



European, World &
Paralympic Champion

Bespoke

MENTORING



SPECIALISTS IN WELL-BEING BOOSTING INTERVENTIONS

Mental
Health
Awareness

Resilience

Disability
Awareness

Bespoke
Workshops

www.bespokementoring.org

Our vision

Since Rio 2016 we have worked with over 200 Schools, sports clubs, businesses and individuals.

Due to adverse life experiences, we have both been forced to focus on managing our own mental health more than the average person. As a result of this, our company aims to set up every single one of the people we mentor to understand the positive and negative effects of their current lifestyles on their emotional health and well-being. We aim to do this by sharing life stories and introducing best well-being practice.

We aim to support and challenge young people and adults to use the increased knowledge and understanding of well-being to make sustainable changes to their lifestyles which will ultimately have a positive impact on their mental health.

We want to offer this invaluable health intervention to all ages and backgrounds and then offer a connection for ongoing support.

This mentoring will make people happier, more able to function and more able to reflect and act when they start to feel emotionally vulnerable.



Andy J Lewis MBE, Amputee

Andy is a focused multi gold medal winning professional athlete, currently holding Paralympic, World and British titles. He is inspirational, committed and a great listener.

Andy was recently awarded by the Royal family with an MBE for his services to sport.

Andy is a well travelled mentor who has worked with many different cultures, genders and religions.



Chris Powell

Chris is a multi award winning health and well-being specialist. He has worked with a range of local and national health intervention providers to impact on a range of outcomes that impact on emotional well-being.

Chris creates the life changing bespoke mentoring programmes. He will be working alongside Andy to tailor the programmes to meet the needs of the participants we meet along the way.

Values

Our mental health, dependent so much on the well-being practices we employ, is very important to us. Things have not been straightforward for either of us, but has ultimately enabled us to work, perform and live life at a whole new level. Our vision is to help and support others who are experiencing health issues and to set up practices for those who will need this in the future across all walks of life.

Our Partners - We currently work alongside:



Active Gloucestershire



The Outcomes

Our bespoke mentoring programmes will improve the quality of life of each individual, boost emotional well-being, help people to reflect on their current lifestyles and change behaviours that impact better on their mental health.

Positive Playtime Practice

Positive Playtime Practice is a well-being boosting intervention facilitated by Bespoke Mentoring but driven by pupils and midday supervisors and it transforms the daily well-being behaviours of everyone in the school playground. It also helps school leaders to set up a common understanding of what well-being is and how it can be improved.

This intervention will have an impact on your whole school community, not just on your pupils.

It takes the most unstructured time of the day and totally transforms it to engage pupils in more of the Government Foresight's 'Mental Capital and Well-being' project outcomes.

This, 5 ways to well-being approach, boosts engagement, happiness, social interaction, physical activity and continues learning out of the classroom, as well as decreases isolation, poor behaviour and low mood.

What will the training day give you?

- A greater understanding of what 'well-being' is and how you can boost well-being in your school.
- Baseline data showing the current well-being behaviours of the groups we work with. You will also be left with the baselining tool to then assess impact following the setup of the practice.
- An action plan for playtimes that brings the '5 ways to well-being' to life at your school, created by your pupils and MDSV.
- You will also get a collective well-being score for the groups we work with and the tool to be able to gauge this once the practice has been started.

For further information visit:
www.positiveplaytimepractice.co.uk



Schools have reported that as a result of the practice:

- Low level poor behaviour has been, in some schools, totally wiped out.
- Targeted isolated pupils are now more engaged at break and lunch time play and social interaction.
- The physical activity levels of the least active pupils has considerably increased.
- The Midday Supervisors feel more confident to act when they see an isolated pupil.
- For all schools who used the Warwick and Edinburgh Well-being Scale to gauge current well-being levels, the average well-being scores of the pupils, has considerably increased as a result of its introduction.
- The schools that added additional good practice during the implementation of practice, with other additional interventions such as the Daily Mile or Well-being Leaders, and also introduced this as a staff well-being intervention alongside, saw the biggest increases to their pupils' well-being.

£495.00 - Full Day - Training in School
£495.00 - Half Day - Cluster Training

Plus £85 per delegate to cover tool kit - Only given out at cluster training. All resources included to run your own PPP - Minimum of 15 delegates per session.



Well-being Leaders



Our inspirational 'Well-being Leaders' training was initially thought of by a group of pupils during their action planning section of the Positive Playtime Practice training.

The pupils were after some in school training, delivered by someone who could inspire, share knowledge and teach them to lead some activities to boost the well-being of their peers at break and lunchtimes.

They also asked for ideas that they could use to make their school friends more active but also to be more prepared step up to support them when they were feeling low and were struggling to share what they were feeling!

What will the 'Well-being Leaders' training day give you?

During the morning, pupils will discuss the role of the well-being leader, learn a bank of physical activities they can offer their peers and understand in more detail how they can support them when they are presenting low mood – using the '5 ways to well-being' and some of the Samaritans Small Talk resources to do this. They will also discuss playtime leadership scenarios to get an understanding of how to manage challenge and poor behaviour. This is a very practical session.

During the afternoon, the pupils will undertake an assessment which includes planning, delivering and evaluating an activity within a team of 6. They will also in pairs, roleplay how you would support a peer who is feeling low – sharing their new '5 ways' knowledge and coming up with ideas that will help them move their peers' mood.

End of Day Celebration: To finish the day off, the group, alongside Andy, will present their work



to the whole school, and receive certificates, during an end of day assembly. Here Andy will also talk about his experiences of times in his life where he has felt low and how others have helped him, similar to the ways in which the children in your school, will now be able to support their peers.

He will also share the important message that it is ok to feel low, but it's what you do to move your mood that's important!

We are also always looking to go above and beyond to help you to get the best pupil outcomes you can. So, during the day, Andy would also have some time to fit in some targeted meetings with students who might benefit from some 1-1 time to discuss their SEND conditions or problems with behaviour.

Schools have reported that as a result of the practice:

- Our children and staff are left buzzing
- Our leaders cannot wait to get their playground sessions started
- That teachers feel this is a far more sustainable way to set up playground leadership and they see it as a yearly training event
- The physical activity levels of their less active pupils have increased
- In our school, children now have a greater confidence when talking about their feelings and when supporting others to talk about theirs – but all starting off from using 'Small Talk' strategies

£495.00 - Full Day - Training in School

£495.00 - Half Day - Cluster Training

Plus £110 per delegate to cover tool kit - Only given out at cluster training. All resources included to run your own WB Leaders programme - Minimum of 15 delegates per session.

Well-being Mentors



Our newly developed 'Wellbeing Mentors' follows on from the Primary Wellbeing Leaders Programme, and again similar to the Primary version, was initially thought of by a group of students in Gloucestershire.

In this programme, the mentors focus more on the supporting role they would play as a peer mentor, learning their roles and responsibilities before the end of year 8, with the hope of applying these newly acquired skills as they, and their friends, move into the most vulnerable year of their lives to date.

What will the 'Wellbeing Mentors' training day give you?

During the morning, students will investigate the role of the wellbeing mentor, and will look at wellbeing and the impact everyday life can have on them, and their peers. The leaders will also work through a bank of activities designed to boost the wellbeing levels of fellow students, either through set weekly drop ins or in a more informal way.

Once again, the '5 ways to wellbeing' and some of the Samaritans Small Talk resources will be a driver for this work.

During the afternoon, the students will take part on some of Andy's very best team building challenges and undertake an assessment which includes planning, delivering and evaluating a peer support activity within a team of 6.

They will also in pairs, roleplay how they would support a year 8 peer who is feeling low – sharing their new '5 ways' knowledge and coming up with ideas that will help them move their peers' mood.

End of Day Celebration: To finish the day off, similar to the Wellbeing Leaders programme, the group, alongside Andy, will present their work to the rest of their year, and receive their Bespoke Mentoring Wellbeing Mentors pin badges. During this session, Andy will also talk about his experiences of times in his life where he has felt low and how others have helped him, similar to the ways in which the children in your school, will now be able to support their peers.

He will also share the important message that it is OK to feel low, but it's what you do to move your mood that's important!

During the day, Andy will also have the time to fit in some targeted meetings with students who might benefit from some 1-1 time to discuss their SEND conditions or problems with behaviour.

Schools have reported that as a result of the practice:

- Students tell us that as a result of the weekly sessions they understand now the importance of bringing in more of the 5 ways to wellbeing and they say they feel more confident when supporting their friends in this area.
- The teachers have shared that they have seen a boost in self confidence of the students that have taken part. They seem to just get on with Andy immediately and create a trusting relationship that gets the best out of them.
- A life changing experience and one that I know we will be talking about for years to come!

£495.00 - Full Day - Training in School

£495.00 - Half Day - Cluster Training

Plus £110 per delegate to cover tool kit - Only given out at cluster training. All resources included to run your own WB Mentors programme - Minimum of 15 delegates per session.



Well-being Behaviour 1-1 & Group Mentoring



This programme is delivered by Andy Lewis MBE over 7 sessions.

Sessions 1 and 7 help to gauge the current behaviours of the students, taking scores against the '5 ways to wellbeing' and the Warwick and Edinburgh Wellbeing Scale.

During sessions 2-6, Andy will share experiences and support goal setting towards each of the 5 ways, that are the top 5 behaviours that need to be participated in, to maximise happiness and functionality:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

Under each of the headings, Andy will help the student to understand how they can bring more of the behaviour into their day/week/month and on a weekly basis help the student to evaluate their outcomes, and support further.

All of the sessions are active, engaging and one even sets up the student/s up to put Andy's robotic leg back together while talking through what they do to take notice of their mood and change it when they feel low.

£75.00 per half hour

Minimum of 7 sessions per booking, minimum of 1.5 hours a day.



Our Bespoke Programmes

Alongside the set well-being interventions, we also work with schools and local authorities to create bespoke programmes dependent on the outcomes that need achieving.

We have supported schools in the past to create interventions on the following:

- Sleep
- Resilience
- Risk Taking Behaviours
- Physical Activity
- Staff Well-being
- Target/Goal setting
- Disability awareness
- Disability mentoring



These interventions have been implemented into the Foundation Stage all the way through to Key Stage. 4.

Some of these more bespoke interventions have been used by schools to achieve national or county wide accreditations, such as Healthy Schools Status, so included in all of these we build in baseline and end outcome data collection tools, which help the schools to present statistical impact alongside the narrative of the journey.

Please feel free to contact us to find out more about our bespoke programmes and we hope that we can help you with the solutions you are looking for.

Costs:

Dependent on bespoke intervention created.





European, World &
Paralympic Champion

Bespoke

MENTORING

Positive Playtimes has transformed our break and lunchtimes.

It has given the children and staff a purposeful structure to enjoy the five areas of well-being. I have been completely surprised how low-disruptive behaviour has reduced over the past two months and would recommend to anyone to adopt such a simple but effective vehicle to engage the children. The children are more active, more empathetic and are immersed in plenty of activities to stimulate their collaborative developments. The Learning Area has had the most affect, seeing children motivated to be tested on times tables and spellings - this has sparked collaboration and a growing sensitivity with each other's learning. Thank you Chris for your training and time.

Mr Preece - Headteacher, Churchdown Parton Manor Infant School



OFSTED acknowledgement: January 2019 (Good overall outcome)
Parton Manor Infant School, Churchdown, Gloucestershire

Personal Development, Behaviour and Safety

- The 'Positive Playtimes' initiative supports pupils' welfare successfully at breaktimes. Staff encourage pupils to play in the designated zones: 'stay connected, stay active, give compliments, learn new things and take notice'.

