

# Family Mental Fitness North East

## Funding & Partnership Pack



### Our Mission

At Family Mental Fitness North East CIC, we believe every child, young person, and family should have access to mental health and wellbeing support without long waits or unnecessary barriers.

We deliver early intervention programmes that are:

- Creative and non-stigmatising
- Accessible in schools, community spaces, and family-friendly venues
- Led by trained and accredited facilitators
- Fully reinvested – 100% of profits go back into services and community projects

### Our Governance

Family Mental Fitness North East CIC is guided by an Advisory Panel made up of professionals with expertise in mental health, education, community engagement, and lived experience.

The panel meets regularly to review programmes, monitor impact, and ensure our work stays true to our mission. This governance structure provides funders with reassurance that programmes are delivered to the highest standards, with transparency and accountability at every stage.

### Our Fully Funded Place Model

When you fund a place or programme, you're covering more than just the session cost.

Our funded rates include:

- Therapist/facilitator pay in line with qualifications and experience
- Session resources and materials
- Venue and travel where applicable
- Administration and safeguarding compliance
- Monitoring and evaluation to measure impact

We operate on a full programme funding model. This means that in order to run a course, we require funding for the entire group at full capacity. We are unable to run a programme for a single funded place in isolation. This ensures financial viability and the best possible group experience for all participants.

### Programme Overview & Costs

Programme Name	Max Users	Number of Sessions	Full Programme Cost	Per user/session Cost	
Sensory Messy Play	6	12	£24	£1,728	Playful sensory sessions using textures, sounds, and movement to support early development.
Phonics, Story and Phyme Circle	6	12	£23	£1,656	A joyful blend of rhyme, rhythm, and early phonics to build strong pre-reading foundations.

Drawing & Talking Therapy	1	12	£74	£888	Gentle, child-led drawing therapy to process emotions and build confidence.
Group Sandplay Therapy	4	12	£32	£1,536	Creative, non-verbal play in sand to explore feelings and improve emotional regulation.
Individual Sandplay Therapy	1	12	£74	£888	Creative, non-verbal play in sand to explore feelings and improve emotional regulation.
Lego®-Based Therapy	6	10	£22	£1,320	Team-based LEGO® builds developing communication, problem-solving, and social skills.
Sensory Circuits	8	10	£24	£1,900	Movement-based regulation using Zones of Regulation, leading to improved focus and calm.
Music Mind Movement	8	10	£24	£1,900	Rhythmic movement and music using props and beat-based dance to boost mood, energy, and focus
Food Explorers	5	10	£36	£1,800	Sensory food sessions led by ARFID-experienced facilitator, building curiosity and comfort with food.
Sensory Sleep Clinic	8	10	£24	£1,900	Family bedtime routines with sensory tools to improve sleep and emotional regulation.
Read to Feel – Therapeutic Book Club	8	10	£31	£2,460	Shared reading and creative reflection to build empathy, confidence, and emotional literacy.
Teen Sensory Sleep	8	10	£27	£2,140	Journaling, relaxation, and sensory regulation tools for better teen sleep patterns.
Art Therapy Programme	8	10	£31	£2,460	Creative expression to explore identity, reduce stress, and improve self-awareness.
Emotional Intelligence & Journaling Workshops	8	10	£24	£1,900	Guided journaling and discussion to build self-awareness, resilience, and coping strategies.
Leaders Alliance Programme	8	10	£35	£2,760	Leadership, empathy, and signposting training for young people, with hoodies and recognition.
Minecraft Therapy	1	12	£74	£888	Goal-led therapeutic gaming to develop communication, teamwork, and problem-solving
Parent Support Groups	10	10	£16	£1,600	Themed talking sessions on sleep, regulation, and social media, giving parents practical tools.
Mini Mindfulness & Relaxation for Families	12	10	£21	£2,520	Guided mindfulness activities to help families relax together and build connection.
Family Workshops & One-Off Resets	12	10	£21	£2,520	Creative or game-based sessions strengthening family bonds and wellbeing skills.

## Ways to Support Us

- **Fund a Project** – Cover the cost for a child, young person, or family to take part in a programme.
- **Sponsor a School or Community Venue** – Fund a specific service in your local area.
- **Corporate Social Responsibility (CSR)** – Align your brand with our mission through funding, volunteering, or in-kind donations.
- **Community Partnerships** – Schools, GPs, youth services, and charities can commission sessions directly or refer families to funded places.

**Family Mental Fitness North East – CIC Number 16642311**

## **Corporate Social Responsibility (CSR) & Reporting**

We welcome partnerships with local and national businesses as part of their CSR commitments.

When you support us, we:

- Provide a clear funding agreement outlining the purpose and scope of your donation
- Deliver anonymised impact updates and case studies
- Recognise your support (where agreed) online, in publicity materials, and community reports
- Offer optional wellbeing sessions or volunteering opportunities for your team

## **Contact Us**

[kay@familymentalfitness.com](mailto:kay@familymentalfitness.com)

[familymentalfitness.com](http://familymentalfitness.com)

