

May 2021

Making Me Charity - Testimonial

We have been lucky enough to work closely with Liz Fordham who is the founder and CEO of Making Me Charity. Liz and her team have made a significant difference to how we, as a school, and our children, are able to talk constructively about mental health. Emotional literacy, mental well-being and resilience have long been important topics, and Making Me Charity have helped to put them at the forefront of our agenda, and to give our boys confidence in talking about them.

The charity has run many engaging, practical workshops with our boys aged 7-13. The aims have been to broaden the awareness of general mental health difficulties, using the 'shield of resilience' to bounce back from disappointment/upset, and to support our pupils in understanding developmental changes around puberty have been some of the topics that have been explored through these sessions.

For the youngest years, developing the boys' emotional literacy in order to support their wellbeing as they move through the school, is so important. Making Me introduced us to a number of strategies to support this and helped us to embed them in our school. These included use of feelings emojis to help all boys to feel heard, reassured and calmed, allowing effective learning to take place, and 'Casey the Caterpillar' who provided the opportunity for boys to explore and discuss a range of emotions.

Liz and her team have also provided parenting support to families within our community which has been gratefully received.

At the start of the Coronavirus pandemic, the Making Me charity shared information on anxiety and uncertainty; change and loss, and mindful grounding. This information offered useful emotional well-being support to staff. Most recently, Liz Fordham delivered two excellent online assemblies on well-being and resilience, in the context of lessons learned during lockdown. She led one for boys in Y3-5 and another for boys in Y6-8. The sessions were very interactive, with boys thoroughly engaged on the chat function in Microsoft Teams. Liz encouraged the boys to think about lessons learnt from lockdown, and how to bounce back when things don't work as expected. It was very timely, and helped the boys to come out of lockdown in a very positive frame of mind. Boys looked at people from history and current celebrities to overcome difficulties to become successful.

Overall, we are delighted with the work of Making Me Charity, and particularly the close and collegiate support, and professional shown by Liz Fordham and team.

All the best



Ian Silk
Headmaster

From the Headmaster Ian Silk

Bedford Preparatory School, De Parys Avenue, Bedford MK40 2TU

Tel: +44 (0)1234 362271 Fax: +44 (0)1234 362285

Email: isilk@bedfordschool.org.uk www.bedfordschool.org.uk

VAT No. 322464676

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