



# — The — Wellbeing Hub



A pro-active approach to young people's mental  
health & wellbeing

Introduction and Overview for  
Schools

Summer Term 2023

# Make a positive impact in your school community.

By transforming the lives of the children and families within it.

The road through childhood and adolescence can often be challenging for children and their families, and multiple research studies show that there has been a decline in the mental health in young people over the past few years.

As a school, you are no doubt looking to support your pupils with their social and emotional wellbeing. We can help you do this, with The Wellbeing Hub.

Discover more in our short introduction film (double click to watch):







# A proactive approach to mental health and wellbeing.

The Wellbeing Hub works to prevent mental ill-health in young people.

It is an innovative live and interactive web app which provides up-to-date and expert support for the whole school community to access.

Through this form of early intervention young people develop healthy self-esteem and emotional resilience so they can thrive socially, emotionally and academically.

If you're looking for a trusted source of support for your parents, pupils and staff, The Wellbeing Hub is designed by experts to meet the social, emotional and educational needs of young people.

## - Benefits For Your School Community -

- ✓ CPD Training - pupils benefit from staff trained to understand and meet their social and emotional needs
- ✓ Support - for staff, parents and pupils
- ✓ Pupil Wellbeing - pupils gain tools to manage their own mental health and wellbeing
- ✓ Staff Wellbeing - helps staff cope with the pressures of the job
- ✓ Staff confidence in their pastoral role
- ✓ ISI / Ofsted Inspections - evidences Careers, Wellbeing, Parental Engagement, CPD & Community Engagement
- ✓ Parental Engagement - parents feel supported and encouraged
- ✓ Aligned school/home messaging
- ✓ Careers & PSHE - delivers valuable resources to support these teams
- ✓ Discounted rate on onsite school talks and webinars
- ✓ Community Engagement - with our Buy One Gift One Sponsorship Programme
- ✓ PTA Involvement - provides an opportunity for PTAs to support the entire community

# Currently impacting more than 120,000 pupils in over 200 schools.

We want to work with schools that share similar aims to create real impact, transforming the lives of as many children as possible through this form of early intervention.

Are we effective? Here are just a few of the many comments from schools:

"We are working through the tasks on the Wellbeing Hub and wanted to let you know right away that we have such very positive things to say about these resources. So fantastically enlightening for us as teachers/ parents/ humans. We are raving on our texts to each other as we work through the content, so thank you JD enormously for bringing this to us."

Staff at Ibstock Place School, London

"The Wellbeing Hub enables us to support parents and therefore work in partnership, to identify potential concerns and react quickly to promote positive mental health in each pupil, both at School and at home. We are also excited to be able to offer this package to a local maintained School to develop further, our existing relationships with local Schools and have a positive impact on the wider Sherborne community."

Allister Sheffield, Deputy Head (Pastoral), Sherborne School

"These resources are superb; they are accessible, evidence-based and draw on a wealth of professional experience. Developing this understanding should be the foundation of every teacher's training and professional development in order to understand how to respond appropriately to the social and emotional needs of their learners."

Rosie Moore, Senior Lecturer (Inclusive Education), University Of Brighton

See the full list of schools we are working with [here](#) and some case studies from existing schools [here](#).



# The Wellbeing Hub Sponsorship Programme

We believe that every child deserves this level of support, if your school invests in The Wellbeing Hub, you can gift it to a maintained school of your choice for free.

Introducing the Wellbeing Hub to your school and your local community, sends a powerful message about your values, ethos, and the importance you place on wellbeing.

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## About Us

We know, from over a decade of working with young people, that by tweaking the environments at home and in school, we can prevent many children and adolescents from developing mental health difficulties or needing therapy. It is this positive approach to mental health, which led to the creation of the Wellbeing Hub.

The Wellbeing Hub and Teen Tips were founded by accredited therapist, Alicia Drummond MBACP. Alicia is also a counsellor, parent coach, speaker, author and mum. Alicia is supported by an experienced team in Lewes, Suffolk and beyond - learn more [here](#).

Alicia is often approached by journalists for comment in the national press. Take a look at our latest coverage [here](#).

“In my work with children, families and schools I see first-hand the challenges faced by young people today. I believe that when teachers, coaches, parents and carers work together to promote strong self-esteem and emotional resilience, children and young people can thrive socially, emotionally and in education.”





# What does this term look like in The Wellbeing Hub?



## The Wellbeing Hub Content Lineup - Summer Term 2023 -

### April - Diversity & Inclusion

Week 1: Blog on the power of kindness by Alicia Drummond, Therapist & Founder of The Wellbeing Hub.

Week 2: Blog on supporting our children to celebrate diversity by Dr Tamara Scully, Clinical Psychologist & Expert in The Wellbeing Hub.

Week 3: Webinar on changing the way we talk about disability with Amy Oulton, and Disability Inclusion Speaker (most recent feature on TEDx).

Week 4: Live event for schools on ethnicity and cultural values with Cliff Foulger, a diversity and inclusion trainer and the CEO of About Face, an organisation tackling racial inequality.

Bonus Webinar: Autism & Girls - Why the presentation is so different with Tessa Morton, Co-Founder of ActforAutism.

### May - Managing Challenging Behaviour

Week 1: Video: Why children resort to challenging behaviour & how to set boundaries by Alicia Drummond.

Week 2: Blog: From Punishment To Problem-Solving by Julia Philpott, Parenting Coach & Expert in The Wellbeing Hub.

Week 3: Webinar on managing anger and other difficult emotions with James Hawes, an experienced psychotherapist and an accredited member of the British Association for Counsellors and Psychotherapists.

Week 4: Managing risk taking behaviours by Alicia Drummond

Bonus Content: Podcast on emotional fitness with boys with James Hawes.

### Q&A

These webinars are in addition to the monthly Q&A sessions run by our in-house experts on the first Tuesday of every month at 1pm, and the weekly resources.

### June - Hormones

Week 1: Blog: The impact of nutrition on hormones by Tina Lond-Caulk BSc, Nutritionist, Author and Speaker.

Week 2: Podcast: Balancing teenage hormones: a natural health perspective by Caroline Gaskin MCPH, Homeopath & Holistic Health Coach.

Week 3: Webinar: Sex hormones and their impact in adolescence with Dr Catherine Whitlock, Science Writer and Author.

Week 4: Blog: Sleep and its effects on the hormones that regulate your child's growth and development by Dr Catherine Whitlock, Science Writer and Author.

Bonus Content: Blog: Natural ways to support hormone health by Caroline Gaskin MCPH, Homeopath & Holistic Health Coach.

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## The Wellbeing Hub Content Lineup - Summer Term 2023 -

### July - Family Dynamics

Week 1: Blog: What number are you? And does it matter? by Dr Tamara Scully, Clinical Psychologist & Expert in The Wellbeing Hub.

Week 2: Podcast: How to have a good divorce with Annabel Andreou, Lawyer at Debenhams Ottaway LLP.

Week 3: Webinar: Common challenges in blended families with Professor Lisa Doodson, a Chartered Psychologist specialising in stepfamily dynamics.

Week 4: Blog: Adjusting to a new step-parent or sibling: a guide for teens by Professor Lisa Doodson, a Chartered Psychologist specialising in stepfamily dynamics.

Bonus Content: Blog: Supporting siblings of children with special needs by Julie Wales, BACP registered and National Autistic Society approved Counsellor.

**Q&A**

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## The Wellbeing Hub is priced at £5 + VAT, per pupil, per year.

By charging per pupil, we aim to make it accessible to both large and small schools.

The price includes:

- The Wellbeing Staff Hub for all staff
- The Wellbeing Parent Hub for all parents
- The Wellbeing Pupil Hub for pupils aged 16+
- The Wellbeing Pupil Hub for pupils aged 13+
- The Wellbeing Junior Pupil Hub for pupils aged 10 - 13
- Gift The Wellbeing Hub to a maintained school of your choice

i.e. for a school with 700 pupils, the price is  $700 \times £5 + \text{VAT} = £3,500 + \text{VAT}$ .

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Our school Account Managers are on hand to help each school get the most out of The Wellbeing Hub.

Some of the things they provide:

- Onboarding packs for an easy set up
- Hub tour video for each area of The Wellbeing Hub to help engagement
- Suggested intro briefing emails for staff and parents
- User guides for Parents, Pupils and Staff
- Pupil discovery check list to help them see all on offer and navigate The Wellbeing Hub
- Press and Social Media toolkit to maximize marketing and PR opportunities
- QR code posters - staff and pupils can scan to register
- Weekly Content & Social Media graphic updates for inclusion in your school newsletters to encourage parental engagement.
- Option to save The Wellbeing Hub to your home screen
- Wellbeing Ambassador Programme for Pupils

Saving school staff time and helping the whole school community engage with all The Wellbeing Hub offers.





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For further information:

01273 093940

[Info@teentips.co.uk](mailto:Info@teentips.co.uk)

[www.teentips.co.uk](http://www.teentips.co.uk)

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