

At Making Me we...

...give children the power
to thrive.



contactus@makingme.org.uk



<https://www.makingme.org.uk>



Charity No. 1176751
Registered in England & Wales

Emotional and mental wellbeing in children is more important than ever, with more struggling due to the global pandemic. In the last 3 years, the likelihood of young people having a mental health problem has increased by 50%¹

Increased feelings of isolation, especially during and after the pandemic²

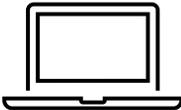
2 in 3 

13-25 year olds believe the pandemic will have a **long term negative effect** on their mental health²

Over half 

of 11 to 16 year olds with a probable mental disorder said lockdown made their life worse⁷

To stay connected, children are increasingly online and turning to social media

91% of 16-24 year olds use the internet for social networking³ 

54% of young people have witnessed '**mean comments**' on social media⁵

1 in 5 

11 to 15 year olds experienced some form of **bullying via electronic communication** over a two month period⁴

Diagnoses for mental health difficulties in children are increasing

% school age children with mental health problem⁶

2004	10.8%
2017	11.1%
2020	16%

The increase from 2017 to 2020 is affecting **all children** and young adults, from age 5 to 22⁶

Already under resourced NHS services & schools are under increased pressure

Teachers are the **most common** support for children with a mental disorder⁴ 

23% of pupils said mental health support in schools was **less** after the pandemic compared to pre pandemic²

1 in 3 

children referred to the NHS are **not accepted** for treatment¹

Over 2/3 of young people prefer to access mental health support **without going through their GP¹**

¹The Children's Society. Children's mental health statistics. 2021 ²Young Minds, Coronavirus: Impact on young people with mental health needs, Survey 4. February 2021 ³Royal Society For Public Health, Social media and young people's mental health and wellbeing. May 2017 ⁴Public Health England, 5. Children and young people. Updated 25 October 2019 ⁵House of Commons Science and Technology Committee. Impact of social media and screen-use on young people's health. 31 January 2019 ⁶Centre for Mental Health, Children & Young Peoples mental health, the facts. 2021 ⁷NHS Digital. Mental Health of Children and Young People in England, 2020: Wave 1 follow up to the 2017 survey. 22 October 2020

At Making Me we want to equip schools with the resources to enable all children to reach their potential.

A Making Me child is a thriving child who...

Is confident in their choices

Embraces their mental wellbeing

Feels empowered by knowledge

Is emotionally **resilient**

Prioritises their own mental health

Understands their emotions



Effectively **communicates** their feelings

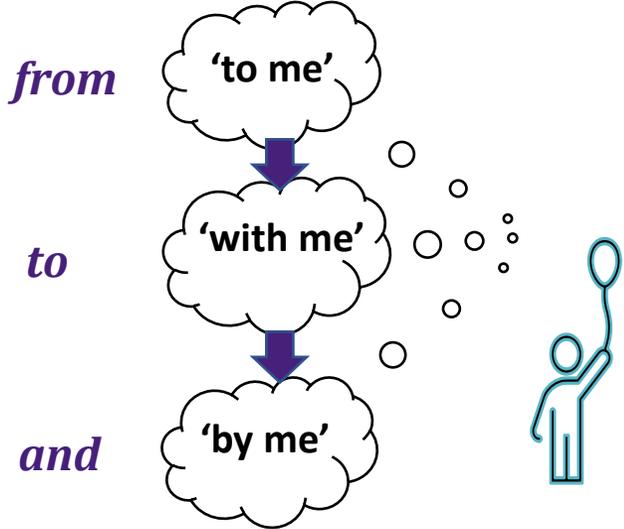
Makes informed decisions about the **person they want to become**

Our Wellbeing Programmes equip children and young people with the knowledge to proactively build good mental health and resilience. With early intervention, they can develop the skills and understanding to overcome life's hurdles and navigate their mental and emotional journey into adulthood.

The benefits include...

EMPOWERING CHILDREN

By providing a clear and structured framework for their developmental journey we believe that **knowledge is power** and aim to give children the resources to change their mentality.



INCREASING ACADEMIC ENGAGEMENT

We give children **practical skills** to understand how to be **mentally** and **emotionally well...**



..to help **prevent future difficulties**, and improve **academic engagement...**

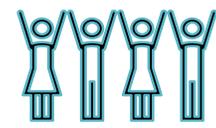
...supporting children in **maximising their potential** and **giving them the power to thrive.**



WHOLE SCHOOL APPROACH

The Government have cited '**good education**' as a protective factor to decrease vulnerability and increase mental wellbeing¹

Our programmes offer a whole school approach to equip pupils, staff, parents and carers



with the resources to create a consistent and sustainable developmental journey so

every child can be a Making Me child.



¹Public Health England, 5. Children and young people. Updated 25 October 2019

At Making Me, our team have the vision to give children the power to thrive, whatever their background.

Our Programme content supports the Department of Education:

- Statutory Guidance for Teaching about Wellbeing
- Physical Health and Mental Wellbeing: Primary Guidance
- Guidance on Mental Health & Behaviour in Schools
- Education Staff Wellbeing Charter

Our Programme also has a Whole School Approach:

- Staff Inductions
- Whole School Assemblies
- Pupil Workshops
- Parent/Carer Workshops

Led by our Founder & CEO Liz Fordham



Liz is a BACP registered counsellor, with a Masters degree in Child and Adolescent Counselling and Psychotherapy from Cambridge University. Liz's mission is to give children the ability to care for their mental wellbeing before they encounter difficulties and need specialist help, knowing that she can benefit more children through her preventative programmes of easy-to-understand workshops delivered in schools than by offering one to one counselling.

"The training engages staff in considering the way the brain responds to emotional stress and how children can be supported to cope. Several said it was the best training they had had"

Camestone School, Kempston

"Recognising it's not just me that feels like this"

"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"

Bedford School (Prep)

"This programme has the ability to transform a school's approach to managing pupil behaviour and developing their wellbeing and resilience"

Sutton VA Lower School

"It helps to deal with things outside school too"

"It's helped me to realise I can talk about my feelings"

Our programmes are founded on academic research and action oriented, here's what our schools and the children say...

"Parental feedback praised the practical ideas that helped to develop their understanding that children need to be 'seen, held and heard'"

Cranfield Church of England Academy

"I know it's OK to feel sad sometimes"

"The children use KIPSY, daily, to express their feelings and conversations with staff support their ability to make a positive start to the day, regardless of how they have entered the school"

Shortstown Primary School

"It helps you when you are struggling and want to give up"

"As well as emotional literacy, as a federation, we have identified that resilience amongst our older children is a skill that is so necessary for the pressures of modern life, transition to secondary school and lifelong learning"

Yardley Hastings Primary School