

Family Mental Fitness North East

Programme Overview Leaders' Alliance Programme



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| EYFS | KS1 | KS2 | KS3 | FAMILIES |
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The Leaders' Alliance Programme is a dynamic 10-week initiative designed to inspire and empower young people—particularly those with SEMH needs—to become trusted wellbeing leaders within their school and wider community. Blending teamwork, creativity, and real-world leadership experience, the programme fosters pride, empathy, and a strong sense of social responsibility.

Participants will form a youth voice panel, meet community leaders, plan wellbeing events, mentor younger pupils, and engage in debates and presentations on issues that matter to them.

Purpose

To equip young people with the confidence, communication skills, and emotional intelligence to lead with empathy and make a positive impact within their school and local community.

Impact

- Builds self-worth and a sense of purpose in participants
- Promotes peer-led support and emotional literacy
- Strengthens school–community links through visible youth leadership
- Fosters pride, teamwork, and active citizenship

Outcomes

- Confident, empowered students ready to act as role models
- Increased peer-to-peer wellbeing support in school
- Greater awareness of community needs and how to effect change
- Improved leadership, communication, and public speaking skills

Example Session Structure

Each session includes:

- Icebreaker or leadership game to build confidence and trust
 - A focused leadership skill (e.g. empathy, listening, decision-making)
 - A project-based activity (e.g. debate prep, event planning, or design task)
 - Guest input from a community leader (e.g. police, councillor, artist, business owner)
 - “Mini mission” to complete before the next session (e.g. interview a peer, design a logo, or pitch an idea)
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Group Size

- Small group: 6 to 10 pupils
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Cost Per Session

Schools and Public Bodies: £32

Subsidised for families: £16

For Funders

Fully funded cost per 12-week programme: £2760

(£35 per user per session)

Fully Funded includes delivery by qualified practitioner, programme administration and evaluation reporting, in-session resources, venue hire, and take-home items.

Version: 1.0

Approved by: Director

Date: 19/08/25

Review Date: 19/08/26