



One minute guide

MindMate Friendly and Champion Programme

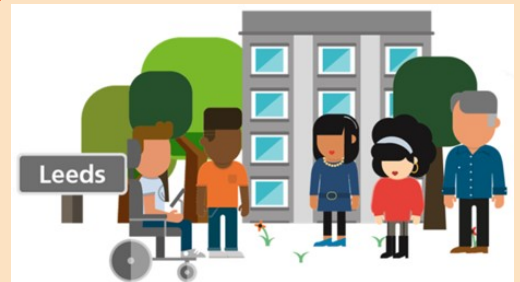
No. 143 October 2020

What is MindMate?

MindMate is the name for training and resources that support children and young people's Social, Emotional and Mental Health (SEMH) in Leeds. There is information about MindMate available on the [website](#), which includes pages for children and young people, parents and carers and for professionals.

What is the MindMate Friendly and Champion Programme?

The MindMate Friendly and Champion programme is a self-evaluation process linked to action planning for schools and settings, including children's centres and colleges. It is a part of the prevention element of [Future in Mind Leeds](#): a strategy to improve the Social, Emotional & Mental Health (SEMH) and wellbeing of children and young people aged 0-25 years. The programme is managed and run by the [Leeds Health & Wellbeing Service](#).



What does the programme provide?

- Access to the SEMH section of the [Healthy Schools School Health Check](#) and action planning tool;
- One to One support to complete the self-evaluation process and become a MindMate Friendly and MindMate Champion setting.
- Access to MindMate Lessons: an emotional literacy and mental health curriculum for KS1 – 4, which has been updated for 2020/21.

How does it work?

Each setting has a dedicated consultant as a point of contact. It is expected that several members of staff will be involved in the self-evaluation and action planning in addition to the Continuing Professional Development elements, as it is a whole school/ setting approach. A step by step summary is shown here about how it works for settings:

Step 1

Register setting details on the [MindMate Champion website](#). This will allow access to the MindMate lessons and link to the Leeds Healthy Schools programme (SEMH section). Register for the [School Health Check](#)

Step 2

Work through the Social, Emotional & Mental Health section which, across 10 sections, supports schools and settings to audit against the following:

- | | |
|------------------------|-----------------------------|
| 1. Leadership | 6. Pupil Voice |
| 2. Policy | 7. Support Services |
| 3. Curriculum | 8. Professional Development |
| 4. Teaching & Learning | 9. Partnerships |
| 5. Assessment | 10. School Ethos |

Step 3

Once complete, submit the self-evaluation .

Step 4

A successful self-validation will result in the setting gaining MindMate Friendly Status. A logo and certificate and issued to the setting.

Step 5

In order to gain MindMate Champion status, a MindMate Friendly setting will choose one area of their SEMH work to focus on and demonstrate difference and impact on. Setting are encouraged to gather baseline and impact data using the [My Health My School Survey](#).

Key contacts or for more information

For more information you can access the [MindMate Champions website](#).

For enquiries about the MindMate Champion Programme, email:
schoolwellbeing@leeds.gov.uk