



Public Health
Gloucestershire County Council
Shire Hall
Westgate Street
Gloucester
GL1 2TG

Tel: 01452 328 695

14 December 2018

Re. GirlTalk: an emotional and wellbeing programme for young women

Dear Colleague,

I am writing to you to introduce GirlTalk; a free programme that will be delivered in Gloucestershire high schools following successful pilots, which aims to deliver key messages and help develop skills around emotional resilience, mental health and wellbeing for young women.

Achieving emotional resilience and mental wellbeing has been shown to impact positively on several areas of life including educational achievement, positive health and lifestyle choices and improved health and quality of life. Promoting mental wellbeing in young people also serves to protect those young people from future mental health challenges.

The outcomes include that the young women participating will feel confident in recognising poor emotional wellbeing; low resilience; the signs and symptoms of mental health problems in themselves and others; and they will take the steps to address these including knowing what actions they can do to improve their wellbeing and where to go for help should they need it. The programme will also enable participants to feel confident in both developing and delaying sexual relationships with the knowledge of how to remain safe and healthy, including the knowledge of where to go for help.

Fully funded by Gloucestershire County Council Public Health, the programme will be delivered by Cheltenham Town Football Club Community Trust (CTCT) who delivered the pilots for us. The flexible programme includes the following topics/themes;

- Mental health awareness
- Stress, anxiety and money management
- Body image
- Bullying and self harm
- Healthy relationships (consent, violence in relationships, LGBT etc.)
- Alcohol and drugs
- Online awareness





The sessions are usually delivered over one hour and consist of 30 minutes of classroom-based activity and 30 minutes of sporting activity. CTCT will be able to discuss your requirements for the various topics (e.g. replacement of the sexual health element if required) and delivery of the programme can be tailored to accommodate your timetable (e.g. all sessions in one day or spread out over several weeks).

To schedule your school's free sessions, please contact Olly Roberts at Cheltenham Town Football Club's Community Trust team at olly.roberts@ctfc.com or via 01242 518630.

Yours sincerely,

Suzie Lane
Outcome Manager – Public Health

