

Training

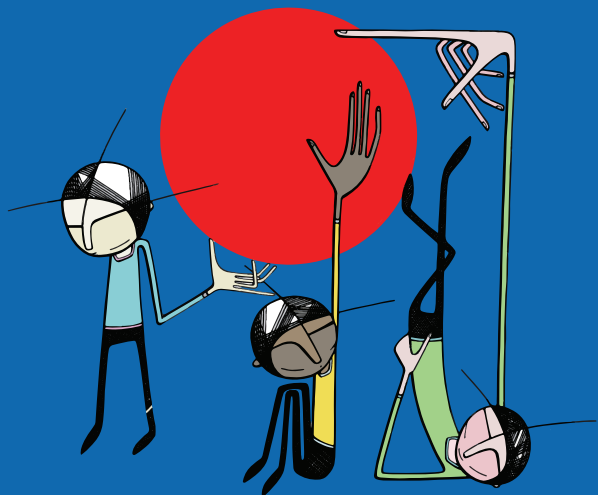


We offer a variety of training models to suit your needs. See the website for further information or contact Sue Burling (Project Administrator) at sue@facts4life.org.

"I think it's very exciting and relevant. The materials are clear, attractive and easy to use and the course well delivered."

"Insightful, thought provoking and great delivery."

"Thank you! A very informative session which will have a big impact in our school."



For further information on the work of Facts4Life, please contact:

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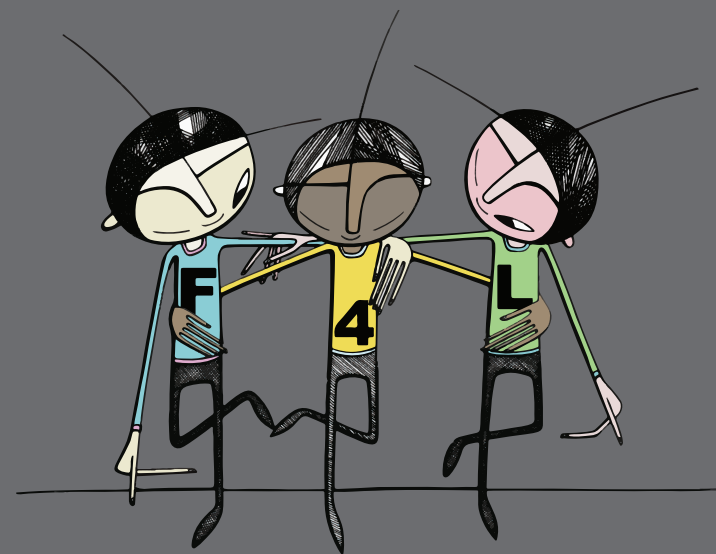
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Facts4Life
redefining health education

Pre-school, Primary, Secondary
School Resources
including Mental Health



**Book a training course for
your school!**

What is Facts4Life?

Facts4Life is a health resilience programme for pre-school, primary and secondary settings (including parents) that provides opportunities to learn more about physical and mental health. The resource is written by experienced teachers and is designed to harmonise with a range of existing curriculum areas.

What does Facts4Life do?

Facts4Life teaches a new way of thinking about our health which challenges commonly held beliefs about illness and builds resilience. We do this by exploring three key ideas:

1



Riding the Ups and Downs

sometimes we feel well, sometimes not - that's normal

2



Keeping Balanced

we often don't recognise that most of the time, most of us get better from most illnesses without medical help

3



Smoothing the Path

we can learn to take greater responsibility for our health and respond positively to life's challenges

What does Facts4Life do for schools?

- creates a climate for mental health issues to be addressed
- helps to promote good attendance
- facilitates openness about safeguarding by promoting coping strategies to manage risk
- encourages participation in physical activity and addresses diet and healthy weight

What difference does Facts4Life make?

Research by UWE, Bristol into the effectiveness of Facts4Life has shown statistically significant changes in attitudes towards the need for GP visits and medication, improved confidence in managing mental health and overall a growing resilience. Comments from those involved in the evaluation include:

“The lessons are interesting and help me to feel control over my life.”

“I do have a mental health thing, it's anxiety, and sometimes my anxiety can get really bad. It was nice to talk about it and to let other people know, instead of just keeping it a secret.”

“My favourite thing was learning that I can work things out for myself and do things to help myself.”