



# Wellbeing Matters

A service offering therapeutic support to families and schools, with an additional full suite of training packages for staff and business



## Mind Matters Price List

Valid from January 2021. Please note all prices are excluding VAT.

### Mental Health Awareness Sessions

Providing young people, teachers, parents or those working in youth settings with the practical tools for building resilience, self-esteem, confidence and good mental health. Ideal for Continuing Professional Development or initial awareness sessions.

**Up to 30 delegates / 1 trainer /  
up to 4 hours in any one session / online available** £90 / 810 pts per hour

### Mental Health Roadshow

Providing a high impact, one-off event that will engage a large number of young people about mental health issues. Ideal for collapsed timetable days for whole year groups. This allows exploration of particular issues: exam stress, body confidence, food and mood, friendships and healthy relationships.

**Whole year groups / 6 hours / 4 trainers** £824 / 7,416 pts

### Mental Health Assembly

An introduction to mental health, raising awareness, challenging stigmas and breaking down barriers for young people. Ideal for school assemblies.

**½ hour / 1 youth mental health engagement worker /  
online available** £62 / 558 pts

### Peer Mentoring Training



Setting up a peer mentoring programme and training a number of young people in the ASDAN Peer Mentoring Short Course in order to support fellow students. This helps to identify and address low level concerns before they escalate.

Ideal for those in later High School Years and those in College.

**20 peer mentors / 7 hours delivery / 1 trainer** £558 / 5,022 pts

### Coaching and Mentoring

A short course designed to equip learners with a better understanding of techniques to Coach and Mentor young people.

**10 delegates / 6 hours delivery / 1 trainer /**

**online available**

**£515 / 4,635 pts**

### 'I'm The Girl I Want To Be'

A nationally recognised training course that provides an opportunity for young girls to explore topics such as identity, relationships and the impact of social media as well as being empowered and growing in self-esteem, confidence and positive body image.

Ideal for females in high school or college.

**16 girls / 8 sessions / 1 trainer**

**£580 / 5,220 pts**

### Youth Mental Health First Aid Awareness Training (1/2 day)

This introductory session raises awareness of young people's mental health. It covers some of the common mental health issues, provides skills to work more effectively with young people affected by mental health issues and ways to support them.

Ideal for parents, young volunteers and teachers.

**Qualified trainer / recognised qualification /**

**online available**

**£70 / 630 pts per person**

discounted group rates available (max 16)

### Youth Mental Health First Aid Training (1 day)

Provides a good understanding of a range of mental health issues and how best to help young people access other support and specialist services.

Ideal for parents, teachers, young volunteers and those who are supporting young people. An essential tool to be able to identify emerging mental health needs and to prevent problems escalating.

**Qualified trainer / recognised qualification**

**£88 / 792 pts per person**

discounted group rates available (max 16)

### Youth Mental Health First Aid Training (2 days)

Provides in-depth exploration and understanding of a range of mental health issues.

Ideal for senior teaching staff, youth workers or those involved with a young person's welfare in alternative provision.

**Online available**

**£130 / 1,170 pts per person**

discounted group rates available (max 16)

### Adult Mental Health First Aid Training (1 day)

Provides a good understanding of a range of mental health issues and how best to help colleagues or friends access other support and specialist services.

Ideal for employees, senior management or those with line management responsibilities.

**Qualified trainer / recognised qualification**

**£110 / 990 pts per person**

discounted group rates available (max 16)

### Adult Mental Health First Aid Training (2 days)

Provides in-depth exploration and understanding of a range of mental health issues within the context of a workplace.

Ideal for all working professionals including Project Leads, Line Managers, Senior Management or those working with adults.

**Qualified trainer / recognised qualification /**

**Online available**

**£145 / 1305 pts per person**

discounted group rates available (max 16)





## Family Matters Price List

Valid from January 2021. Please note all prices are excluding VAT. Family Matters Empowering Families to live fulfilling lives and continue to thrive, providing support to individuals who support families and their wellbeing.

### One-to-one Support for Children

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**£35 per hour / 315 pts per session for all the below sessions**

#### 1:1 Therapeutic Sessions in School

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Offering children support, guidance and strategies around a range of identified issues, including, Emotional Resilience, Wellbeing, Attachment issues, Behaviour Management, Bereavement Support, Bullying, Friendships, Transition, ASD, ADHD, Gender.

Holistic approach to support so work can be done simultaneously with parents at home. Initial assessment and discussion made with family prior to sessions beginning.

#### Therapeutic Play (block of 12 sessions)

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Therapeutic Play is a 'child friendly' therapy for children who are experiencing mild to moderate mental health concerns. Our Therapeutic Play Practitioner can use play time to observe and gain insights into a child's problems, and can help the child work through their experiences.

Therapeutic Play can help and support children with ASD, ADHD, Learning Disabilities, Separation Anxiety, Loss, Aggressive Behaviours, and much more.

Our Therapeutic Play Practitioner is PTUK registered, and fully insured.

#### Counselling Sessions

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Provides early stage, individual support for young people. Our counsellors are trained in a variety of approaches, they are members of the British Association of Counselling and Psychotherapy (BACP) and work in accordance with the current Ethical Framework for the Counselling Professions. Certified to deliver sessions online.

Ideal for High schools without an in-house counselling service.

## Happy Hearts & Minds

Available Online

£1257 / 11,307 pts

### Up to 8 Children

Creative Wellbeing & Mindfulness coaching for children & young people age 8-12

Using a combination of creative, therapeutic exercises and mindfulness techniques this programme will:

- Give children a safe space to explore what lock-down meant for them (optional).
- Promote well-being
- Build a greater awareness of emotions
- Develop emotional resilience
- Foster positive social skills
- Provide a set of tools that children can use whenever they need them
- Mindful movement will be encouraged as part of each session

The programme can be delivered as a whole over weekly sessions or as stand-alone sessions for more targeted support.

Small groups, school groups (8 maximum) family groups and in 1:1 sessions.

**Sessions will each last about 90 minutes. The programme has been adapted by a qualified Confident Hearts Creative and Wellbeing Mindfulness coach**

### Groups/Workshops for Children

Bespoke workshops/small groups around identified needs

Ideal for groups of children with similar identified needs to work together as a group to find strategies to develop skills and resilience in key areas.

**Includes meeting with key person at school to discuss groups needs /**

**up to 1.5 session / prep/travel / feedback.**

**£160 / 1440 pts for each workshop**

## One-One Support for Parents/Carers

Solution focused support using a variety of parenting tools to enhance parents' skills and improve relationships within the home setting. Can be delivered at home or in the community. This can be for families with emerging needs or those with already complex needs. We can support at FSP meetings and offer reports or letters of support to services working with the family.

**£35 per hour / 315pts per session**

### Workshops for Parents/Carers

#### Bespoke Workshop/Event

Structured around current/specific/identified needs or issues.

#### Stress Matters

Understanding what stress is, how it feels, how it impacts on us and how to positively manage it.

#### Confidence Matters

Supporting parents to recognise how confidence can look and feel within themselves and how this can have a positive effect on their children and their wellbeing.

#### Communication Matters

Looking at the effective use of language and the exploration of different styles of communication and the impact this can have on our children.

#### Time Together Workshops/Events for Families

Structured and supported opportunities for parents and children to develop confidence to engage with each other through craft-based activities and to develop positive ways to communicate thoughts and feelings.

Ideal for families needing support around positive play and learning where attachment may be an issue.

Can be themed around time of year/event/celebration.

**Includes meeting with key person at school to discuss families, needs /**

**up to 3 hour sessions / evaluation and feedback**

**£283 / 2547 pts**

### Solihull Parenting Course (6 to 12 parents/carers)

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Understanding your child's behaviour. Supporting parent/child relationships.

Ideal for parents and carers wanting to understand brain development, emotional development and child behaviour and enhance their parenting skills.

**Includes 12 x 1 hour sessions/evaluation and feedback /**

**2 staff members**

**£1,133 / 10197 pts**

### Resilience Training Package (for up to 20 staff members)

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This is a training package to look at the importance of building emotional resilience, its meaning and practical ways on which to do this and enhance staff well-being and professional practice.

**2 members of staff to complete 6 hours of training to staff over 1 full or 2 half days /**

**Please note more staff can be added for an extra charge if required to reach a wider**

**audience / available online**

**£946 or 8500 pts**

### Peer Supervision for Staff

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\*Sessions to support the setting up of group peer supervision – manage practice and academic stress.

Reflect on emotional reactions to practice and how they relate to decisions.

Feedback – leads to increased confidence, sense of professional identity and motivation as well as stress management.

\*Importance of doing this correctly – these will then be sustained by the group.

Usually around 3-5 sessions to establish.

**Includes preparation and support to sustain groupwork /**

**available online**

**£35 / 315 pts per hour**

### Effective Supervision for Staff

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Sessions to offer a safe environment to reflect on practice and their emotional reactions.

Improves problem solving and coping style and goal orientated perspective - important for resilience and well being.

**Includes preparation / available online**

**£35 / 315 pts per hour**

### Mediation for Families and Staff

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Relationships, both professional and personal suffer challenges and difficulties that impact on staff and or family/child well-being. We are able to offer a mediation service for both families and staff.

**Includes preparation / available online**

**£35 / 315 pts per hour**





## Mind Matters Business

**2 in 5 employees (39%) reported experiencing poor mental health symptoms related to work in the last year.<sup>1</sup>**

Health and Wellbeing are key strands of responsible business. Good employee mental health is fundamental to building a successful, sustainable organisation and we know that good work positively enhances wellbeing<sup>1</sup>, yet 69% of managers reported receiving no mental health training as part of their role<sup>2</sup>.

It's clear that mental health training and support is vitally needed in the workplace to ensure that staff thrive, and businesses prosper. The Wellbeing Team at YMCA Norfolk can provide the internationally recognised and certificated Mental Health First Aid training as well as working with your organisation to support your policies and procedures around mental health.

<sup>1</sup>Business in the Community, Mental Health at Work 2019 Report 'Time to Take Ownership'

<sup>2</sup>Institute for Leadership and Management, Mind Culture 2017

***"As the trend to focus on well-being and mental health in the workplace becomes an increasing priority it has been positive to invite YMCA Norfolk to become part of our delivery team to be able to offer Mental Health First Aid Training to clients as well as advice on integrating mental health into everyday work practices."***

Rachel Blackburn MBA, Director US2U Consulting Ltd

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Valid from January 2021. Please note all prices are excluding VAT.

## Adult Mental Health First Aid Training (2 days)

An internationally recognised and certificated course, delivered by trainers accredited by the Royal Society for Public Health (RSPH), training individuals to become official Mental Health First Aiders for your work place.

The 2 day course provides a broad understanding of mental health issues affecting adults as well as equipping participants with how to identify, understand and help those experiencing a mental health issue.

Ideal for all working professionals including Project Leads, Line Managers, Senior Management or those working with adults.

**Qualified trainer / recognised qualification / discounted group rates available (max 16) / online available** **£180 / 1620 pts**

## Adult Mental Health First Aid (1day)

Provides a good understanding of a range of mental health issues and how best to help colleagues or friends access other support and specialist services.

Ideal for employees, senior management or those with line management responsibilities.

**Qualified trainer / recognised qualification / discounted group rates available (max 16)** **£110 / 990 pts pp**

## Mental Health Awareness

Providing all staff, volunteers and those who work with adults an awareness of mental health issues affecting adults as well as the practical tools for building resilience and promoting good mental health.

Ideal for Continuing Professional Development or initial awareness session.

**Up to 16 delegates / 1 trainer / bespoke mental health training packages available on request / online available** **£90 per hour**

## Points

The **cost effective** and **flexible** way to pay for mental health services

### Key features

- ▶ Up to 12% discount on marked prices
- ▶ Flexibility to spend points when and where needs are identified
- ▶ Share points between schools, across clusters or academy groupings
- ▶ Points last for 2 years from date of purchase
- ▶ Have the backup of a counselling service if you need it or spend the points on preventative programmes
- ▶ Time frame to spend points

<b>12,000 points</b> (minimum order)	<b>£1,200</b> +VAT 12month time frame
<b>20,000 points</b>	<b>£2,000</b> +VAT 18month time frame
<b>45,000 points</b>	<b>£4,455</b> +VAT 24month time frame



For more information and to book your training course, please contact us on:  
Email: [wellbeingmatters@ymcanorfolk.org](mailto:wellbeingmatters@ymcanorfolk.org)  
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