



Our new 2021/22 Years 12 and 13 Wellbeing Ambassadors



WELLBEING AMBASSADORS

Mrs Brimmell

Wellbeing Officer

We know that the first conversation that a young person has about their wellbeing and mental health is the **most vital**. We also know that for some young people talking to a peer is more comfortable than approaching an adult. The Mind UK Peer Mentor scheme provides an opportunity for our young people to talk to a specially trained Sixth Former. At The Cottesloe School we refer to these students as Wellbeing Ambassadors.

Our Wellbeing Ambassadors are 24 dedicated Sixth Form students who are central to the delivery of the Peer Mentor scheme in Team Hub.

The Cottesloe School have been partnered with Mind UK for 3 years, to deliver student centred Wellbeing Ambassador support in Team Hub every break time.





Having Covid didn't stop one of our Ambassadors Training



MIND UK came in to deliver the training in school

1. Someone who has been to a concert	2. Someone who can play an instrument	3. Someone with brown eyes
4. Someone who has a pet	5. Someone who is wearing glasses or a watch	6. Someone who has brown hair
7. Someone who knows a tiktok dance	8. Someone who likes ice cream	9. Someone who has a skill

Team Hub is a purpose built support centre with three members of staff working full time. From here Mrs Brimmell co-ordinates the Wellbeing Ambassadors and drop-in support is available every break time.

In Year 12 students get the opportunity to apply for the Wellbeing Ambassador role. After a selection process the successful candidates attend extensive training including Safeguarding, confidentiality, mental health awareness and support techniques. Students apply for this role for a variety of reasons, some have personal experience of support, some want to follow a career path in the field of mental health or study psychology at University.

All of them want to give back to their school community by giving up their free time to help others.

In December alone 42 students were supported by one to one conversations with our Wellbeing Ambassadors.

Quote from one of the Ambassadors

"The goal of a Wellbeing Ambassador is to aid, support and be an impartial voice for whoever needs somebody to talk to, whether it is about exam stress or personal issues or anything that you are struggling with. We are always here for you to approach with any issues or concerns you may have"



Each Wellbeing Ambassador has their own Bitmoji and a bio on areas in which they can help. This is displayed in the corridor and in TEAM HUB for students to chose who they want help from.



"I just want to be there for people who need it, when they need it"

"I chose to be a Wellbeing Ambassador because I feel really passionate that having good wellbeing, is the key to thrive and feel comfortable in school"

"Being kind to others costs you nothing. Being kind, showing empathy and listening to someone at a time when they really need it is a privilege"

"I want to help people feel like themselves and seeing people reaching their potential is so rewarding!"

I signed up to be a Wellbeing Ambassador because I love to see the wonderful change from shy, struggling individuals, to happy and excited ones. In turn this change also makes me happy, and it's amazing to see how the individual grows and comes out of their shell, overcoming problems along the way. It makes my day to see that I have been able to help someone and wish that more people will want to do the same".

"I became a Wellbeing Ambassador because I know what it feels like to be alone and entering an entirely new school environment. I want to be a person others can rely on and talk to throughout their journey through school."



Why do you like having a Wellbeing Ambassador?
Do you think it has helped you? Why?

Having a Wellbeing Ambassador makes me feel safe so I can tell them anything about me.

I love having a wellbeing ambassador and it has really helped me a lot , we have a lot in common which meant that we always had something to talk about, whether it was my emotions, and how I had been feeling and how my week was going or whether I had had a good week and we would be talking about things like Harry Potter, musicals. And I think that has really helped me come out of my shell and be more positive/ happier since year 7!

I like having a Wellbeing Ambassador because they make me feel like I have friends and someone to just talk about life"