people including health and well-being.

Future Active Enterprise Ltd is a social enterprise that has been created through a partnership between Learning South Leicestershire School Sports Partnership & Leicester City School Sport and Physical Activity Networks. As a social enterprise, all profits we make go back into the local development of PE, school sport and physical activity opportunities for young people.

Website: www.futureactive.org

Email: Sarah Lansdowne, Crown Hills C C - sarah.leicestersspan@gmail.com

Email: Hussein Khan, South Wigston High School - mkhan11@southwigston.leics.sch.uk



LEICESTERSHIRE LIFE EDUCATION CENTRES TRUST CO.LTD

Our charity offers Health and well being education to children aged 3 to 11 by way of visits to Primary schools with our mobile classrooms with highly skilled educators. In addition our SCARF offer provides teachers with a set of tried and tested easy to use and comprehensive PSHE education resources including lesson plans which are constantly updated. These include the latest Relationships Education which can also be delivered by our Educators.

Website: <https://www.coramlifeeducation.org.uk/your-local-area/life-education-leicestershire>

Email: fionabrown_lec@hotmail.co.uk

Phone: 07968862481



MINDFUL WARRIORS

Mindful Warriors believes all school children will benefit from practicing Yoga. Our mission is to make well designed Yoga Programs available to every student in every school. We have worked hard to create a sustainable and continuous Yoga program for the whole academic year and have seen great results from pilot programs. We believe amazing benefits to the mind and body can be realized through a consistent and good quality Yoga practice. We also aim to empower students and teachers with techniques to encourage them to maintain their practice even when we are not around. A friendly member of our team will always be available for follow up visits and offer ongoing support and guidance. We believe in building long lasting relationships with schools and communities and offer individually designed packages to match the unique requirements of each school and child such as after school and summer holiday Yoga workshops.

Website: <https://www.mindfulwarriorsmw.com/>

Email: mindfulwarriorsmw@gmail.com

Facebook: <https://www.facebook.com/Mindful-Warriors-137541600282812/>

Twitter: @yoga4schools

Instagram: mindful_warriors_



PLACE2BE

Place2Be provides access to emotional and therapeutic support and training within school communities, using tried and tested methods, backed by research.

Our mission is to improve the mental wellbeing and prospects of children, their families and school communities across the UK.



We aim to achieve this by:

- Working in partnership with schools, teams of mental health professionals help to create a culture of openness and promote positive mental health, ensuring that potential problems can be identified at an early stage and that children can access support in a safe and familiar environment.
- Place2Be takes an evidence-based approach – gathering, analysing and using data to challenge and improve services.
- The charity's Mental Health Champions programmes for School Leaders and Class Teachers combine expert consultation, advice and training to help build understanding, skills and knowledge of mental health in schools.
- Place2Be is also a leading provider of specialist training and university-validated child counselling qualifications, from introductory level to Postgraduate Diploma and Masters.

Website: www.place2be.org.uk.

Email: caitlinbrowne@place2be.org.uk

Phone: 07850267582

SOCIAL, EMOTIONAL AND MENTAL HEALTH TEAM, LEICESTER CITY

The SEMH (Social Emotional and Mental Health) team supports schools in meeting the needs of those children who have social, emotional and mental health difficulties. Schools can refer pupils to their link teacher who will work alongside the child, school and families to support their needs. The SEMH team also provides training and support on various aspects of SEMH including trauma, attachment, anxiety, restorative approaches, therapeutic play and the Positive and Peaceful Places (anti-bullying) award.

Email: jo.lockley@leicester.gov.uk

Phone: 0116 4544650,



THE EDUCATION SUITE



The Education Suite was created to support all in developing resilience, esteem and belief in maximising learning potential and results. Our mission is rooted in wellbeing as a priority for all. We bring confidence to every aspect of learning so that you can live a fulfilling, purposeful and successful life. The challenges that we face in the modern world cause significant levels of anxiety and stress, therefore it is key to focus on how we manage ourselves in order to move forward positively. The Education Suite is here to help. Personal growth is paramount to success.

Our bespoke programmes for all learners build resilience and learning power. With our friendly and approachable team of practitioners, we cover a range of tips and techniques to enhance knowledge and memory as well as teach coping strategies and mindfulness practices to enable the best learning experiences possible. A healthy mind is a powerful mind.

The Education Suite ensures that all individuals have the opportunity to be best possible version of themselves with a growth mindset to succeed.

At The Education Suite, we offer a range of bespoke training, tuition and workshop packages and programmes to impact positively on wellbeing and results. We work with:

- Children across primary schools
- Students across secondary education
- Students at college; in Post-16 Education and further education
- Students at University
- Staff in the Education field
- Parents
- Community Groups
- Youth Clubs
- Businesses and Workplaces

Website: <https://www.theeducationsuite.co.uk>

Email: hello@theeducationsuite.co.uk

THE LAURA CENTRE

The Laura Centre is proud to provide bereavement support for families who have suffered the loss of a child, whether it be for an adult who has sadly lost a child or a child that has lost a parent or sibling. We offer one to one counselling support to help families see that after suffering a loss, there is a hope of a life going forward. We also offer group support and a range of holistic therapies for those who are engaged with our counselling service.



The Laura Centre also offer support for professionals providing a training and supervision programme exploring bereavement and support issues. Our charity also offers a telephone support line available 2 days per week for families and professionals who require more immediate support.

Website: www.lauracentre.org.uk

Email: info@thelauracentre.org.uk

Phone: 0116 2544341

THE THRIVE APPROACH

The Thrive Approach® offers practical tools and training to help engage children and young people with life and learning.

- Now used in over 2,800 primary, secondary and special education settings.
- Supporting the right-time and reparative social and emotional development of nearly 400,000 children and young people.
- Developed over 25 years and drawing on experience in social work, psychotherapy and education.
- Based on established neuroscience, child development and attachment theory.
- Uses play, creativity and the arts to build positive child-adult relationships.



Website: <https://www.thriveapproach.com>

Email: enquiries@thriveapproach.com

Phone: 01392 797555

Twitter: @ThriveApproach

Facebook: <https://www.facebook.com/ThriveApproach/>

TRANSFORM (TRANSFORM TRAINING LTD)

Transform is a specialist Emotional Education training organisation that has been delivering bespoke emotional education training programmes for many years.

We design and deliver training for schools, alternative education providers, community organisations, and statutory organisations.



Our team are all qualified professionals within their own field of work, which includes teaching, youth work and therapeutic practice. Between us, we have 50 years' experience working in this specialism.

Website: <http://www.transformtraining.org.uk/>

Email: Sophie.t@transformtraining.org.uk

Phone: 07921 800755

TREES FOR CITIES

Schools are in a unique position to provide valuable outdoor experiences for urban children, especially in areas of high deprivation where many children lack access to green natural spaces. We partner with schools to transform outdoor school environments to enable schools to give their pupils access to outdoor education, food growing and opportunities to connect with nature.



Our current school programmes include Edible Playgrounds, Planting Healthy Air for Schools, Planting Trees for Schools. Watch our Trees for Cities film and hear what the children and teachers think about their new Edible Playground; <https://charityfilmawards.com/videos/edible-playgrounds>

Website: <https://www.treesforcities.org/our-work/schools-programme/edible-playgrounds>

Email: helen@treesforcities.org

Phone: 07591 387266