



Place2Be's  
**Wellbeing**  
in Schools  
**Awards**

13 June 2022

BAFTA, London



Garfield Weston  
FOUNDATION



BAFTA



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# Garfield Weston

## FOUNDATION

The Garfield Weston Foundation has been proudly supporting the work of Place2Be for over 18 years.

From funding the initial expansion of Place2Be's training provision and qualifications pathway; to the early development of the Mental Health Champions Programme; enabling the establishment of Place2Be's learning hub in Clerkenwell; and supporting the Wellbeing in Schools Awards for a third season.

More recently The Foundation made a generous unrestricted donation which enabled Place2Be to rapidly pivot from face-to-face to digital service delivery, in order to continue serving hundreds of school communities during the pandemic and lockdown periods. With help from Garfield Weston, Place2Be was able to equip its school-based staff for remote working, develop and deliver training on supporting young people and their parents digitally, and continue with its plans to grow its work in schools to meet the ever-increasing need for support.

For almost 20 years, The Foundation's support has underpinned the charity's growth and helped Place2Be lead the way in delivering school-based mental health services. The Garfield Weston Foundation is delighted to be supporting Place2Be's Wellbeing in Schools Awards again tonight, celebrating those who go above and beyond, to help children and young people navigate life's challenges and to thrive.

**Philippa Charles**  
Director, GWF

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## About Place2Be

**Place2Be believes no child should face mental health problems alone.**

Since 1994, our mission has been to improve children and young people's mental health and emotional wellbeing.

Our expert teams work in 450 primary and secondary schools across the UK, reaching a community of 250,000 pupils and helping them to manage challenges in their lives.

In the last year, over 11,000 teachers and school leaders from 5,300 schools accessed our training programmes and our Parenting Smart advice site has been visited by over 33,000 families since it launched in 2021.

Our vision is for all children and young people to have the support they need to build lifelong coping skills and to thrive.



## Catherine Roche

Chief Executive, Place2Be

All too often it seems we are surrounded by stories of children's mental health in crisis; of young people being let down, ignored or harmed. Sadly, we hear less about the brilliant efforts made every day to support children and young people in UK schools. To redress this, in 2014 we launched our first Wellbeing in Schools Awards and were delighted with the positive response from our partner schools.

Given the challenging two years we've just experienced, there really has never been a better time to recognise the passion, determination and sheer hard work that goes into leading and running a 'mentally healthy school' in 2022.

This year, we have also widened the scope to include a category specifically for schools who have accessed our training. Between 2020 - 2021 we trained more than 50,000 members of school staff, via our digital training programmes - Mental Health Champions Foundation Programme and our Senior Mental Health Leads programme.

Our schools have been under a pressure like never before and are faced with the uphill struggle of Covid recovery and all the challenges that is bringing. Our school-based mental health professionals have been stretched to their limits and are feeling the impact of having rapidly adapted and widened provision,

worked creatively, and delivery far beyond what was expected over the last two years. So we thank everyone who took the time to enter our Wellbeing in Schools Awards this year, sharing with us such tremendous insights into their school communities and showing just how needed mental health support in schools is, more so than ever.

We are enormously appreciative of our phenomenal judging panel for so diligently reading and scoring the 100 plus entries. Not an enviable task at all, but they did so with great care and compassion, and we thank them for giving up their time and lending us their skills and expertise to do so.

My thanks and enduring appreciation also to Philippa Charles and the Trustees of The Garfield Weston Foundation. They support so much of our work and encourage us every few years to take stock and celebrate our achievements towards our mission to ensure that no child or young person face their mental health issues alone.

And of course, thank you to our wonderful friends right here at BAFTA, for rolling out the red carpet and gifting us use of such a special venue. Is there anywhere finer for an awards ceremony?

Lastly but most importantly, I want to wish heartfelt congratulations to all the finalists with us this evening. You are the reason we are here. You are all winners and I hope that whatever the final outcome this evening, you will feel celebrated and much-admired.

You are all shining examples of those who go above and beyond in championing positive mental health in your schools, and you demonstrate an inspiring commitment to supporting the wellbeing of others. Having had the privilege of reading your nominations, I am in awe of you all.

Have a terrific evening everyone and thank you for joining us.

*Catherine*



# In Memoriam



## Mina Dell

### To my friend Mina Dell

By Dame Benny Refson DBE, Founder, Place2Be

*"I met Mina on our first day together at school in 1960 and our friendship lasted until she died in 2021.*

*"Mina came to England from Persia when she was 6 years old. Sometimes this early separation from her family, and being a refugee, brought a dark cloud upon her.*

*"Mina and her partner Annie, who herself experienced serious mental health difficulties since childhood, encouraged me to found Place2Be; they were present almost every day until they passed - listening to the challenges and successes, and never failing to encourage me to remain resilient and be determined.*

*"Mina - and Annie - were profoundly honest, with integrity and love, and offered me a friendship that cannot be replaced.*

*"They would both be content that this award recognises the importance of training teachers and school staff around the UK, as they both felt we all need to understand the real consequences of early childhood trauma and loss.*

*"I remain very grateful to Mina for remembering Place2Be so generously in her will and in doing so, recognising the value of providing non-stigmatising, accessible professional support - now not later."*

Mina sadly passed away in 2021.



## Joe Lyonette Counsellor on Placement

**As we mark 20 years of Place2Be in the North East, we remember Joe Lyonette, who was amongst the first cohort of Place2Be Counsellors in the region.**

*"What an amazing person Joe was." Says Debbie, his supervising School Project Manager: "Joe had such an impact on people's lives and didn't even realise."*

*"You could place any child with him for counselling and they would be able to build a strong and trusting therapeutic relationship. Joe had so much empathy, with a good sense of humour and was able to make clients feel at ease."*

*"I remember a particularly vulnerable child Joe saw... That child valued every second with Joe and still talks about him now, after many years."*

As well as being a Place2Be Counsellor, Joe was also Councillor for the Park East ward, where he was dubbed 'A true son of Darlington.'

**Joe died suddenly on New Year's Eve, 2015, aged 50. The father-of-two was also a punk rock fan and in a touching tribute, his friends and family arranged a concert in his memory, raising £1,250 for Place2Be.**



## Professor Christine Merrell

Professional Advisor

**After starting her working life as a biological scientist, Christine moved into education, taking a PGCE and Masters at Newcastle University before joining the Centre for Evaluation and Monitoring (CEM) in its infancy in 1992.**

With colleagues Prof. Peter Tymms and Prof. Carol Fitz-Gibbon they grew CEM to be an extraordinary force in school effectiveness; developing assessments and evaluating educational interventions in relation to monitoring pupils' progress.

Christine was pivotal in growing the tiny Performance Indicators in Primary Schools (PIPS) research project over just a few years to a point where it was used in a quarter of the primary schools in England, supporting the learning of over half a million children each year.

Later in her career, Christine took on the role of Research Director in CEM and was incredibly successful, winning annual grant funding of around £1m per year for several years.

In this role Christine was able to move from developing assessments, to using them to evaluate the effectiveness of educational interventions. Her research centred on children's development and investigating ways of helping them to succeed in the classroom.

*"Christine gave CEM a name synonymous with quality, rigour and expertise... She leaves an astonishing legacy: Assessments with strong research foundations that have been used by teachers to help millions of children succeed in school and a team inspired by her to use academic rigour in their work." - colleague Kate Bailey.*

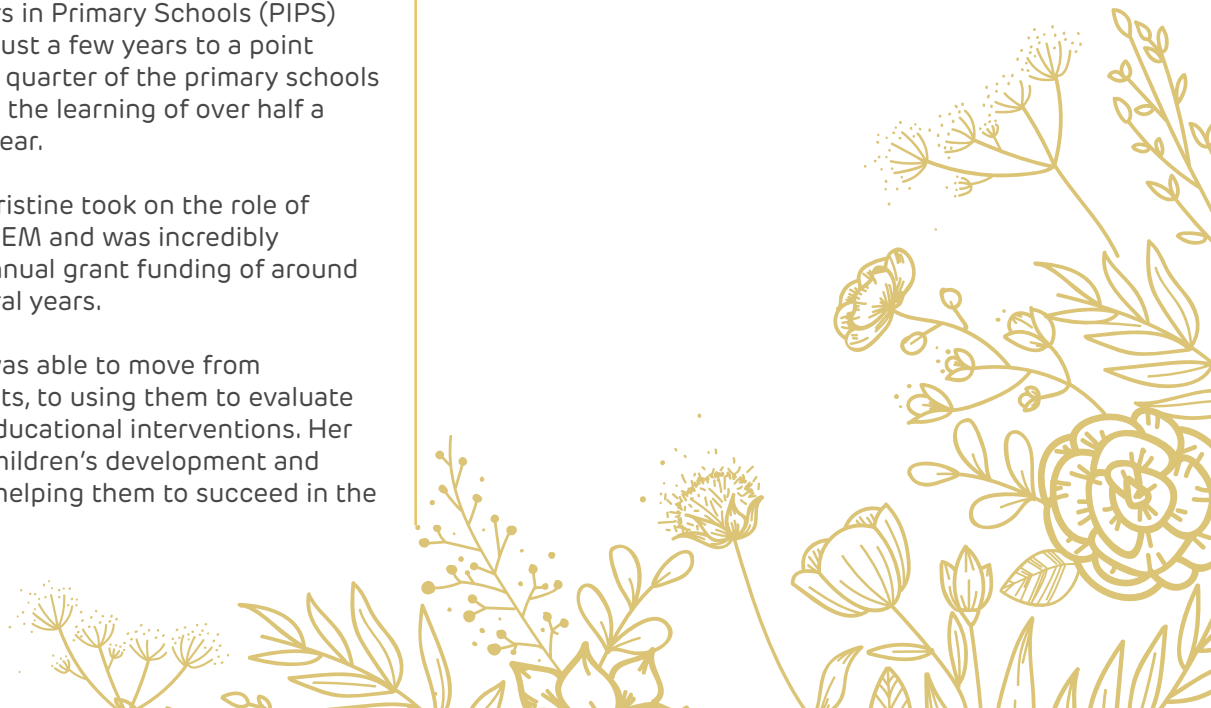
The impact of Christine's work is clear but the impact on her colleagues is immeasurable. Everyone who worked with her knew her to be compassionate, modest and generous. A leader who nurtured careers, always found time to talk and was great fun. She was exceptionally talented and a genuinely lovely human being.

*"For over 25 years Christine was my line manager, colleague, academic supervisor, mentor and friend. She picked me up off the floor and dusted me off more times that I care to mention." says Kate.*

Christine was also Professor of Education at Durham University and sat on Place2Be's Research Advisory Group, supporting the monitoring and evaluation of our interventions.

*"Naming an award after our mum is incredibly thoughtful. Thank you for honouring her memory in this way. Kate Bailey was not only a brilliant colleague to our mum but also a very special friend of hers, so I am delighted she was involved in judging this award." – Hayley Boagata*

**Christine died peacefully after a short illness, on 9 January 2021.**



# Meet the Judges

This panel brings a range of knowledge, experience, insight and expertise covering: academia and research in child development and emotional wellbeing; health and education; social justice; judiciary, corporate social responsibility and enterprise; grant-making and fundraising; the arts; and lived-experience.



**Professor Alka Ahuja MBE**  
Consultant Child and Adolescent Psychiatrist National Clinical Lead, Technology Enabled Care Cymru



**Lucy Alexander**  
NHS Nurse, Mental Health Campaigner & Place2Be Ambassador



**Jo Bradshaw**  
Outdoor Instructor, Expedition Leader & Public Speaker



**James Cochrane CBE**  
Pharmaceutical Industry - retired



**Sophie Dahl**  
Writer & Place2Be Ambassador



**Dr Alex George**  
A&E doctor, best-selling author & UK Youth Mental Health Ambassador within the Department for Education



**Jamie Glynn**  
Managing Director, Morgan Stanley



**Clive Lewis**  
Chairman, LFH Holdings, Blue Coast Capital, & River Island Holdings Ltd

We've brought together an incredible panel, and we are so grateful to them all for giving their time to judge our Awards.



**Lynley Ashby**  
Managing Director – Global Head  
of FX Business Strategy Citi bank



**Kate Bailey**  
Director of Policy & Business  
Development, Centre for Evaluation and  
Monitoring (CEM), Cambridge



**Professor Robin Banerjee**  
Head of the School of Psychology,  
University of Sussex & Member of  
Place2Be's Research Advisory Group



**HHJ Anuja Dhir QC**  
Circuit Judge, Old Bailey



**Fiona Fearon**  
Policy and Projects Manager,  
National Governance Association



**Professor Tamsin Ford CBE**  
Head of Department of Psychiatry,  
Cambridge & Place2Be Research Chair



**Abbey Mills**  
Community Fundraiser



**Dr Radha Modgil**  
GP, Broadcaster & Author



**Elona Mortimer-Zhika**  
Chief Executive Officer,  
Iris Software Group



# Judges



**Dr Habib Naqvi MBE**  
Director of the NHS Race &  
Health Observatory



**Lord Gus O'Donnell**  
Former British senior civil servant  
& economist



**Dame Alison Peacock DBE**  
Chief Executive Officer,  
The Chartered College of Teaching



**Lisa Prime**  
Children & Young People  
Manager, BAFTA



**Chris Reay**  
Teaching Assistant



**Mathew Stachan**  
IT Analyst, The Phoenix Group &  
Place2Be Advocate



**Professor Russell Viner CBE**  
Professor of Adolescent Health at the UCL  
Great Ormond St. Institute of Child Health  
in London



**David Weaver MBE**  
President, British Association  
for Counselling & Psychotherapy (BACP)



**Michelle West**  
Founder and Trustee,  
Sam West Foundation



# Awards hosts



## Katie Thistleton

**TV and radio presenter  
& Place2Be Ambassador**

**TV and radio presenter, NCTJ qualified journalist and author, best known for her work on BBC Radio 1 and CBBC.**

Katie began her presenting career on CBBC. Now, Katie and co-host Vick Hope hold the coveted Sunday slot, hosting Radio 1's 'Life Hacks', offering advice alongside expert guests. The pair also host the Official Chart First Look, making them the first female double act on BBC Radio 1 in 20 years.

Passionate about mental health awareness, Katie is an Ambassador of Place2Be, is training to be a counsellor, and has written a regular column for Psychologies magazine.

Katie's TV work includes The One Show and Morning Live; numerous documentaries; a series called 'I've Been There'; and a documentary series on the lasting impacts of the Manchester Arena attack on its victims. Katie also fronted BBC Bitesize coverage over lockdown.

Katie released her book, 'Dear Katie: Real Problems, Real Advice' in 2018. A keen bookworm, Katie regularly hosts and judges for book events such as the BBC Young Writers Award.



## Rhys Stephenson

**CBBC Presenter &  
Place2Be Ambassador**

**Presenter and Strictly Come Dancing star, best known as the face of children's TV channel CBBC.**

Rhys has been presenting on CBBC since 2017 and has presented some of CBBC's biggest shows including Blue Peter, Newsround and Saturday Mash-Up. Rhys has acted and performed since the age of ten and was a member of the National Youth Theatre.

Rhys became an Ambassador for Place2Be in July 2021 and is passionate about supporting children and young people with their mental health.

Away from his CBBC presenting duties, Rhys has worked with BAFTA Kids, supported BBC Teach's Live Lessons during lockdown, and hosted a number of BBC Supermovers routines. More recently, he has also appeared on Steph's Packed Lunch and Morning Live.

In August 2021, Rhys was announced as part of the Strictly Come Dancing line-up, competing with Nancy Xu. Rhys and Nancy topped the leaderboard twice and came fourth in the competition.





# Child Champion Award

This Award recognises the children aged 5 - 11 who have shown an inspiring commitment to supporting the wellbeing of others, and championing positive mental health in their schools.



Jan Irwin, Primary 7  
Oakwood Primary School,  
Glasgow

**Jan is a reliable, secure figure for everyone in school. He supports others but shows great judgement in knowing when adult input is required. Aware of what's happening for staff, Jan always offers to help when there's lots going on.**

He is treasured by the whole of the Infants end, supporting their transition into school life - helping the little children eat their lunch, chatting with them and supporting them outside with play. He takes this role seriously, and his dedication to it has not waned during the year.

Jan is trustworthy, dependable and mature. He is also community conscious, volunteering daily on a charity-run allotment and encouraging other children to get involved too.

Jan's Head Teacher says "Jan helps and influences the school in so many ways. He's thoughtful, kind and loving and I frequently say, 'what would I do without you Jan?!'"



Lola Kamutzki, Primary 5  
Murrayburn Primary School,  
Edinburgh

**Lola encountered Place2Be through one-to-one counselling and her experience has made her a passionate advocate for Place2Be around the school.**

Lola created wall displays for the counselling room and took over three notice boards during Children's Mental Health Week to feature fellow pupils' work on the theme of 'growing together'.

Lola is well known as someone who notices if her peers are looking sad and suggesting they go to Place2Talk. She was also a founding member of the school's Diversity Group.

Lola has also reviewed children's books supporting positive mental health and celebrating diversity, showing her keenness to help children's mental health in an inclusive way.

A pupil during their first time at Place2Talk after Lola had brought them along said "Lola said I should come along and talk to you, I'm glad I did."



Ella-Kate Walker, Year 4  
Seascope Primary,  
County Durham

**When lockdown came, Ella-Kate was the only child attending Seascope, as both her parents are essential NHS Key Workers. Although isolated in school, she reached out to other children by innovatively drawing a chalk rainbow on the playground and suggested to share it via the school's social media.**

Ella-Kate was chosen to represent Seascope for Children's Mental Health Week - talking with poise, coherence, and passion for the BAFTA Place2Be Virtual Assembly and to the BBC, confidently sharing how Place2Be 'really helps children who need it'. She also gave feedback to OFSTED Inspectors on the important role of Place2Be in her school.

She's a highly valued member of the 'Chatty Council' too, making positive contributions to discussions, whilst always encouraging her peers.

Lola's Class Teacher says "She's an excellent role model and a passionate, willing ambassador for Place2Be"

# Young Champion Award

This Award recognises the young people aged 11 - 18 who have shown an inspiring commitment to supporting the wellbeing of others, and championing positive mental health in their schools.



Thomas Purdie and Eden Wallace, Senior 3  
Carrick Academy, South Ayrshire

**Thomas and Eden have been positive influencers in promoting Place2Be in Carrick Academy. They sit on the Pupil Council and are regularly chosen by the Head to support the wider school and community.**

Thomas and Eden took a main role in the Children's Mental Health Week Virtual Assembly, sharing their experiences of personal growth, worries and challenges.

Thomas uses his compassion to expand mental health discussions, challenging the stigma around mental health and wellbeing, which has led to an increase in young people accessing Place2Be.

Eden too encourages younger pupils to access Place2Be and to reach out to members of the guidance team if they need support. She has also really helped the younger pupils transitioning from primary school.

Their Head Teacher says "We are exceptionally proud of Thomas and Eden. They are dedicated, ambitious and responsible - and encourage others to be the same."



Nicole Ascuntar, Year 10  
Oasis Academy South Bank,  
London

**Nicole has shown tremendous fortitude and resilience in overcoming times of real challenge and toughness in her life. She has shown an incredible determination to not only achieve and succeed, but to do so with care and compassion for others too.**

Nicole is a champion for mental health as she has supported other students when they might be feeling a bit down. Nicole embodies her school's value of inclusion and makes sure no one ever feels left out, isolated or alone.

Nicole has spoken to her peers about mental health awareness. She has supported the school in developing a Mindful Library, sharing ideas of how to make best use of the space and resources.

Her Deputy Principal says "Nicole is kind, hardworking and funny. She is a role model to many - a wonderful human being. She always puts other people before herself and shows incredible resilience."



Jayden Le Do and Zuzanna Kalicinska, Year 10  
Deptford Green School, London

**Jayden and Zuzanna have been jointly nominated for their work as Mental Health Ambassadors (MHAs) in their school and for putting themselves forward to advocate for mental health support on Sky News, during Children's Mental Health Week.**

As MHAs, Jayden and Zuzanna spread mental health awareness, helping to reduce the stigma around seeking support and promoting emotional wellbeing in school.

Speaking to Sky News, Zuzanna showed real insight and empathy in reflecting how hard teaching online was for teachers as well as students, whilst Jayden drew attention to students in poverty, males thinking it is 'weak or weird' to seek support for their mental health and emphasised the importance of 'finding yourself' as a teenager.

Their Head of Year says "They spoke so eloquently and clearly, and we couldn't have been more proud of them. They represented our school so well, showing us and the world their amazing potential."



# Mental Health Excellence – Primary Award

This Award recognises the partner primary schools that show an inspiring commitment to a ‘whole school approach’ to mental health, creating positive cultures and offering support to all those who need it.



## Kentmere Academy and Nursery

Greater Manchester

**The team at Kentmere works with unrelenting dedication to drive the high profile of mental health and wellbeing.**

With their Place2Be practitioner, they devised a wellbeing questionnaire which gave unique insight into the most impactful interventions. Pupil feedback shows 98% feel supported in their mental health and wellbeing.

Resilience is built through the school’s holistic whole-school approach. Every classroom has a Sunshine Box, Worry Monster and Sensory Snack Box. These small strategies have a huge impact on the day-to-day running of school and children know their worries will always be addressed.

The school’s efforts don’t stop at children (or parents). Every member of staff is trained in mental health first aid and they have a dedicated, effective staff wellbeing team.

One pupil said “We learn how to be kind, caring and generous towards others and ourselves.”



## St Joseph’s Catholic Primary School

Oxfordshire

**St Joseph’s is a pioneering Place2Be school - the first in Oxfordshire and the first with both a School Project Manager and Mental Health Practitioner.**

Covid vastly impacted the school’s already vulnerable community, but it pushed the team to make deeper links, supporting families with learning, food and mental health.

Through the Place2Be partnership, the school has developed a whole-school wellbeing curriculum, which has been implemented and embedded, and every member of staff did Place2Be’s Mental Health Champions – Foundation Programme training.

Children take part in young leader training and a new programme, ‘Wellbeing Watchdogs’, is about to launch, upskilling Year Six children in spotting and supporting children in need of friendship at break and lunchtimes.

One parent said “I’ve been so impressed at how staff listen to concerns and plan support.”



## St Paul’s RC Primary School

Renfrewshire

**St Paul’s is an inclusive, nurturing environment which builds children’s resilience. Place2Be is a well-established part of the school community and St Paul’s staff provide a creative and consistent approach promoting wellbeing.**

Poverty has greatly impacted the school community. Throughout lockdown and since, the team has emotionally and economically supported families, with weekly contact and help with necessities such as food and even a fridge. After school, families can come together to engage in learning activities: a family music club, pizza, life skills and books.

The school is committed to offering all children the chance for success. The team has big ambitions for the school, with mental health and wellbeing a priority focus of the School Improvement Plan.

One pupil said “Any problems I have are taken seriously. When I feel sad, I know where to go for help.”

# Mental Health Excellence - Secondary / All-through Award

This Award recognises the partner secondary or all-through schools that show an inspiring commitment to a 'whole school approach' to mental health, creating positive cultures and offering support to all those who need it.



Ark Elvin Academy  
North West London

**Ark Elvin invests in improving the mental health of the whole school: children, parents and staff, and Place2Be is integral to that. The dedicated pastoral team works collaboratively with Year Heads and Place2Be to identify individual children who would benefit from additional support.**

The wider student body has been supported through Place2Be group work, covering exam stress and daily pressures.

The Ark Elvin ethos of 'No-one gets left behind' is a code they live by. Every student, parent and staff member is included and together they ensure no-one is left unsupported. Working with Place2Be's Family Practitioner, the school supports families too.

The Head Teacher champions Place2Be within the Ark Schools network and Ark Elvin is the flagship for mental health within the Trust.

One student says "Staff help each child be the best they can be. That's why this school is amazing."



Bruntcliffe Academy  
Leeds

**Bruntcliffe is a diverse and inclusive school, where young people have a sense of belonging. The school aims to cultivate a lifelong passion for learning; to develop independence, resilience and an understanding of wellbeing, so that every student is prepared for life beyond school.**

Many students have accessed Place2Be through 'drop ins', one-to-one sessions and group work, sharing their positive views and recommending to friends.

Parents and carers receive weekly signposting updates, to show that mental health is embedded into the fabric of the school. Referrals can be made via the school website, picked up day and night and during holidays.

A staff wellbeing group is in place. Staff proactively refer students to the Inclusion & Safeguarding Team, raising their concerns for students' wellbeing through the Inclusion referral system.

One student said "Counselling has helped with how I deal with situations. I feel stronger and I can face problems that might come in the future."



Girvan Academy  
South Ayrshire

**Girvan has the wellbeing of their school community at the heart of everything they do. Place2Be was warmly welcomed into the Care and Wellbeing Team and joined their integrated work.**

Girvan runs Wellbeing Days and workshops which raise self-care awareness throughout the school.

The Staff Wellbeing Committee has created a plan which positively shapes workplace culture, including clubs, group activities and social events, with excellent uptake.

Self-care is increasing, as is awareness of how issues faced can impact staff mental health too. Girvan staff are very aware of emerging issues faced by students and are keen to help them. This is a great environment for young people to build resilience. By working closely together, Girvan Academy and Place2Be reach every child and teacher in the school.

One student says "I appreciate the amazing support I've had from my guidance teacher and Place2Be. I've got coping tools to take to Uni."





# ★ The Mina Dell Mentally Healthy School Award

This Award recognises the schools that have utilised Place2Be training most effectively, in their journey towards promoting positive mental health for the whole school community.



The Brent Primary School  
Dartford, Kent

**Noticing a serious decline in the mental health of children, staff, and parents, staff at The Brent Primary School accessed Place2Be's Senior Mental Health Leads training, and the Mental Health Champions - Foundation Programme.**

The school created a staff Mental Health and Wellbeing Team, comprising Mental Health First Aiders and those embarking on Place2Be training.

Using wellbeing questionnaires to identify issues, a wellbeing policy was written, and strategies were implemented, including a clear 'rights and responsibilities' approach and a tiered system for support.

A pupil wellbeing board was created, with key information on who to speak to and where to access support (both in and out of school). Every class now has a 'Mental Wealth Box' containing resources to support their wellbeing.

One pupil says "The wellbeing team work so hard - they listen, are so helpful and just make you feel that they care."



Carmarthenshire Secondary Teaching and Learning Centre (CSTLC)  
South Wales

**Place2Be's Mental Health Champions - Foundation Programme has enabled CSTLC staff to embed strategies into school life, to make wellbeing 'everybody's business'.**

Their informed-practice, ethos and environment protects young people from harm whilst promoting positive emotional, social and neuro development.

Children have regular check-ins, and staff champion pupil voice; using termly questionnaires to establish how pupils feel and giving everyone the opportunity to input into school life.

The team runs interventions inspired by Place2Be training and participates in Place2Be's Children's Mental Health Week. Staff are trained in empathic listening and trauma recovery. Staff wellbeing is consistently monitored and embedded too.

James Littlehales, Manager, says "Mental health and wellbeing underpins everything we do. It's the corner stone and heart of CSTLC."



Glenburn Early Learning and Childcare Centre  
Renfrewshire

**Situated in an area of socio-economic inequality, the Glenburn team strives to improve children's lives, focussing on nurture to support mental wellbeing and attainment, especially for children who have experienced adversity and trauma.**

The pandemic brought mental health to the forefront. Staff saw a decline in parental wellbeing and children separating from parents displayed increased anxiety, so they trained colleagues to be adversity-aware, to help understand the challenges faced and how best to support.

Three colleagues completed Place2Be's Mental Health Champions - Foundation Programme, which was cascaded out to others. Wellbeing is now embedded within the nursery - for children and staff alike. The team continues to seek the views of staff, children and parents to improve understanding of mental health and wellbeing.

One parent said "I don't know where I'd have been without the support of the nursery."

# Adult Champion Award

This Award recognises the adults who show an inspiring commitment to supporting the wellbeing of others in their school community, and championing positive mental health.



**Tracey Redgrave**  
Children and Families Officer  
Lewis Street Primary, Salford

**Tracey goes above and beyond for Lewis Street. Her commitment to ensuring Place2Be is well-embedded has contributed to many pupils making good use of the Place2Talk service, particularly children from harder-to-reach groups who typically don't seek out support.**

Tracey's work is strategic and impactful. She has helped to reduce school absence, and decrease bullying incidents in her school.

Tracey is warm and welcoming, and her base is a hub of activity; providing tailored support to children and a safe space for staff to discuss concerns and seek support. She's also a qualified Mental Health First Aider.

Her colleague says "Tracey is the backbone of this school. I've never seen anyone work so hard to check up on our children and provide a safe environment for them. She's the first point of contact in the morning for children and parents alike, welcoming them with a smile and pet of Sunny (her dog!)"



**Laurinda de Sousa**  
Mental Health & Wellbeing Lead  
Haverstock School, NW London

**Laurinda is ambitious for her school community and is dedicated to ensuring that all young people, without prejudice, have access to support, surrounded with empathy, compassion and kindness.**

She's self-aware and committed to personal growth - always willing to understand more about mental health for the good of every student in school.

Laurinda demonstrates an awareness of issues around race and equality that has particularly inspired students and colleagues to be brave and vulnerable enough to take steps to seek out emotional support.

She's an excellent 'ambassador' for Place2Be. Her shared ethos, moral compass and values make her an enormous asset to the partnership.

A Place2Be Practitioner says "Laurinda is one of those people that you'll always be glad you had the opportunity to meet, because she turns up, supports and encourages you to want to do more and be better."



**Caroline Stuart**  
Class Teacher & SENCO  
Seascapes Primary, County Durham

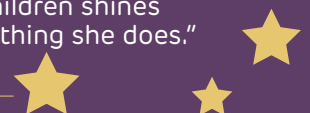
**In her ten years at Seascapes, Caroline has risen from Teaching Assistant to Teacher, to SENCO and PSHE Co-ordinator. In that time, Caroline has gone above and beyond to embed Place2Be.**

During lockdown, Caroline collaborated with Place2Be practitioner Lyndsey to identify workshop topics that she could deliver virtually, reaching all children when they were isolated.

The relationship between Caroline and Lyndsey has helped Place2Be to engage more children and families, and resulted in more children accessing Place2Talk.

Caroline contributes to every assessment and formulation for children in her class, telling Lyndsey; 'I really value this time with you where we can think about the children and reflect on what's happening for them and how it impacts on them, me and the whole class'.

Her Head Teacher says "It's rare to come across teachers as talented and dedicated as Caroline. Her love for the children shines through everything she does."





# ★ Outstanding School Leader Award

This Award recognises the School Leaders at Place2Be partner schools who show an inspiring commitment to ensuring positive mental health and wellbeing are at the heart of school life.



**Amanda Atkinson**  
The Bridge Manager,  
Stewards Academy, Essex

**Over 15 years, Amanda has progressed from Pastoral Support Mentor, to establishing The Bridge intervention provision, for students with social, emotional, mental health issues, and behavioural challenges.**

Amanda's promotion to the Senior Leadership Team reflects how valued she is. In her role she ensures mental health features heavily on the SLT agenda across the academic year.

Amanda is creative and innovative. She's organised outside-agency interventions, as well as delivered her own training and programmes.

Inclusivity runs through everything: from Amanda's 'Food Pantry', filled with donations from charities and supermarkets, providing weekly provisions to 48 families; to the supermarket vouchers for home fuel, food, uniforms, and Christmas hampers; and all the extra care and supplies for the many young carers at Stewards.

One colleague says "At the heart of everything, is Amanda's heart."



**Matthew Tate**  
Head Teacher,  
Hartsdown Academy, Kent

**Since becoming Headmaster of Hartsdown Academy, Matthew has put in place new policies and strategies to make children's and staff mental wellbeing the top priority. Matthew has created a school ethos where children feel valued and part of a community that is consistent and reliable.**

He provides staff 'wellbeing weeks' promoting self-care and creative pursuits, as well as opportunities for growth and development. This creates an atmosphere where every staff member cares for each young person, picking up on their needs and helping them access support.

Thanks to Mr Tate's vision and forward thinking Place2Be often gets referrals for children who have minor difficulties on their clinical assessment scores - testament to the school noticing the signs early on and prioritising support before it escalates.

One Head of Year says "Throughout lockdown, Matt was ten steps ahead of any school within our local community."



**Vanessa Thomson**  
Head Teacher,  
Oakwood Primary, Glasgow

**Vanessa's care, sensitivity, and warmth filter down the whole school community, creating a calm, stable environment, where everyone thrives.**

Vanessa regularly invites arts agencies into school, to support children's self-expression, confidence and self-esteem.

When supporting children who struggle in the classroom, Vanessa is dedicated and creative, investing great time and care, so they make a successful, sustained transition back to class.

When a pupil died tragically last year, Vanessa went beyond the bounds of her role, supporting the entire community through their shock and grief, giving great time and care to the family, friends and peers. This unwavering pupil-centred approach has a massive positive impact on the wellbeing of everyone in school.

Her Deputy Head says "Vanessa builds strong relationships with everyone. Through her holistic leadership, our school community is happy, secure and well-supported."



# The Christine Merrell Mental Health Professional Award

This Award recognises the Place2Be mental health professionals in Place2Be partner schools who go above and beyond to support a whole-school approach to mental wellbeing.



**Lyndsey Baxter**  
School Project Manager  
Seascape Primary, County Durham

**Lyndsey runs a very effective and busy five-day project in Seascape school. She demonstrates passion for the cause and kindness and empathy towards everyone she encounters.**

During lockdown - and beyond - Lyndsey explored different ways she could respond to the school community's needs. She used creative and innovative thinking to identify strategies for reaching more children (and families) and delivered workshops to maintain a connection with every child when many were isolated - and since, when many have felt overwhelmed.

Lyndsey contributed to the staff wellbeing policy, and she consistently promotes wellbeing-boosting ideas to children, staff, parents, her colleagues, and Counsellors on Placement.

Her Head Teacher says "Thanks to Lyndsey's expertise, we nurture all children through mental health issues and give them and their families the strategies they need to flourish."



**Gillian Griffiths**  
School Project Manager  
Croftfoot Primary, Glasgow

**Throughout the pandemic Gillian innovatively forged links with the local community, supporting families in need, taking real time to listen to their struggles and continuing the weekly phone calls she had implemented into the summer break.**

During the second lockdown, Gillian challenged herself by training in online counselling to deliver digital sessions alongside a face-to-face service (for the Croftfoot pupils and those keyworker/vulnerable children from surrounding schools). She supported newly qualified teachers; trained as a Journey of Hope facilitator (then ran a group); and ran four Mental Health Champion training groups.

She is particularly adept in supporting counsellors who have no prior experience of working with children and young people, helping to grow their confidence, embed them, and keep visible in school.

Her Head Teacher says "Gillian has been invaluable to us, throughout school closures and beyond."



**Dianna Roberts**  
School Project Manager  
South Norwood Primary, Croydon

**Dianna is an exemplary professional - flexible and proactive - who embodies all of Place2Be's values.**

During Covid, she supported many families through phone calls and virtual assemblies, and helped distribute food parcels on her non-working days.

Dianna transitions with ease from great playfulness and humour to someone very respectful and serious, talking about children's mental health.

Dianna supported the Year Six classes to discuss issues around race and racism following the death of George Floyd. The resources she produced for this were shared across Place2Be.

The school regularly tweets about their mental health activities, demonstrating their pride in Place2Be and the great work that Dianna does in school.

Her Head Teacher says "Dianna is a vital part of the South Norwood Family - she's a frontline service for anyone in our school who needs support."



# The Joe Lyonette Exceptional Counsellor on Placement Award

This Award recognises the Place2Be Counsellor on Placement in a Place2Be partner school, who has gone above and beyond to help create a positive change for a child or young person.



Rachel Cade  
St. Aidan's Primary, Blackburn

**Rachel has been a counsellor for four years. When her original school project closed, she went above and beyond to make proper endings with the children.**

Rachel then took a placement at a new school further away; such was her dedication and love for the work.

As soon as Rachel could resume face-to-face counselling during the pandemic, she did, despite the difficulties, re-connecting with the children she'd been working with, to ensure consistency for them.

Rachel has undertaken some of the more challenging counselling cases; tailoring the therapy to their goals and interests, whilst using her clinical supervision for reflection, creative thinking and development.

A child supported by Rachel said "Rachel has helped me find different ways to show how I feel without hurting others. My friends let me play with them now."



Lorraine Mirham  
Whitefriars School, NW London

**Lorraine is in her third year at Whitefriars, driving weekly from Leicester to London. Her resilience, adaptability, passion, commitment and ethical practice is unwavering, despite the multiple challenges faced.**

Her School Project Manager describes their clinical supervision as "collegial" as they consider therapeutic approaches, the wider context, and social construct, whilst adapting to change in the clinical delivery model.

Of particular note, is the impact that sessions with Lorraine has made for children on the autistic spectrum, including notable improvement in tolerance to change, increased ability to self-regulate, reduced length of time to recover from distress, greater willingness to try new things, increased emotional vocabulary and initiation of interaction.

A child supported by Lorraine said "Thanks to Lorraine, I haven't been getting in trouble like I did before. It was fun being part of the group and learning ways to help myself more."



Marie Louise Potts  
Seascape Primary, County Durham

**Marie started placement in September 2019, before she gave birth that autumn. With the support and care of her School Project Manager, Marie returned five weeks later - eager to begin her counselling career journey and continue her clinical placement.**

Despite one of her twins needing frequent hospital visits, Marie has been reliable, dedicated and committed throughout, persevering with her placement and university degree alongside motherhood.

Marie confidently collaborates with the children to identify how they are progressing, fulfilling Place2Be's model and values and respecting the autonomy of each child.

Marie supported 12 children over eight terms, and every child confirmed that Marie helped them to cope better with their problems, every teacher identified a clinical improvement, and all parents reported that Place2Be 'really helped'.

A child supported by Marie said "I feel more comfortable being me and I don't have worries anymore."

# Take on a fundraising challenge & support children's mental health

Over the past 12 months, Place2Be's fundraising superstars have found so many creative ways to support our work. From runs and swimming challenges to sponsored litter-picking and haircuts, we are constantly blown away with the inspirational achievements of our supporters across the UK.



## Meet Jasmine

Six year old Jasmine, and her mum Abbey, climbed Mount Snowdon in support of Place2Be. This wasn't Jasmine's first fundraising challenge for us, as she'd previously taken part in a fancy dress challenge during Children's Mental Health Week.

Describing the climb, mum Abbey said: "Determined not to give up, Jasmine found some inner strength and persevered to reach the Summit—receiving a round of applause and even donations from fellow hikers."

After completing the incredible climb, Jasmine reflected that she "is stronger than she thought, and you should never give up."

## Meet Ellie

Teacher Ellie completed the three Yorkshire Peaks, Great North Swim and a half marathon in support of Place2Be after seeing first-hand the impact of our work in schools.

"I chose to fundraise for Place2Be after seeing the inordinate impact their services have had on the young people I have taught over the last year during my teacher training year..."

"Whilst this was challenging, it was something I knew I wanted to do at the outset of the year to raise money for this fantastic charity and when any of the events became difficult, I kept in my mind the reason I was doing it and who it could help."



Get in touch with the Place2Be Fundraising Team to find out how you can follow in Jasmine and Ellie's fundraising footsteps.

Visit [place2be.org.uk/fundraise](https://place2be.org.uk/fundraise) or email [events@place2be.org.uk](mailto:events@place2be.org.uk)



# Garfield Weston

FOUNDATION

The Garfield Weston Foundation is delighted to support the Place2Be Wellbeing in Schools Awards – to celebrate those who go beyond the ordinary to help children navigate life’s challenges and to thrive.



[place2be.org.uk](https://place2be.org.uk)

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