



School Engagement Team

What do we do?

At the Hub

- The Nest is a free and confidential mental wellbeing advice and support service for young people aged 11 – 25 in Southwark, Peckham.
- We offer early intervention and prevention for emotional and mental health issues.
- Young people can access wellbeing advice, 1:1 counseling services, group work, peer mentoring and virtual resources .

The School Engagement Team @ The Nest

In your school

- We offer assemblies, workshops and groups on mental health and wellbeing topics in primary and secondary schools.
- We also provide training to school staff and parents/carers to educate and build confidence in addressing common mental health concerns experienced by children and young people.



Current Delivery for children & YP's



UNIVERSAL

- Mental health 101 assembly
- Wellbeing and mental health
- Managing anxiety
- Mood & food
- Self-care
- Resilience
- Emotional regulation

TARGETED

- Managing anxiety group- 6 weeks
- Social Media & Wellbeing- 6 weeks
- Transitions- 6 weeks
- Pupils at risk of exclusion - 12 weeks

Current Delivery for teachers & parent/ carers



Trainings/ Workshops

- Self-care
- Emotional regulation
- Self- harm / suicidal Ideation
- Managing anxiety

Future Delivery



- The School Engagement Team are eager to respond to the emerging mental health and wellbeing needs of schools in Southwark.
- We are able to create and deliver further assemblies, workshops and trainings in response to the needs of children & YP's.
- Please get in contact with us if you would like discuss a future delivery.

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