

Primary Schools Peer-led Wellbeing Ambassadors Training Year 5 and 6

A Wellbeing Ambassador promotes wellbeing in school through education, activities, events and whole school communication.

Eikon will provide 2.5 hours of training and a printable workbook, covering the following:

- Raising awareness of mental health needs and the importance of personal wellbeing
- To educate and equip young people with knowledge and actions to improve wellbeing
- To teach the 5 Ways to Wellbeing and provide experience of them
- To create student led plans to educate and impact the whole school on wellbeing
- Awareness and signposting pathways for support available to students in school and externally

All resources used will be shared with the school so that they can run their own 5 Ways to Wellbeing sessions for the rest of the school.

School Commitment:

The following needs to be in place in order to make peer-led wellbeing work in your schools;
A named key contact (ideally from the SLT) to support the team and maintain momentum by:

- Support in implementing events, activities and presentations at all levels of school life
- Plan and attend regular meetings with the wellbeing ambassadors
- Helping students identifying and access resources and funding considerations

Eikon will support the school by providing on request:

- The evidence base for the 5 Ways to Wellbeing
- Newsletter material
- Wording for pastoral policies

The schools will:

- Select students to attend
- Ensure the key contact helps facilitate the training, working with your school group when required
- Provide a room, ability to show video and PowerPoint (host school)
- Complete a short report collated by students identifying what has been implemented through Peer-led Wellbeing activities, to include the results of a small sample of awareness of the 5 Ways to Wellbeing amongst students and staff

A Mindsight Surrey CAMHS service
provided in partnership with

Surrey and Borders Partnership 
NHS Foundation Trust



- Speak to us a month after training session to update us on progress and provide any feedback

Inspiring young people. Transforming lives.

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