



# Health & Wellbeing Programmes



**Introduction:**

Bespoke Training & Education now offers health, wellbeing and therapeutic support programmes for young people and families.

As most of the local authority provisions are working hard to reduce waiting times for additional help relating to mental health issues, behaviour and SEND.

We aim to help those who are unable to access the local authority provisions at this moment in time. We can offer interim support for those most in need.

Everyone attending our programmes will have a dedicated tutor, who will help them reach specific targets set by our health and wellbeing therapist through our 'Chats 4 Change' programmes.

Our health and wellbeing therapist, can help them with issues relating to the following areas

**Support Programmes to help with:**

- Building relationships, with friends, family and peers
- Emotional regulation/ resilience
- Improving self-esteem
- Support around the family, e.g. coping with parental separation
- Behaviour support
- Parenting support
- Bereavement and loss support
- Alternative support programmes- creative therapies – Sport – Animal – Nature
- Self-development and independence
- Exclusion – at risk of or having become permanently excluded
- Attendance – developing strategies to improve
- Inclusion programmes
- Supporting transition

Our health and wellbeing support programmes are developed to help plan for the next steps back into education or building positive relationships with family and peers.

The sessions can be delivered in small groups or on a one to one basis.

Bespoke offers a place of focus, trust and personal development, where people are given the time, space, help and the opportunity to access a variety of health and wellbeing programmes that they choose to do.

This will encourage trust, structure, planning and give an understanding of what they can achieve themselves.

People benefit from a variety of programmes, which include:

### **Creative Therapies Programme**

Everyday projects or tasks that use creativity are known to promote well-being.

Research has shown there is an association between everyday creative activity and positive feeling. Breaking down barriers through drawing, painting, colouring, music, working with clay or other natural resources to help people express themselves and examine the emotional feelings in their work.

With guidance, we can help interpret the nonverbal messages, symbols, and images often found in these forms, which should lead to a better understanding of feelings and behaviour, so they can move on to resolve deeper problem.

### **Health & Fitness Programme**

Exercise keeps our heart, body and mind healthy. There is evidence that exercise can help reduce depression, anxiety and stress. Exercise helps you to feel good about yourself, it can help manage your emotions, increased energy, improving your sleep and mood.

Exercise helps to contribute to maintaining a healthy weight and building healthy bones, muscles and joints. But it also helps develop brain function, improves confidence.

We work on a one to one or small group basis, trying out racket sports, ball sports and gym sessions.

### **Cooking Programme**

Cooking is a complementary therapy, that can provide several therapeutic benefits which can be helpful for those with depression or anxiety. The increased concentration required during cooking can help distract you from things that may be bothering you, and the sensory experience of preparing food may provide a sense of calmness and relaxation.

It may be helpful for those who find it difficult to open or who think they may benefit from the mindfulness and positive self-esteem associated with cooking.

### **Animal Programme**

The bond that can develop between people and animals can provide a sense of calm, comfort, or safety and divert attention away from a stressful situation and towards one that provides pleasure.

They relax people and help develop communication. Animals can assist in combating loneliness, it can enhance social support, both through interactions with the animal and interactions that involve other people.

Animals can lead people to get more physical activity than they would otherwise. We have a variety of animals who can help people achieve reduce social anxiety, improve interpersonal skills by working with our hens, ducks, rabbit or guinea pigs. There is the opportunity to work with our dogs, donkeys and pony, by taking them on walks or working with them in our fields and menage.

## **ECO (Nature) Programme**

Spending time outside has shown to trigger several positive changes in our bodies, both psychological and physiological. This programme is about incorporating nature into some kind of mental health or therapeutic practice.

Studies have shown an increase in happiness, well-being, positive social interactions, and a sense of meaning and purpose in life, as well as a decrease in mental stress.

If it is a walk through our woodland, sitting by the pond, making a fire to have a hot drink and warm marshmallows, you naturally start to speak of the things that are on your mind.

This programme is literally at one with nature, in the moment a calming environment listening and thinking time to follow whatever positive pathway you want to.

## **Horticulture Programme**

Horticultural or garden therapy, is a therapeutic practice that incorporates gardening and plant-related activities to promote physical, mental, and emotional well-being.

It recognises the natural connection between humans and nature and connects the healing properties of plants, gardens, and outdoor environments to help personal growth and recovery.

Structured sessions relating to the seasons and projects that are aimed at improving personal wellbeing and developing interpersonal skills by working with flowers, trees and vegetables.

The structured nature of gardening activities helps improve focus, communication, and sensory integration. The multisensory experience of interacting with plants and soil contributes to a holistic developmental approach.

**For further information, please contact Graham Coffey on 07966436671 or via email at [bespoke.te@gmail.com](mailto:bespoke.te@gmail.com)**