

EAST AYRSHIRE COUNCIL

Educational Attainment Catalogue



East Ayrshire Council
Comhairle Siorrachd Àir an Ear

2021/2022

Services to Support Educational Services Framework

Framework Overview

The National Improvement Framework (NIF 2019) for Scottish education sets out the vision and priorities for Scottish education to achieve excellence through raising attainment and achieve equity for all children and young people. The key priorities identified in the NIF 2019 are:

- **Improvements in attainment, particularly in literacy and numeracy**
- **Closing the attainment gap between the most and least disadvantaged children and young people**
- **Improvement in children and young people's health and wellbeing**
- **Improvements in employability skills and sustained, positive school-leaver destinations for all young people**

In addition, East Ayrshire Council is currently one of nine Scottish Attainment Challenge – Challenge Authorities which provides additional Scottish Government funding to deliver the key priorities as detailed above.

As part of the wider Scottish Attainment Challenge funding, funding is also allocated directly to schools aimed at closing the poverty related attainment gap.

As part of the Scottish Attainment Challenge Programme, the Council were asked to develop a framework to support schools to deliver the key priorities and close the poverty related attainment gap.

East Ayrshire Council has awarded a multi-lot, multi-supplier framework to assist and support Education colleagues to comply with the over-arching statutory and legislative governance arrangements of the Council in relation to Standing Orders relating to Contracts and Financial Regulations (which can be found on the East Ayrshire Council website) as well as complying with the guidance as issued by the Scottish Government.

<https://www.gov.scot/binaries/content/documents/govscot/publications/advice-and-guidance/2019/02/pupil-equity-funding-national-operational-guidance-2019/documents/pupil-equity-funding---national-operational-guidance-2019/pupil-equity-funding---national-operational-guidance-2019/govscot%3Adocument/Pupil%2Bequity%2B-funding%2B-%2Bnational%2Boperational%2Bguidance%2B2019.pdf>

<https://www.gov.scot/publications/care-experienced-children-and-young-people-fund-operational-guidance/>

The framework 'Lots' have been structured around the following key themes:



Improvement in attainment, particularly in literacy and numeracy



Leadership for All (Children/Young People and Staff)



Improvement in children and young people's health and wellbeing



Improvement in employability skills and sustained, positive school-leaver destinations for all young people



Parental Engagement and Involvement

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
1	Activity Based Learning	Providing services that engages and encourages pupils to learn and develop through the participation in a range of learning activities and experiences. Services may include but are not limited to outdoor learning and sport and social activities.	Abernethy Trust Achieve More Scotland Action for children Active Outdoor Pursuits NEW Adventure Centre for Education (ACE) Archaeology Scotland NEW Articulate Language Camps Auchinleck Community Development Initiative Ayrshire Warriors Ltd Caber Enterprises Ltd t/a ABC Creative Music CANI Coaching NEW Cazbro Coaching Centrestage Communities Ltd Charanga Ltd NEW Columba 1400 Comedy and Confidence Count On Us Education Ltd Craigengillan Stables Diddi Dance Ayrshire NEW East Ayrshire Leisure Glasgow Music Studios Ltd. GolPhin Ltd Imagination Gaming NEW Impact Arts Learning Journals Ltd NEW Linda Robin Yoga Instructor NEW Love learning Scotland Mark Brown Programmes Ltd Maths Circle Ltd NEW Metro Outdoors Ltd Mind Marvels NEW Operation Play Outdoors NEW Rebound Therapy International Ltd Rock 'n' Role Models Ltd School of Hard Knocks Scottish Sports Futures Skillforce Development ltd Software Training Scotland TCV Scotland The Gifted Kind The Larder West Lothian NEW The Outward Bound Trust The Prince's Foundation The zone initiative limited Ucan-Learn.Work.Live Ltd NEW University of Edinburgh Waterside Wellbeing Wellbeing Scotland Yipworld

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
2	Counselling, Support & Advice Services	Providing services that provide professional assistance, guidance and support in resolving personal or psychological problems. Services may include but are not limited to group and/or one to one work with pupils or families, counselling, befriending, mediation and services to promote positive mental wellbeing.	Action for Children Active Outdoor Pursuits NEW Alpha Plus Training Apex Scotland Barnardos Scotland Bethany Christian Trust Cazbro Coaching Centrestage Communities Ltd Children 1st crisis ltd NEW Impact Arts Includem Kibble Education and Care Centre Mind Marvels NEW Over the Rainbow PBS UK Place2Be NEW Quarriers Royston Stress Centre t/a Lifelink Sacro NEW Sinclair Wellbeing and Training Solutions Limited The Gifted Kind The Wellbeing Academy The Wise Group NEW Wellbeing Scotland Yipworld Your Options Understood

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
3	Creative Engagement	Providing services that focuses on engaging pupils and learning through creative activities. Services may include but are not limited to, music, art, drama and dance.	Archaeology Scotland NEW Articulate Cultural Trust NEW Articulate Language Camps Auchinleck Community Development Initiative Ayrshire College Caber Enterprises Ltd t/a ABC Creative Music Centrestage Communities Ltd Charanga Ltd NEW Comedy and Confidence Count On Us Education Ltd Diane Merson-jones NEW Diddi Dance Ayrshire NEW Drake Music Scotland NEW East Ayrshire Leisure Elevat8 Community Interest Company Glasgow Clyde College NEW Glasgow Music Studios Ltd. GolPhin Ltd Heidi Bauer NEW Imagination Gaming NEW Impact Arts James O'Neil NEW Kathleen Terras NEW Le Petit Monde NEW Linda Robin Yoga Instructor NEW Operation Play Outdoors NEW Replico Productions Rock 'n' Role Models Ltd Software Training Scotland The Gifted Kind The Prince's Foundation Ucan-Learn.Work.Live Ltd NEW Wellbeing Scotland West College Scotland Yipworld
4	External Tutors / Additional Support	Providing services where external personnel offer additional support to pupils on a group or one to one basis. Services may include but are not limited to; resilience coaching, speech and language therapy, literacy and maths champions and nurture support.	Apex Scotland BEAM (CIC) Cazbro Coaching Centrestage Communities Ltd GolPhin Ltd Imagination Gaming NEW Metro Outdoors Ltd Mind Marvels NEW Over the Rainbow PBS UK Quarriers Rebound Therapy International Ltd The Gifted Kind The Wellbeing Academy

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
5	Pupil Workshops	Providing services that engages pupils on a particular subject, activity or project through discussion, performance or participation in class(s) dedicated to the project or activity. Services may include but are not limited to mindfulness, yoga, confidence building, nutrition, diversity, health and wellbeing (physical and mental).	<p>Action for Children Apex Scotland Archaeology Scotland NEW Articulate Cultural Trust NEW Articulate Language Camps Auchinleck Community Development Initiative Ayrshire Warriors Ltd Baldy Bane Theatre Company Barnardos Scotland Caber Enterprises Ltd t/a ABC Creative Music CANI Coaching NEW Cazbro Coaching Centrestage Communities Ltd Children 1st Chris Sutherland Associates NEW Clearview Minds Columba 1400 Comedy and Confidence Count On Us Education Ltd Craigengillan Stables Do-Be Ltd East Ayrshire Leisure ENABLE Scotland Glasgow Clyde College NEW Glasgow Music Studios Ltd. GolPhin Ltd Imagination Gaming NEW Impact Arts Le Petit Monde NEW Linda Robin Yoga Instructor NEW Live-N-Learn Ltd Love learning Scotland Metro Outdoors Ltd Mind Marvels NEW Over the Rainbow Penumbra Pupiltrain Ltd Quarriers Rock 'n' Role Models Ltd Sinclair Wellbeing and Training Solutions Limited Skillforce Development Ltd Software Training Scotland The Gifted Kind The Larder West Lothian NEW The Lennox Partnership NEW The Prince's Foundation The Wellbeing Academy The Wise Group NEW Values Into Action Scotland NEW Waterside Wellbeing Wellbeing Scotland West College Scotland Yipworld Your Options Understood</p>

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
6	Parental Support and Family learning	Providing services where external personnel offer additional support to pupils on a group or one to one basis. Services may include but are not limited to; resilience coaching, speech and language therapy, literacy and maths champions and nurture support.	Action for Children Ayrshire Warriors Ltd Barnardos Scotland CANI Coaching NEW Cazbro Coaching Centrestage Communities Ltd Children 1st Chris Sutherland Associates NEW Columba 1400 Connect Cooperative Learning Consultants NEW Count On Us Education Ltd Curriculo Solutions Ltd NEW CVO East Ayrshire Do-Be Ltd Elevat8 Community Interest Company GolPhin Ltd Imagination Gaming NEW Impact Arts Includem Learning Journals Ltd NEW Linda Robin Yoga Instructor NEW Mind Marvels NEW Operation Play Outdoors NEW Over the Rainbow PBS UK Playback ICE NEW Sinclair Wellbeing and Training Solutions Limited The Gifted Kind The Wellbeing Academy Values Into Action Scotland NEW Wellbeing Scotland West College Scotland
7	Community Engagement	Providing services that focuses on engaging pupils, parents/ carers and the wider community in learning and will build and develop local capacity. Services provided should draw on existing interventions and community programmes to build a stronger local community based on local needs and aspirations.	Achieve More Scotland Action for Children Archaeology Scotland NEW Auchinleck Community Development Initiative Barnardos Scotland CANI Coaching NEW Centrestage Communities Ltd Children 1st Chris Sutherland Associates NEW Columba 1400 Elevat8 Community Interest Company Impact Arts Love learning Scotland Quarriers The Lennox Partnership NEW The Wellbeing Academy University of Edinburgh Values Into Action Scotland NEW Wellbeing Scotland

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
8	Mentoring	<p>Providing a service that focuses on the support and encouragement of pupils to manage their own learning in order that they may develop their learning skills, improve their academic performance and maximise their potential. Services may include, but are not limited to, additional support with academic studies, coaching, youth work and support and mentoring programs.</p>	<p>Action for Children Apex Scotland Barnardos Scotland BEAM (CIC) CANI Coaching NEW Centrestage Communities Ltd Children 1st GolPhin Ltd Includem MCR Pathways NEW Quarriers Sinclair Wellbeing and Training Solutions Limited The Gifted Kind Values Into Action Scotland NEW Yipworld</p>
9	Leadership for Pupils	<p>Provide services that will develop leadership and team working skills in pupils of all ages and abilities across the local authority</p>	<p>AbernethyTrust Achieve More Scotland Active Outdoor Pursuits NEW Adventure Centre for Education (ACE) Articulate Language Camps Ayrshire College CANI Coaching NEW Cazbro Coaching Centrestage Communities Ltd Clearview Minds Cooperative Learning Consultants NEW Craigengillan Stables East Ayrshire Leisure Elevat8 Community Interest Company Glasgow Clyde College NEW GolPhin Ltd Imagination Gaming NEW Metro Outdoors Ltd Rock 'n' Role Models Ltd Sacro NEW Scottish Sports Futures Skillforce Development Ltd The Gifted Kind The Lennox Partnership NEW The Outward Bound Trust Waterside Wellbeing</p>

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
10	Educational Leadership	Provide services that will develop leadership skills in teachers and support staff as part of the local authority's commitment to career long professional learning.	Active Outdoor Pursuits NEW Alpha Plus Training Articulate Language Camps Ayrshire College CANI Coaching NEW Catch Up Centrestage Communities Ltd Children 1st Columba 1400 Connect Cooperative Learning Consultants NEW Curriculo Solutions Ltd NEW Do-Be Ltd East Ayrshire Leisure Elevat8 Community Interest Company Fig Leaf Promotions T/A Maths No Problem GolPhin Ltd Lyndsay Barlow Metro Outdoors Ltd Mindstretchers Ltd NEW Osiris Educational Over the Rainbow PBS UK Place2Be NEW Playback ICE NEW Positive People Development(Scotland) Ltd Rock 'n' Role Models Ltd RRM (UK) Limited Scholastic Ltd NEW Social Enterprise Academy The Gifted Kind The Learning Zoo Ltd The Wellbeing Academy Values Into Action Scotland NEW Your Options Understood
11	Educational Assessments	Providing support and assessment materials primarily in the areas of Literacy, Numeracy and Health and Wellbeing. Services may include, but are not limited to, standardised and diagnostic assessment and screening tools.	Centrestage Communities Ltd Giglets Ltd GolPhin Ltd Hodder Gibson Mindstretchers Ltd NEW Over the Rainbow Scholastic Ltd NEW
12	Research & Improvement Consultancy	Providing services that will support the local authority in seeking to close the poverty related attainment gap. Services may include, but are not limited to, data analysis and research based activities focused on data acquisition in relation to closing the poverty related attainment gap.	Alpha Plus Training Centrestage Communities Ltd Chris Sutherland Associates NEW Cooperative Learning Consultants NEW Count On Us Education Ltd Love learning Scotland Playback ICE NEW

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
13	Developing the Young Workforce	Providing services that will assist schools in developing skills for learning, life and work in children and young people in the broad general education, particularly for those young people with barriers to learning and at risk of disengaging from education early. Services may include but are not limited to work-related learning experiences and involvement with families or employers.	<p>Action for Children Active Outdoor Pursuits NEW Archaeology Scotland NEW Articulate Cultural Trust NEW Auchinleck Community Development Initiative Baldy Bane Theatre Company Cazbro Coaching Centrestage Communities Ltd Chameleon PDE NEW Chris Sutherland Associates NEW Cooperative Learning Consultants NEW Curriculo Solutions Ltd NEW East Ayrshire Carers Centre East Ayrshire Leisure Glasgow Music Studios Ltd. Grant Murray Architects Ltd Hansel Alliance Impact Arts Includem Mark Brown Programmes Ltd Metro Outdoors Ltd Mind Marvels NEW Playback ICE NEW Scottish Sports Futures Sinclair Wellbeing and Training Solutions Limited Software Training Scotland TCV Scotland The Gifted Kind The Larder West Lothian NEW The Lennox Partnership NEW The Outward Bound Trust The Prince's Foundation Ucan-Learn.Work.Live Ltd NEW University of Edinburgh Waterside Wellbeing Yipworld</p>
14	Out of School Clubs	Providing services that provides a regulated club that offers a safe environment for children outside of school hours. Clubs often include the provision of food and some activities or social element. These may include but are not limited to breakfast, after school and holiday clubs	<p>Achieve More Scotland Active Outdoor Pursuits NEW Ayrshire College Centrestage Communities Ltd Diddi Dance Ayrshire NEW Dual Fitness East Ayrshire Leisure Glasgow Music Studios Ltd. GolPhin Ltd Impact Arts Learning Journals Ltd NEW Over the Rainbow The Prince's Foundation The Sky Project Waterside Wellbeing</p>

Lot Number	Title	Brief Description of Services	Service Providers Awarded onto each Lot
15	Residential	Providing services that provides a learning and development experience for pupils and/or families away from the school/home environment.	Abernethy Trust Active Outdoor Pursuits NEW Archaeology Scotland NEW Articulate Language Camps CANI Coaching Cazbro Coaching Columba 1400 East Ayrshire Leisure Metro Outdoors Ltd The Outward Bound Trust The Prince's Foundation
16	Miscellaneous Services	This lot will provide for any service that doesn't easily fall into any of the categories above e.g. Pet Therapy, Bee Keeping, Massage-in-Schools	Animal Assisted Activities Archaeology Scotland NEW Articulate Cultural Trust NEW Barnardos Scotland Cazbro Coaching Chameleon PDE NEW Comedy and Confidence Cooperative Learning Consultants NEW Curriculo Solutions Ltd NEW East Ayrshire Leisure Five Minute Box (uk) Ltd NEW Impact Arts Kris Campbell Makaton Tutor NEW Le Petit Monde NEW Linda Robin Yoga Instructor NEW Metro Outdoors Ltd Mindfulness in Schools Project NEW Operation Play Outdoors NEW Playback ICE NEW Purity Massage Rainbow Educational Resources Ltd NEW Scholastic Ltd NEW Values Into Action Scotland NEW Waterside Wellbeing West College Scotland

Colleagues are advised that all of the service providers awarded onto the framework can 'tailor or bespoke' requirements/course content etc to suit your individual needs.

We would actively encourage you to speak with the service providers regarding your requirements. Each provider will issue you with a priced quotation to cover any services you propose to utilise.

Ordering

The Corporate Procurement Team are currently in the process of adding the service providers to the PECOS ordering system. When ordering any services from this framework we would ask you to quote the following:

- **Contract Reference Number – PS/19/05**
- **Lot Number**
- **Lot Description**

Continued Engagement and Liaison with the Creative Minds Team

The Creative Minds Team work with a growing and diverse range of professional artists/musicians and performers, creatives and cultural organisations to provide bespoke, high-quality learning experiences. The team believe the arts are powerful in developing a whole person approach whilst contributing to mental, social and physical wellbeing.

“It can be used to support improvement by encouraging learners”:

- ***Curiosity***
- ***Open-mindedness***
- ***Imagination***
- ***Problem solving skills” (Education Scotland)***

The Creative Minds Team is here to support, and work in partnership, with schools and teachers to provide high-quality experiences. We would be happy to discuss opportunities and manage projects which are always designed creatively and with integrity to fit the exact requirements for those who benefit.

“Creativity is as important now in education as literacy and we should treat it with the same status.”

Sir Ken Robinson

Please do not hesitate to contact the team:

Email CreativeMinds@east-ayrshire.gov.uk

Tel 01563 555634

Julie Carrie Youth Music Coordinator

Joanne Allison Cultural Coordinator (Dance & Movement)

Helen Duncan Cultural Coordinator (Arts & Heritage)

Joe Gallagher Cultural Coordinator (Drama & Literature)

“There is a growing consensus that formal education should cultivate the creativity and critical thinking skills of students to help them succeed in modern, globalised economies based on knowledge and innovation.”

OECD





Equipping young people for life, since 1971. For nearly 50 years, the Abernethy Trust has been providing exceptional residential opportunities for primary schools, high schools and colleges from all over the UK, supporting attainment through outdoor learning. From the beginning, the Christian impetus to serve others has sustained the work of Abernethy over the years.

Situated in wild yet accessible locations across Scotland, our four adventure centres and bunkhouse can accommodate between 23 and 85 people (or less!) and our size means we can have a flexible approach to bookings and programming.

Even better, as a not-for-profit, we can keep our pricing competitive, offering excellent value for money. Full board accommodation, bedding and outdoor clothing (if required) is included!

From our teams, to our locations and our personal touches, we are confident that your school will have an amazing time with us. With a staff team motivated by their Christian faith we aim to create the very best experiences for each and every guest, working with you to meet your learning objectives through the outdoor environment.



Contact

Website www.abernethy.org.uk

Address Abernethy Ardeonaig, Perthshire, FK21 8SY • Abernethy Ardgour, Ardnamurchan, PH33 7AD • Abernethy Barcaple, Dumfries & Galloway, DG7 2AP • Abernethy Nethybridge, Cairngorms, PH25 3ED • Abernethy Glen Kin (bunkhouse), Argyll, PA23 8RD

Email lesley.pearson@abernethy.org.uk

Telephone 0131 336 3588

Auchinleck Community Development Initiative



Auchinleck Community Development Initiative (ACDI) is a community led anchor organisation with charitable status based in Auchinleck, with a specific aim of regenerating our local communities. Our activities include delivering Community Events, constructing and maintaining Community Gardens, managing a Social Enterprise and delivering a genuine Community Engagement & Connection Service.

The Knowe Garden Centre – our community garden facility and social enterprise has a range of interesting specialist gardens including a poison garden, sensory garden and wildlife garden. Our aim is for this facility to be a haven for both residents and wildlife as well as being an educational resource. Our qualified Horticultural Trainer will support pupils as they explore and learn what nature has to offer and how to support nature. Pupil's achievements will be recognised as they work towards their John Muir Discover Award. The content of the sessions can be adapted to suit the P4-7 age group or S1-S3 age group. During their time students will participate in a range of learning activities and experiences through the delivery of Outdoor Practical Learning Workshops covering:

- The motives for the garden's existence
- Using the full range of senses to explore what the garden has to offer
- Creative and practical activities using resources from the garden
- Exploring the garden's relationship with nature
- Sharing what pupils have learned

Delivered in 8 half day workshops over a 4 week period, participants will work towards their John Muir Discover Award (a non-competitive, inclusive and accessible scheme focused on wild places)



Contact

Website www.auchinleckcdi.co.uk
Address ACDI Office, The Boswell Centre, 18 Well Road, Auchinleck, KA18 2LA.
Email stephen.mccarron@live.co.uk
Telephone 01290 428 482

EAST AYRSHIRE COUNCIL

Achieve More Scotland



Achieve More Scotland is an award-winning registered Scottish Charitable Incorporated Organisation - SC041463 which delivers programmes of school and community-based activity that focus on engaging children and young people from socially deprived areas and involving them in physical activity with the aim of improving health and well-being, soft skills and diverting them from negative lifestyle choices whilst promoting positive destinations, all with the aim of developing active citizens who contribute in positive ways to their schools, communities and beyond.

Achieve More Scotland will provide a jointly agreed programme of play, sport and physical activity sessions as part of Curriculum Time physical education learning to P1 to P7 in each primary school. We will provide a minimum of 2 x hours per week of physical activity/literacy to each year group. The service will enhance pupil learning and create positive school experiences through the improvement of physical and mental health and well-being for primary school pupils, with identified benefits to learning, behaviour, attendance and academic achievement.

Established in 2009, we are The Guardian Small/Medium Charity of the Year 2014, Scottish Community Charity Champions 2015 and 2016. We are an Investors in Young People Gold Standard organisation with a team of over 100 full-time, part-time and sessional staff. All team members are PVG checked and have undergone a wide range of training and professional development link to the roles that they undertake. Each Project has a dedicated Service Manager who will act as a ongoing point of contact with partners to ensure that programmes are created and delivered as required and to the highest standards. Achieve More Scotland is currently active (on a daily basis) in 28 primary schools and 40 community sites across Glasgow & North Lanarkshire, delivering sport and physical activity sessions as part of the wider Scottish Attainment Challenge and Pupil Equity Fund service provision. We have been delivering school-based provision for 3 years.



Contact

Website	www.achievemorescotland.co.uk
Address	Room 323 Edinburgh House, 20 Princes Square, East Kilbride G74 1LJ
Email	robert@achievemorescotland.co.uk
Telephone	0141 558 4300, 0141 370 3660, 07842 886036
Facebook	https://www.facebook.com/AchieveMoreScotland
Twitter	@AchieveMoreScot
Instagram	https://www.instagram.com/achievemorescotland/

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Our Raising Attainment Programme (RAP) is a motivational Behavioural Change and Educational Inclusion Programme which encourages pupils to address negative attitudes, behaviour and actions, and make more positive choices and life changes.

The programme is aimed at secondary or P6/7 pupils who are disengaged from learning, and are at risk of future involvement in offending or risky behaviour. Pupils may be non-attenders, at risk of exclusion, presenting challenging behaviour or face family adversity. The programme is delivered over six weeks, or a full school term. Delivery includes:

- Group Work Sessions
- Goal Orientated 1:1 Mentoring
- Activity Based Learning Experience

If requested by schools, we can offer options for programme extension. This builds on progress made through an additional six weeks of support, learning and accreditation.



Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)

The Adventure Centre for Education



The Adventure Centre for Education (ACE) is a Girvan based charity that has been working across the Ayrshires for over ten years providing outdoor education and adventure activities. As a mobile unit we are able to bring activities to venues as close as possible to the organisations that we work with. This maximises time on activity rather than traveling.

Our outdoor education and adventure activities programmes are tailored to the objectives of your group, the age of your young people and the duration of your programme. This will ensure you enjoy maximum impact from your time with us.

ACE will work with you to tailor-make your personalised programme to meet your objectives. Whether it's Forest School, Mindful adventure or life balance programmes. Teambuilding, personal development, land and waterbased adventure activities or practical sessions such as bushcraft skills, ACE will guide you on the best choices to meet you and your participants needs. ACE work with all age groups from nursery up, offering age appropriate activities and challenges for all. We can also provide outdoor training and CPD sessions for educational staff.

Every ACE visit is unique. But one thing is for sure: fun, excitement and an exhilarating activity-packed programme come as standard. Whether it's a half day or full day activity. A multiday programme or a one off you will get our quality of assurance that comes as guaranteed. If you require we will pick you up from your chosen venue and return you at your specified time. All equipment and resources are included in our price. You will receive appropriate paperwork prior to the event and we will work with you to make sure your needs are met. We will review with you whether the chosen activity met your objectives and use this as a tool for moving forward.



Contact

Website www.adventurecentreforeducation.com

Address Adventure Centre for Education (ACE), Unit 4, 12 Ladywell Avenue, Girvan, KA26 9PF, South Ayrshire.

Email info@adventurecentreforeducation.com

Telephone 01465 710077 or 07920406982

Articulate Language Camps



Articulate is an Ayrshire-based innovative language school which was established in 2012. We work with schools across the UK and abroad to engage children and young people with foreign language learning out of the classroom.

Our adventure day programmes, taking place at Lapwing Lodge Outdoor Centre, focus on equipping pupils with foreign language skills in an outdoor environment while supporting them in gaining key transferable life and employability skills, increasing confidence and pupil motivation and closing the attainment gap.

Our 'survival day camp' and 'health and wellbeing day camp' deliver a range of outdoor activities in the target language, teaching key vocabulary and meeting many experiences and outcomes of CfE (curriculum maps are available upon request) With 'crystal maze' language quests, film-making, adventure sports, exciting field sports and even cookery on offer, we ensure pupils are building on their skills in problem solving, teamwork, leadership, physical activity and of course, French, Spanish or German.



Contact

Address Kara Reichhart, 25 Ailsa View, Stewarton KA3 5HF
Email info@articulate-lc.com
Telephone 07791 698 945

Ayrshire Warriors



Ayrshire Warriors offers a range of Health, Wellbeing and Fitness sessions and pupil workshops to schools across Ayrshire. At Ayrshire Warriors we understand the importance of building positive relationships, delivering sessions that are fun, interactive and informative for young people. In our experience as retired community and campus police officers we have found that once that trust and mutual respect has been established young people will allow you to help and support them in other areas of their lives where they may be facing some challenges on a personal level.

Health and Wellbeing Workshops

The Ayrshire Warriors team pride ourselves on the ability to share information in a way that's fun, educational and relatable to the children and young people.

Our pupil workshops can include:

- Internet Safety for pupils and parents
- Alcohol and Personal Safety
- Drugs and Personal Safety
- One Punch Initiative: violence and young people
- Knife Crime
- The role of nutrition and exercise on mental health

Ayrshire Warriors will provide a range of fitness and well-being activities including but not limited to,

- Boxercise
- Skipping
- Circuit training
- Weight training
- Confidence building
- Gym classes including correct use of gym equipment.
- Goal Setting
- Nutrition and fitness for mental and physical wellbeing
- Self Motivation
- Working in a team or group setting.



Contact

- Website** www.ayrshirewarriors.co.uk
- Address** Block A Unit 10 Moorfield Industrial Estate Kilmarnock KA2 0DX
- Email** Derek_simpson101@outlook.com
- Telephone** 07989666634



Established in January 2007, Cazbro offers training, coaching and personal development in one-to-one, group, workshop and course formats. Flexibility is key, allowing you to create programmes tailored to suit your requirements. These can be classroom based, outdoor or residential.

Cazbro offers a holistic approach to personal development. Participants can benefit from the services of a professional life coach, trainer and personal development consultant, outdoor activity instructors, personal trainers, chefs and STEM Ambassadors – all experts in their fields. Our programmes aim to improve the lives of participants by providing a foundation and springboard towards sustainable good physical, emotional and mental health and wellbeing.

Get in touch for a list of topics and options. <https://www.cazbro.co.uk/contact>

- Programmes are accredited and are delivered by experienced, qualified, professional trainers and instructors.
- Programmes are modular allowing you to choose the best combination for your group.

Cazbro works with a wide range of organisations, local authorities, charities and individuals. We have a proven track record of results and success—and after participation in our programmes, so do our clients!



Contact

Website www.cazbro.co.uk

Email info@cazbro.com

Telephone 07803 172198



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Comedy & Confidence



Comedy and Confidence is the only SCQF accredited confidence qualification in Scotland. We specialise in tailor-made workshops and courses that provide SQA qualifications. Founded by award winning comedian Anna Devitt. For people and businesses who love positive mind sets and creative learning! We believe that everyone should have a giggle while learning new transferable skills.

The Comedy & Confidence Award is an SCQF Level 3, 4, 5 & 6 and is accredited by SCQA & SCQF. Comedy & Confidence™ The DirectDevitt Comedy Award offers the opportunity to learn how to use Comedy in presentations, public speaking and includes Laughter Yoga Therapy Techniques for daily coping mechanism.

During the course attendees get to deliver chosen comedy styles and learn the body language, emotion and vocal techniques behind the style. This course offers hands on experience of public speaking & using comedy while learning transferable skills within communication and confidence techniques. An approved Tutor will lead a series of candidate centred activities, to build on prior knowledge and skills development throughout the course.

By the end of this Group Award course candidates will have skills and abilities in the following:

- Public Speaking
- Communication Skills
- Comedy Writing
- Performance Skills
- Self-confidence
- Self and Peer Evaluation.



Contact

Email	enquiries@comedyandconfidence.org
Telephone	0141 473 4042
Facebook	Comedy & Confidence
Twitter	@ComedyandConf
Linkedin	Anna Devitt

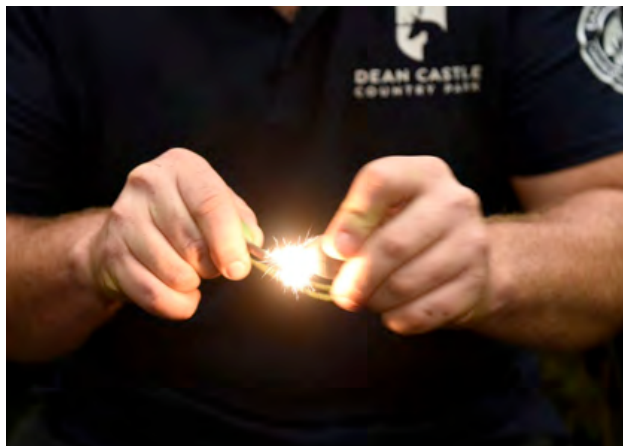
East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Activities Available:

- School Based Outdoor Learning
- Outdoor Learning School Trips
- Bushcraft Skills
- Creative Outdoors
- Sports Coaching
- Swimming lessons
- Nutrition
- Group Fitness Classes



Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748

Glasgow Music Studios



glasgow music studios ltd.
Improving futures through music

Glasgow Music Studios is a music school which aims to Improve Futures Through Music. We have worked within both main stream and asn schools over the last 8 years providing Jam Music Projects' for pupils. The Jam Project involves; learning instruments, writing music, recording and performing live. Our workshops run at Glasgow Music Studios and also as out-reach for your school.

We have recording studios, rehearsal spaces and teaching rooms as well as a dj and electronic music production suite. We can also bring equipment and tutors to your school to run the Jam project. The Jam Project is an award-winning program – 'Community Initiative 2017.'

We are an SQA centre delivering employability skills within the creative industries and can provide taster sessions.

We have over 40 tutors with extensive experience in music, production and co-ordinators to make sure your school's Jam Project runs smoothly.



Contact

Website www.glasgowmusicstudios.co.uk
Address 5-9 Osborne Street Glasgow G1 5QN
Email info@glasgowmusicstudios.co.uk
Telephone 0141 552 0907

Imagination



With 15 years of success working in schools throughout the UK our traditional game-based learning is ideal for engaging, exciting and educating pupils of all ages and abilities. Whether with individuals, small groups or whole classes, we support and develop key social and curriculum skills with even the most disaffected of children.

“Imagination Gaming changes the dynamic in the classroom, it gets the attention of the children, excites them all and guarantees their engagement in learning”

Tamara Gulliver - Head Mill Academy.

Learning through play is a powerful and effective way of delivering learning, improving attainment, well-being, and providing social skills that enable young people to become more rounded individuals.

Our activities will elicit immediate responses from children young or old, staff seeing first hand how the engagement increases confidence, both socially and academically, and a desire to learn, pushing themselves in ways they might not feel possible.

Whether front of the class activities or tabletop based games, the social nature of our activities means that listening, speaking, debating and turn taking are central to a good learning environment. Understanding others point of view or decisions develops key skills to compliment the curriculum, such as critical thinking and problem solving.



Contact

Website <https://imaginationgaming.co.uk>
Address Imagination Gaming, 193 Park Rd, Barnsley S70 1QW
Email interest@imaginationgaming.co.uk
Telephone 07957 449572

Impact Arts



The Young Gallery programme delivers artist-led creative arts projects in schools and nurseries across Scotland. These are designed to inspire and empower the children taking part, many of whom may have had extremely limited access to artistic or creative processes in the past.

What makes the project unique is the professionally curated exhibitions taking place at the end of each programme, giving children the chance to see their work given pride of place in community settings or in a gallery space.

All The Young Gallery projects can have specific themes or activities which focus learning on particular subjects/themes, art forms, or practical activities. The various projects and specific content are co-designed in partnership with the schools and potential themes, include, equality (exploring sectarianism, racism, bigotry, community cohesion), the environment (exploring the natural and built environment in their community, sustainability, environmental design), relationships (exploring friendships, bullying). Through the use of creative mediums the workshops are designed to engage and immerse children and young people in the themes, encouraging them to formulate and contribute their own ideas, and discussing this as part of a group.

Through our Young Gallery approach we know that:-

- 94% of children taking part in Young Gallery projects had increased confidence
- 96% of children taking part in projects had increased communication skills
- 100% of children taking part in project had increased creative / arts skills



Contact

Website www.impactarts.co.uk

Address **Jenny Coxon, Programme Manager** 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

Love Learning Scotland



Love Learning Scotland is a charity which was founded to provide new and innovative ways to approach education and provide a pathway to inclusion and attainment for the most vulnerable in our society. We provide a holistic approach to engagement, inclusion, empowerment, education and employability through a partnership working approach with key organisations and agencies to ensure that our clients have access to the highest levels of support in all areas of our service delivery.

Our programmes take the form of working with the individual pupils within the school setting, their community and their home setting. The purpose of the programme is to ensure that all aspects of the individuals lives, and needs, are addressed. We firmly believe that for education and attainment to be maximised that all aspects must be incorporated.

Whatever the barrier for not engaging or achieving we can provide support; these barriers could include one of, or a cocktail of, behavioural problems, social and/or emotional needs, ASN, family relationships, violence, trauma and loss, literacy and numeracy, poor attendance, non-attendance, dyslexia, autism, poor mental health, etc.



Contact

Website www.l-o-v-e.org.uk
Address 2 Candymill Lane, Hamilton, ML3 0FD
Email info@l-o-v-e.org.uk
Telephone 01355 239 609
Facebook @lovelearningfam9

Mark Brown Programmes



The award winning **Best of You Programmes** are aimed at young people both in and out of education, who require assistance in achieving and exploring their unique potential. The **Best of You Programme** runs throughout the UK in **Primary Schools, Secondary Schools, ASN establishments, Criminal Justice Services and Social work services**. The **Programme has over a decade of experience in working with challenging and vulnerable groups and their families.**

The programme focuses on the key areas of confidence, motivation, inspiration and aspiration.

By taking part in the programme, it aims to

- Inspire participants to release their potential through finding meaning and purpose in all that they do
- Highly develop participants life and learning skills e.g. engage in meaningful conversation, establish and maintain meaningful relationships, maintain a positive attitude in the face of adversity
- Identify creative solutions to problems and resolve conflict situations.
- Inspire each participant to uncover their value base, talents and passions and celebrate their uniqueness, towards positively shaping and directing their education and employment future.
- Motivate participants to believe in themselves and their abilities, encourage them to take responsibility over their own lives.

The programme is delivered over three stages.

Stage 1. Consultation with school/orgainsation to explore hopes and aspirations for the programme, nomination of the group (up to 12 people and can include staff) short intro session with group.

Stage 2. Five day programme, delivered from Mon- Fri approx. 2.5 hours per day concluding with certified graduation on final day. The week will include workshops building on confidence, motivation, self belief, good mental health and will also include one of the Best of You programmes world class guest speakers. This may include Craig Mathieson, 1st Scot to lead an expedition to the South Pole or Mollie Hughes, Youngest Female in history to summit Everest.

Stage 3. Follow up with group to ensure sustainability and review with partner to ensure all expectations were met.



Contact

Website

www.mbprogrammes.co.uk

Email

mark@mbprogrammes.co.uk

Telephone

07514406980

Facebook, Twitter, Instagram

Mark Brown Programmes Ltd

EAST AYRSHIRE COUNCIL

Maths Circle



Times Tables Rock Stars is an award winning maths programme with a rock star theme, designed by maths teachers to help children learn their times tables.

Children are immersed in a fast-paced, fun-filled rock star world whilst practising their times tables to rock music. Pupils are motivated to progress up the leader board to becoming a “Rock Hero”, and enjoy spending virtual coins earned for correct answers on accessories for their rock avatars. Children play multi-player games against classmates or other children across the world, with their identities protected behind fictional ‘rock names’. Available in paper format, online and via an app (accessible at school and at home), TTRS successfully gamifies times tables and equips young people with secure numeracy and arithmetic skills and a confidence in maths. Our innovative question generator tailors the questions to the child and their learning needs. Teachers can access valuable data on the performance of their pupils, which helps them celebrate successes with custom leaderboards and auto-populated certificates.



Contact

Website trockstars.com

Address Ossory Offices, Hazelwood Lane, Amptill, MK45 2HF

Email support@mathscircle.com

Telephone 01234 674123

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact

Email dave@metrooutdoors.co.uk

Telephone 07752 857 847

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website www.mindmarvels.co.uk
Address The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email karen@mindmarvels.co.uk
Telephone 07422533551

OutLET Play Resource



Play Resource is a charity which provides forest school and outdoor play/learning programmes to improve health & well being; building resilient and confident young people who are ready to thrive in the modern world. We specialise in supporting young people who find engaging in education difficult.

We are passionate about ensuring that all children can access the types of education that meet their needs. Our outdoor programmes take a holistic view which actively supports and nurtures the physical, social, emotional and developmental well-being of the child. Sessions are augmented by specialist trauma-informed and child-centred practices and support children to take supervised risks, improve their self confidence, build positive peer relationships and reconnect with the natural environment. We know this approach improves self-esteem, self-regulation and engagement within education.

We provide:

Therapeutic Forest School,

- Environmental/Wildlife Conservation Programmes
- Forest and Outdoor Learning Award Programme for students (SCQF Levels 2,3&4)
- Individual Outdoor Support
- Parent/Family Nurture Groups
- Staff Training

We let children be children – to play, to connect, to grow and find their 'tribe'.



Contact

Website www.outletplayresource.co.uk
Address 194 Quarry Street, Hamilton, Lanarkshire, ML36QR
Email Office@outletplayresource.co.uk
Telephone 01698 209934

The Outward Bound Trust



The Outward Bound Trust is an educational charity that inspires young people to defy their limitations. Limitations on young people – whether real or perceived – come in all shapes and sizes. But we use the power of learning and adventures in the wild to defeat them all.

Partnering with schools, colleges and youth groups, we help teach young people the most important lesson they could ever learn: to believe in themselves. It's the superpower that transforms their behaviour throughout school, work and beyond.

Our tailored outdoor learning courses deliver an alternative education, giving young people the confidence to tackle the real world head on. We take them away from the everyday life into our world. We give them life-changing experiences they won't get from home or inside the classroom.

Contact

Website www.outwardbound.org.uk

Address The Outward Bound Trust, Hackthorpe Hall, Hackthorpe, Penrith, Cumbria, CA10 2HX

Email enquiries@outwardbound.org.uk

Telephone 01931 740 000

Rock 'n' Role Models



Rock 'n' Role Models encourage, develop and promote creativity and the freedom to express ideas through high quality creative experiences.

Our Award Winning professional team will make your creative engagement with us valuable, meaningful and relevant, sustainable and fun. We actively promote our philosophy of lifelong creativity and currently work with schools, young people, community organisations and the private sector.

Rock 'n' Role Models passionately believe in the power of the arts to transform people's lives and the wider community for the better.

Through a dynamic education and community creative engagement programme, Rock 'n' Role Models have a dedicated team of professional musicians, visual artists and creative practitioners to create a supportive, creative learning environment tailoring experiences for our clients.



Contact

Website www.rocknrolemodels.co.uk
Email creativity@rocknrolemodels.co.uk
Telephone 07811862697

School of Hard Knocks



School of Hard Knocks is a social inclusion charity working with not in employment, education, or training (NEET) people across the UK. In Scotland we use rugby to engage our participants. We have two distinct programmes, working with long-term unemployed adults to help them find and sustain work; and with school children at risk of exclusion to help them complete mainstream education.

SoHK schools programme is a weekly intervention aimed at S2-S4 pupils. The school identifies circa 20-25 young people who will benefit from joining the programme (due to behavioural issues, problems at home, not reaching potential, low confidence, non attenders, etc.) SOHK provide a coach facilitator; support coach and behaviour support specialist who will spend 3 periods with the pupils on the same day every week using their psychology and powerful curriculum of life lessons - one period outside doing physical activity, learning the rules, skills and values of rugby (respect, teamwork, enjoyment, discipline, sportsmanship and practicing controlled confrontation,) one period in the classroom working on subjects such as growth mindset, ACEs, body image, bullying, motivation, confidence and taking part in group mentoring and the final period giving pupils 1:1s- time to talk about school/ home and set goals. The team will work with the same group for up to 3 years; from the beginning of S2 until the end of S4.

SoHK offer each school a range of additional options to ensure we're providing a bespoke support package, these include: motivational speakers covering topics that are most relevant to the students, in-class mentors for students who struggle to engage and behave and coaching in different sports.



Contact

Website www.schoolofhardknocks.org.uk
Address Rosanna Innes, Director of Programmes, Scotland
School of Hard Knocks, 2 Walker Street, Edinburgh, EH3 7LB
Email rosa@schoolofhardknocks.org.uk
Telephone 07825918106

Scottish Sports Futures



Scottish Sports Futures (SSF), changing lives through sport. SSF use the power of sport and physical activity to engage with vulnerable and disadvantaged young people in Scotland and empower them to be confident, healthy and happy. We work to develop people, improve health and wellbeing and strengthen communities.

Jump2it is an early intervention, motivational health and wellbeing programme using professional athletes as inspirational role models to deliver engaging social education. A “roadshow” for up to 100 pupils (p5-7), tackles physical wellbeing, mental wellbeing, coping and resilience using a variety of formats that bring topics to life, making them meaningful and accessible. Quizzes and prizes motivate information retention throughout.

Pupils rotate around 4 stations 1 physical activity and 3 of the following topics:

- Dangers of Alcohol
- Healthy Eating
- No Knives Better Lives
- Mental Wellbeing
- Dangers of Smoking
- Online Safety
- Bouncing Back

After each roadshow pupils can also receive 6 weeks coaching (1 hour per week) – using the inspiring athletes, sessions are designed to reinforce the classroom learning (Roadshow). This further promotes continued participation and improves the health of children whilst teaching teamwork and boosting confidence.

The Jump2it programme is mapped against the curriculum for excellence and follows GIRFEC principles. Schools can see clearly how the delivery contributes to attainment supported by accredited Youth Scotland hi5 Awards, as well as, health and well-being.

SSF have been delivering the programme for more than 10 years and all modules are age appropriate and developed in partnership with experts in each field.



Contact

Website www.ssf.org.uk

Address Scottish Sports Futures, The Legacy Hub, 301 Springfield Road, Glasgow, G40 3LJ

Email Jim.Boyd@ssf.org.uk

Telephone 0141 218 4640

Software Training Scotland



Software Training Scotland
creating learning opportunities for all

Software Training Scotland is a provider of high quality digital learning and SQA qualifications. We provide our services from our learning centre in Inverclyde and on location, across Scotland, supplying all staff and equipment.

We offer Digital Music Making courses and activities that combine digital music making, song-writing and sound production into a stimulating learning experience that aims to have far reaching positive effects and outcomes for both staff and primary and secondary age children. Our courses provide an engaging, immersive learning experience where young people use technology in a creative way and are highly effective at engaging all learners regardless of their musical or academic level, and their degree of support needs.

We have a wealth of experience in delivering arts-based digital learning, using carefully designed approaches which have been tested and refined. We have extensive resources meaning all delivery scheduling, lesson planning, supporting resources (both written and media) are of a high-quality and achieve consistent, improved outcomes for young people.



LOT 1 Activity Based Learning

Contact

Website www.softwaretrainingscotland.co.uk

Address Paul Brooks, Scarlow House Business Centre, 2 Scarlow Street, Port Glasgow PA14 5EY

Email info@softwaretrainingscotland.co.uk

Telephone 01475 603 797

The Conservation Volunteers



To Connect People and Green Spaces to Deliver Lasting Outcomes for Both. We bring people together to create, improve and care for green spaces. From local parks and community gardens to local nature reserves and Sites of Special Scientific Interest; from school grounds to waterways, wetlands and woodlands; we connect people to the green spaces that form a vital part of any healthy, happy community.

People improve their confidence, skills and prospects, through learning inspired by the outdoors. People improve their physical and mental health and wellbeing, by being outdoors, active and connected with others. Green spaces are created, protected and improved, for nature and for people. Communities are stronger; working together to improve the places where people live and tackle the issues that matter to them.

In East Ayrshire TCV are able to offer a wide range of Activity based learning and Developing the Young Workforce services. Our core offers are:

- School Green Gym programmes are outdoor sessions, managed by TCV, which take place in school grounds and local greenspace to encourage physical activity and improvements to local green spaces. The service is targeted at disengaged school pupils and pupils with low attainment and literacy/numeracy issues. The overall aim is to promote health and wellbeing of the pupils and encourage an interest and respect for the environment.
- The Employability in the Outdoor Award is a unique award as it is an outdoor-delivered introduction to the world of work for those who have low confidence/ skills and are unsure about how to gain and sustain employment.

TCV have additional delivery options which can be incorporated into our core delivery offers within schools. The bespoke and compatible delivery models are Rewild the Child, 5 Ways Well (mental health focussed Green Gym), School Green Gym Licence (allowing independent delivery after in house training) and Citizen Science. All are open to all primary, secondary or ASN schools within East Ayrshire (with exception of the Employability Award which is primarily aimed at Secondary pupils).



Contact

Website www.tcv.org.uk

Address **David Graham, Business Development Manager** The Conservation Volunteers Scotland, St Joseph's Academy, Grassyards, Kilmarnock, KA3 7SL

Email kilmarnock@tcv.org.uk

Telephone 01563 544304

EAST AYRSHIRE COUNCIL

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

The Prince's Foundation



From developing life skills and crafts expertise to inspiring schoolchildren to grow food and sharing advanced knowledge and experience of building sustainable communities.

Our Activity Based Learning classes can be one off or regular repeat visits. Activities include; Indoor Climbing, Target Archery, Search & Rescue, GRIT, hARTmony, Harmony in Nature, DH Mini Highland Games.

All activities can be adapted to accommodate a variety of ages and ability. Our activities offer health and fitness benefits, problem solving, team work and improved self-esteem. The skills learned and built on through all of these activities clearly demonstrate transferable links to everyday life skills. The principles of Harmony are embraced in all of our programmes.



Contact

Website www.dumfries-house.org.uk
Email education@dumfries-house.org.uk
Telephone 01290429918

The Zone Initiative Limited



the **ZONE**

The zone has been in existence for over 34 years delivering opportunities for young people across the doon valley area. All staff are qualified and work to a very high standard. We have two buildings in dalmellington and have access to a mini bus to transport young people to and from venues. We plan to introduce stem based activity workshops with a wider achievement qualification and core skills is required.

The aim of STEM education is to increase the literacy, knowledge and understanding of scientific, technology, engineering and mathematical concepts and processes required for decision making and risk assessment in a fun hands on technique.



LOT 1 Activity Based Learning

Contact

Website www.thezone-online.co.uk
Address 10/12 High Main Street, Dalmellington, East Ayrshire KA67QN
Email elaine.stewart@the-zone-online.co.uk
Telephone 01292-551-888

Waterside Wellbeing



Waterside Wellbeing operates from two centres within East Ayrshire presenting outdoor learning by means of Equine and Small Animal Assisted Activity Therapy. We are a small, family run business, which is dedicated to promoting positive attitudes towards health and educational attainment offering quality rather than quantity in the services that we provide.

Waterside Wellbeing has developed over the last 15 years from our long-established Approved Riding School tailoring towards a more therapeutic approach to the benefits that Equines and other animals can offer. The ponies and small animals that we use have all been trained to allow for fun, safe interaction ensuring an unforgettable and worthwhile experience whilst staging opportunities to acquire life-enhancing and employability skills.

Our team are all experienced and qualified to deliver the high professional standard required to share knowledge and specialised techniques. The salubrious nature of our service is particularly beneficial for children and young people who may experience complex and additional support needs. Both centres are maintained and inspected to ensure that visitors feel relaxed - offering idyllic settings, bespoke sensory trails, therapeutic gardens, animal activity enclosures and indoor space in the event of inclement weather.



Contact

Address The Harmony Centre, Berryhill Bing, Auchinleck KA18 2NB

Email joyfulecho3@aol.co.uk

Telephone 07850 227 524

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Action for Children is the only qualified UK provider of the Blues Programme. The Blues Programme is an evidence based group intervention and depression prevention programme. It provides 'early help' to reduce development of adolescent low mood and negative thoughts. Pioneered in the United States, with robust research and evaluation.

The programme is aimed at young people aged 13-19 years. A questionnaire is used to target those who will benefit most who are at-risk of developing depressive symptoms.

Trained Action for Children 'Blues Instructors' deliver the six week programme, comprising:

- Weekly One Hour Group Sessions –for pupils to engage, build rapport, share experiences, gain learning, learn techniques and practice skills
- Homework Tasks and Self Reflection– for personal reflection and application of new skills to young people's daily lives.

Instructors use through proven, validated delivery methods based on Cognitive Behavioural Therapy. The methods, tools and techniques help pupils to explore the links between thoughts, feelings and actions.

Each session is accompanied by relevant guidance materials, tools, strategies, and 'take-aways' including home practice tasks. Pupils are taught coping skills and develop a 'toolkit' of strategies that they can then use throughout their lives. 97.3% of pupils rate the programme as Five Star (out of five).

The Blues has proven impact:

- Reduced depression and depressive symptoms
- Increased confidence and self-esteem
- Improved engagement in learning
- Improved social functioning in school.

Contact

Website www.actionforchildren.org.uk

Address 17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries)
Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH

Email businessdevelopmentscotland@actionforchildrenscotland.org.uk

Telephone 0141 550 9010 (Scotland Head Office)



Alpha Plus Training Ltd. specialises in the design and delivery of high-quality programmes for schools and education services. Programmes designed to improve children and young people's health and wellbeing are delivered by trainers who are highly experienced within Education Services and can be tailored to the school / sector's needs.

Scotland's Mental Health First Aid

Mental Health First Aid was originally developed in Australia based on the concept of general first aid training. Formal evaluations carried out in Australia and Scotland have shown that staff who have attended this course improved their confidence and ability to help others, improved their knowledge and reduced negative attitudes they may have had about mental health problems. This 12hour SMHFA training will give staff more confidence in supporting pupils, staff, parents / carers and provide an excellent foundation for any Mental Health & Wellbeing Policy. Participants will receive a certificate of attendance and a copy of the SMHFA Manual which covers the course content.

Supporting Your Child – Parents/Carers

Working with pupils, staff and parents a programme will be delivered to parents/carers to better support their children in schools and to help close the attainment gap in Scottish Schools.



Contact

Website www.alphaplustraining.com

Address Alpha Plus Training Ltd., 23 Spottiswoode Road, Edinburgh EH9 1BJ

Email Kate@alphaplustraining.com

Telephone 07950595893



Barnardo's work with schools and families is relational, attachment aware and trauma-informed. When children and young people feel safe, they are better able to engage and reach their full personal and academic potential. We offer a wide range of evidence based, tried and tested supports and interventions as detailed below:

I:1 Sessions - To maintain or improve support networks. Specific interventions include: mindfulness; cognitive behavioural work; appreciative enquiry and life-story work. We can also offer I-I sessions in the family home.

Group Work - 6-12 week blocks. May include; transitions, bereavement, trauma and loss, self-esteem and confidence, peer support groups, substance use, social and relationship skills.

Stay & Play Groups - focussed on attachment messaging, modelling behaviours for parents. Homework time is incorporated into the sessions.

Holiday Activities - Outings and trips to help improve family functioning.

Weekly Drop-Ins - A nurturing environment for parents/carers to feel cared for and in turn nurture their children.



Contact

Website www.barnardos.org.uk

Address Office base: 3 Grange Place, Kilmarnock, KA1 2AB
Administration hub: 39-41a Main Street, Kilwinning, KA13 6AN

Email linda.nisbet@barnardos.org.uk (Children's Services Manager)
SouthWestScotlandServices@barnardos.org.uk (referrals and administration)

Telephone 01294 556208

Bethany Christian Trust



UpStream is a therapeutic service from Bethany Christian Trust offering support to pupils who may be feeling down, stressed or anxious. This support takes place within the school environment and involves the UpStream worker and the young person co-producing strategies that promote healthy boundaries, develop resilience and manage risk behaviour.

Talking things through with a counsellor can help a person make sense of their feelings and help them learn different ways of coping with these feelings in the future.

After an initial meeting with the UpStream worker, support will follow one of two streams: Firstly, this could be Therapeutic Befriending which is a safe and relaxed time for a young person to talk to someone who will listen supportively to everything they have to say. Alternatively, it may be decided that a period of Counselling would be helpful. Counselling provides a safe and non-judgmental space where a counsellor will help a young person to explore and process their feelings, worries or problems.

UpStream has three over-arching aims:

1. To create resilience in young people from some of the most deprived areas in Glasgow and Ayrshire
2. To improve mental health and coping strategies by providing a platform or space for young people to reflect on their aspirations and direction.
3. This increased resilience and improved mental health will ultimately reduce homelessness in at-risk young people aged 11-18.



Contact

Address UpStream, Bethany Christian Trust, 42 Hollowglen Road, Glasgow G32 0DP
Email upstream@bethanychristiantrust.com
Telephone 0141 766 0177



Established in January 2007, Cazbro offers training, coaching and personal development in one-to-one, group, workshop and course formats. Flexibility is key, allowing you to create programmes tailored to suit your requirements. These can be classroom based, outdoor or residential.

Cazbro offers a holistic approach to personal development. Participants can benefit from the services of a professional life coach, trainer and personal development consultant, outdoor activity instructors, personal trainers, chefs and STEM Ambassadors – all experts in their fields. Our programmes aim to improve the lives of participants by providing a foundation and springboard towards sustainable good physical, emotional and mental health and wellbeing.

- Programmes are accredited and are delivered by experienced, qualified, professional trainers and instructors.
- Programmes are modular allowing you to choose the best combination for your group.

Cazbro works with a wide range of organisations, local authorities, charities and individuals. We have a proven track record of results and success—and after participation in our programmes, so do our clients!



Contact

Website www.cazbro.co.uk
Email info@cazbro.com
Telephone 07803 172198



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505



For over 135 years, Children 1st has been providing emotional and practical support to children, young people and families. We are committed to ensuring that all of Scotland's children and young people reach their full potential by building on their strengths and capacities whilst supporting them to address their challenges. Our Pupil Support Service will focus on raising educational attainment for the most disadvantaged children in East Ayrshire.

We are experienced in working in schools across Scotland, designing and delivering a service that meets the needs of each individual school. Our approach is to work alongside head teachers and school leaders to understand the issues affecting their pupils and what we can do to help those pupils raise their overall attainment in education and improve their health and wellbeing. Supports on offer include:

- One-to-one work with young people to improve emotional health and wellbeing
- Whole family support to strengthen relationships
- Practical help at home such as implementing routines
- Group supports to build relationships and address challenges faced by pupils



Contact

Website www.children1st.org.uk
Email kirsty.aitken@children1st.org.uk
Telephone 07767648895



School Counselling & Support Services

The Exchange is a specialist counselling organisation with over 18 years' experience in schools. It is the children, young people and families division of The TCS Group, currently working with 9 Local Authorities and receiving over 1800 referrals each school year. We are informed by the SHANARRI wellbeing indicators and work to "Get It Right For Every Child".

The mental health and well-being of every child and young person is priority in our work as we build the resources of psychological resilience in schools. We provide creative and age-appropriate therapeutic interventions to help young people with managing present issues and developing resilience for coping in later stages. We actively put effort into early and speedy intervention to minimise waiting times and engage the young person in useful therapeutic processes which we closely monitor and measure through our framework. The Exchange provides counselling services and therapeutic interventions through face-to-face sessions, telephone and online chat support.



Contact

Website	exchange-counselling.com
Address	Grove House, 1 Kilmartin Way, Uddingston, G71 6PH
Email	admin@exchange-counselling.co.uk
Telephone	03302 020 283

Feeling Good for Schools Wellbeing Programme



Feeling Good

Recent inquiries into young people's mental health have found that academic achievement is being prioritised at the expense of wellbeing. Our proven six week Feeling Good For Schools programmes aimed at S1 and S2 pupils take a proactive, non-stigmatising approach to positive mental health by equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. We also recognise that teachers' own mental health is being affected by increased workloads, so our programmes come fully resourced, training is provided and our Schools Liaison Officer (a qualified and experienced teacher) is (virtually!) on hand to support throughout delivery.

Alongside weekly lessons, pupils listen to short audio tracks (ideally every day) that teach strategies to improve mental health, just like we'd attend exercise classes or join a sports team to improve our physical health. The audio tracks have been developed by our GP and Psychologist MDs and were adapted from an NHS-accredited mental health recovery programme that uses sports psychology (visualisation and learning and practising strategies). Pupils build resilience through overcoming the challenge of making daily listening to the tracks a habit (like brushing your teeth). There is a temptation to resist new habits because they take us out of our comfort zones but by practising something again and again, we become better at it and we start to see positive effects.

The weekly lessons build on the skills that are taught through the audio tracks and they can be delivered in e.g. PSHE, PE or Citizenship. Pupils can continue to listen to the audio tracks at home through our Feeling Good Teens app and school staff and parents/carers can access our proven NHS-approved adult app, Feeling Good, to support their own wellbeing.

Feeling Good for Schools programme has been developed and researched by the Foundation for Positive Mental Health, a Scottish charity, dedicated to improving mental health with training skills. Uniquely we use proven sports techniques to build mental strength and resilience, in a non-stigmatising, accessible fun approach.

Feeling Good For Schools programmes are 2 six week courses for S1 and S2 pupils for the whole class, equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. Programmes are fully resourced, teacher training is provided and our Schools Liaison Officer (a qualified and experienced teacher) supports delivery.

The programme involves pupils listening to short audio tracks, based on NHS audios, and weekly lessons (covering topics such as Emotions, Conflict Resolution, Social Media and Resilience) to build on these skills. Pupils, staff and parents/carers can also access our Feeling Good Apps.

Contact

Website feelinggood.app
Email rebecca@fpmh.org.uk

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927

Impact Arts (Projects) Ltd



Creative Connections is an innovative programme that will engage S1-S3 young people who are experiencing difficulty or declining to engage in mainstream education, and P7 children who are identified as at risk of not making a successful and positive transition to secondary education. Piloted in the East End of Glasgow in 2015 and continued beyond, it successfully supported school refusers to dramatically increase their engagement with education. Our experience tells us that school refusers often are those experiencing bullying or extreme social anxiety and/or those engaging in anti-social behaviour.

The programme has been developed to give young people the opportunity to work in a small group of peers on a creative project for 3 half-days per week over 6 weeks, designed to build confidence and re-ignite an interest in learning.

The project will be to develop confidence through accessible creative activities which will at the same time challenge the young people to engage in team work, employability and enterprise activities, and creative learning and problem solving. Workshops will be focused primarily on a range of visual art activities. We will work with secondary school partners to identify young people who are not engaging in education or are at risk of being excluded from school: major contributors of turning to crime and antisocial behaviour. Furthermore, through our existing relationships with CAMHS and Throughcare, we will engage with young people who may have had adverse experiences in their formative years. Participants will have access to ongoing aftercare provided by our dedicated Opportunities Coordinator will ensure positive destinations are engaged and sustained.

Through the project, participants will:-

- Take responsibility for their own creative approaches (alone or in groups)
- Develop initial ideas well and follow through on those with most potential
- Craft and present appropriate solutions within project milestones and constraint
- Overcome obstacles to progress

This is achieved through the open approach of our tutors, who:-

- Support thinking and active enquiry through open relationships between tutors and participants
- Encourage openness of ideas and do not provide all the answers or direct all aspects of the activity
- Guide learning, but encourage responsibility and decision-making by learners

Feedback from our partners demonstrates the impact the project has on the attainment potential of participants, particularly in relation to improving school attendance.

Contact

Website www.impactarts.co.uk

Address Jenny Coxon, Programme Manager, 60 Bank St, Irvine KA12 0LP,

Email jenny@impactarts.co.uk

Telephone 01294 273051



Includem is a specialist Scottish charity established in 2000, providing intensive, personalised, relationship-based support to vulnerable children, young people and their families. We provide crisis support for pupils, their families and school staff with access to our free helpline 24/7, 365 days a year.

Our model of support has been proven to transform the lives of thousands of young people; by building trusting relationships and gradually changing the way they look at their own lives and their behaviour patterns. We have been dedicated to delivering the best services possible to young people and families and we continue to be regarded by the Care Inspectorate as sector-leading. We believe that no child or young person is beyond help and with a responsive and consistent support at the time of most need, we help to rebuild relationships and deliver positive, sustainable outcomes.

Overview of our Counselling, Support & Advice Service across East Ayrshire

We will provide one-to-one support sessions in the pupil's home or within their local community several times per week or, wherever they feel most comfortable and whenever they need us. This will be delivered over seven days and continue during holiday periods, with support being delivered outwith the school day wherever possible. We will provide specialist support, targeting unique needs through structured discussions, activities and practical help for both young people and families. This will be delivered by skilled workers who will form strong relationships with each pupil and their family to ensure sustained engagement, even from those most "difficult to reach". Support for referring teachers, including overall service management and evaluation will also be delivered.

Through these sessions, we build trusting relationships with children and young people to uncover the underlying causes for their poor mental well-being. We then provide support that enables the pupil and their family to find ways to manage these issues, to reduce the impact on their attainment.

Contact

Website www.includem.org

Address Includem – Glasgow Head Office,
Unit 6000, Academy Office Park, Gower Street, Glasgow G51 1PR

Email enquiries@includem.co.uk

Telephone 0141 427 0523



Kibble is a specialist child and youth care charity and leading social enterprise. For over 176 years we have supported young people (aged 5-26) to manage trauma, giving them consistent love and care, an inspiring education, and the therapeutic supports to help them achieve their best.

Our Specialist Interventions Services (SIS) provide a range of integrated therapeutic counselling support services for children, young people and their families. The service is for children whose ability to engage in learning has been severely impacted upon through their exposure to a high number of adverse childhood experiences (ACEs). These are the young people whose social and emotional development is most significantly affected by their trauma experience, making it difficult for them to be “emotionally ready” to engage in education.

The aim of the service is to support children to make sense of their experiences and develop a range of emotional regulation and behavioural skills which will enable them to cope better in the classroom and participate more fully in school life. The service also provides therapeutic supports to multi-stressed families, helping them to address issues which impact on their capacity to fully support their child’s engagement in education.

We offer a range of therapies to ensure that every child and their family get the support that is right for them. These include:

- Child & Adolescent Counselling Service - Talk It Over
- Art Therapy
- Drama Therapy
- Play Therapy
- Systemic Family Therapy



Contact

Website www.kibble.org
Address Goudie Street, Paisley PA3 2LG
Email sis@kibble.org
Telephone 0141 889 0044



At Lifelink, we have been providing secondary school counselling across Glasgow and the West of Scotland since 2002 and we've developed extensive experience in the scheduling, delivery, monitoring and management of these services. We believe that everyone is unique and our aim is for every young person we work with to become healthier and happier, wherever they live, work or learn.

Mental health is one of the most fundamental levels of our wellbeing and affects all aspects of our lives at a conscious and unconscious level. It's at the core of children and young people's ability to develop, learn and progress through life. Our one to one counselling services allow young people the chance to understand personal and social issues in depth and to develop the emotional skills and confidence to overcome personal challenges, transitions, and difficulties. The service takes place within the school and is targeted towards 11-18 year olds in secondary schools in East Ayrshire, who have been identified as having, or are at risk of having, poor mental health and wellbeing or emotional resilience issues. We can also provide this service to young people on the school role who are not currently attending, but whom the school would like to refer and are comfortable with being seen in school.

Our rates are fully inclusive of the myriad of risk management and due diligence you need from your counselling service provider and we can provide performance reporting information to suit your needs. Our structure and governance ensure that all appropriate insurances, accreditations, registrations and risk practices are fully managed, and our data management and infrastructure has achieved Cyber Essentials accreditation. Client information is securely stored, and our therapists use mobile technology to record notes and progress in our digital record management systems to ensure all sensitive client information is securely stored and protected.



Contact

Website www.lifelink.org.uk

Email info@lifelink.org.uk

Telephone 0141 552 4434

Twitter [@LifelinkGlasgow](https://twitter.com/LifelinkGlasgow)

Facebook [@LifelinkGlasgow](https://www.facebook.com/LifelinkGlasgow)

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website www.mindmarvels.co.uk
Address The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email karen@mindmarvels.co.uk
Telephone 07422533551

Over the Rainbow

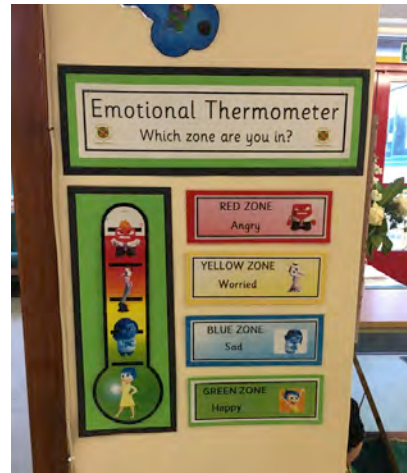


Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

Address Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255



PBS UK are a group of four Positive Behaviour Support Consultants who work across the United Kingdom. Currently we comprise of four staff members and a bank of associates with varying specialisms in Positive Behaviour Support and other evidence based therapies. These specialisms include: Personality Disorder, Acquired Brain Injuries, Dementia, Occupational Therapy, Speech and Language Therapy, Feeding Disorders, Alternative Communication Systems, Research, Active Support, Wellbeing, Acceptance and Commitment Therapy & Practice Leadership.

PBS UK offer training, support and direct intervention to teams or families who are working with individuals that engage in problem behaviour. We use evidence-based practices to support these individuals, and those who work with them, to build skills that support improved quality of life and a reduced need for behaviours that challenge.



Dr Tia Martin

- PhD in Behaviour Analysis & Education
- MSc in Developmental Psychology
- MSc in Autism
- Co-Director of PBS UK



Patrick Behan

- MSc in Applied Behaviour Analysis
- PRINCE2 Trained
- Co-Director of PBS UK



Hannah Newcombe

- BSc in Psychology
- PBS Practitioner
- Undertaking MSc in Behaviour Analysis (Tizard Centre)



Poonam Khunti

- BSc in Psychology
- MSc in Health Psychology
- Trainee PBS Practitioner

Contact

- Website** www.pbsuk.org
- Address** Registered address 24 Lauder Crescent, Perth, PH1 1SU
- Email** cmartin@pbsuk.org
- Telephone** 07951473860



Place2Be is a children's mental health charity providing in-school support and expert training to improve the emotional wellbeing of pupils, families, and school staff.

We take a whole school approach to improve the emotional wellbeing working in partnership with primary and secondary schools, offering vital therapeutic support around big changes and challenges in life.

Our in-school support includes

- One-to-one counselling for individual children
- Place2Talk – a drop in self referral space for pupils
- Group work – therapeutic support via Journey of Hope our exclusive group work programme
- Parent counselling –therapeutic support to help families cope with challenges
- Guidance, training and safeguarding advice for staff



Contact

Website	www.place2be.org.uk
Address	Robertson House, 152 Bath Street, Glasgow, G2 4TB
Email	scotland@place2be.org.uk
Telephone	07803 247 170



Quarriers is one of Scotland's leading social care charities. We provide practical care and support for vulnerable children, adults and families who face extremely challenging circumstances. We challenge poverty and inequality of opportunity to bring about positive changes in people's lives. With a history of providing a variety of quality services across East Ayrshire, it is our aim for young people and families being supported through the Pupil Equity Fund are based on measures that have been evidenced to support stronger educational attainment and aligned to the Getting It Right For Every Child (GIRFEC) wellbeing indicators.

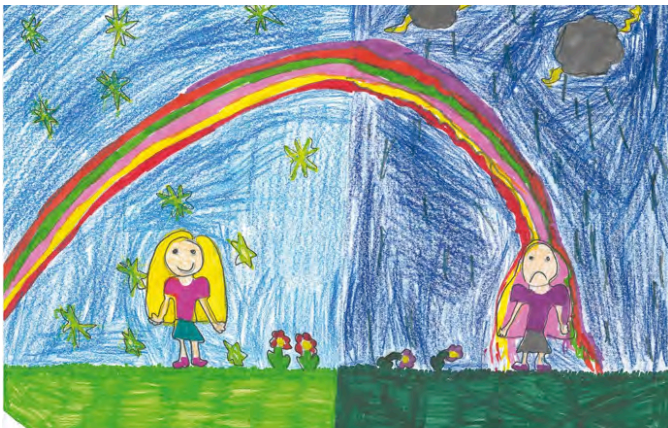
Through our suite of schools-based provision, which are underpinned by the Solihull Approach we have supported pupils in over 50 schools across five local authorities. We pride ourselves in our adaptability in meeting each school's needs and priorities. Our approaches are designed to support children and young people to improve their mental health and wellbeing and in turn contribute to raising educational attainment and improving their SHANARRI outcomes.

We have extensive experience in developing trusting relationships and providing guidance and support to pupils, parents and all staff within the school environment to promote emotional wellbeing, increase confidence and self-esteem and establish coping strategies for emotional problems.

Our experience and extensive resource base means that we can respond to school's group learning needs by creating tailored programmes which address the needs of children, whatever the issue.

Options include:

- Drop-in sessions for pupils
- One to one support for pupils
- Staff drop-in
- Playground presence and input at assemblies
- Small group work for pupils
- Family support and family group support
- Pupil access to Mind of my own App



Chelsea (10) was illustrating her understanding of bipolar; that people have good days and bad days. That sometimes the world seem bring and wonderful, full of rainbows and some days the rainbow is there because of the storm.

Contact

Website www.quarriers.org.uk/schoolbasedservices

Address Quarriers Head Office, Quarriers Village, Bridge of Weir, Renfrewshire, PA1 1SX

Email schoolbasedservices@quarriers.org.uk

Telephone 01505 616 000

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

The Wellbeing Academy



The Wellbeing Academy is a team of qualified counsellors, psychotherapists, life coaches, youth workers and trainers located in schools and venues throughout Scotland. Our team has 14 years' experience counselling over 2000 children and young people. Evaluation evidences that 98% left counselling feeling significantly better than at the start. We are committed to working with schools and parents for the benefit of children and young people struggling with the circumstances of their lives. We offer high quality wellbeing services that are also designed specifically for teaching staff and parents.

We specialise in providing one-to-one counselling for all ages. Our counsellors use play and creative therapies with primary school children, working with parents towards helping each child find ways to express their feeling and find the words to describe to the adults around them about their life and experiences.

Children and young people can talk about a range of issues with a trusted adult, within a relationship of agreed confidentiality. School Counselling can prevent mental health problems developing or becoming more serious. We offer strengths Based Counselling which is linked to Positive Psychology and focuses on what is going right in a young person's life.

The counsellor and client work together to find past and present successes and use these to address the challenges being faced and focus on improving health and wellbeing, social supports, self-concept, emotional resilience, spiritual outlook and personal potential.

The counsellor will build up trust empowering children and young people to become more confident individuals by helping them by eliminating risk factors and increasing protective factors.

Pupils have reported that attending school counselling positively impacted their studying and learning. School management reported improvements in attainment, attendance and behaviour.

Issues best suited for counselling are, anxiety/stress, neglect, bereavement/loss, parental separation, abuse (of any kind), low self-esteem, low mood, living in care, self-harm, sexuality/gender, parent in prison, mild eating disorders, chaotic family life, young carer, parental drug/alcohol abuse and bullying. Available for one-to-one delivery, through a series of 50 minute sessions.



Contact

Website www.thewellbeingacademy.co.uk
Address 1 Douglas street, Dunfermline, Fife, KY127EB
Email office@thewellbeingacademy.co.uk
Telephone 07876196212

EAST AYRSHIRE COUNCIL

LOT 2 Counselling, Support & Advice Services

Wellbeing Scotland



Wellbeing Scotland were established in 1994, growing over the past 25 years to an organisation with 42 staff and over 50 volunteers. We have services across Scotland working with people who have experienced any type of adverse life circumstances, particularly in childhood.

We work with all ages and we have specialist services for children and families. Our Wellbeing Worker service works with children and young people in schools offering support for anyone experiencing an impact on their wellbeing. Some of the factors they want to address are bereavement, bullying, discrimination, parental physical or mental health, parental substance misuse, trauma, exam stress, generalised anxiety, eating disorders, caring responsibilities etc. The work is holistic offering support that feels non stigmatising and accessible. Children and young people can drop in or have more regular support with counselling or groups. The workers also offer advocacy. They can work with the family to help with stability. Our workers are trained counsellors, psychotherapists and psychologists with specialist knowledge in working with trauma. We have specialist services working with abuse/ trauma and can provide training. Our Wellbeing Workers service in Alloa has seen improved attainment and attendance and it has been shortlisted for a Towards Excellence Award. Our work is person centred and our workers are approachable and friendly. Our groups have included young carers, LGBT group, mindfulness, anxiety management, art, gardening and a group that devised Frankie the Zebra, a mental health resource. We also offer groups for parents.



Contact

Website www.wellbeingscotland.org

Address Head Office Bank Street, Alloa, FK10 1HP with locations across Scotland

Email info@wellbeingscotland.org

Telephone 01324 630100

EAST AYRSHIRE COUNCIL

Your Options Understood



Your Options Understood (Y.O.U) is a community interest company providing a range of services across Ayrshire and Glasgow. Services include Advocacy, Consultancy, Staff Training and Support and Advice with the Self-Directed Support process as well as this Y.O.U can also offer support with facilitating Person – Centred Plans for individuals with disabilities and long-term health conditions. Our services are delivered from a first-hand prospective of living with a disability and/or of working in the Social Care sector.

Y.O.U was established in 2015 and since then has developed strong connections within the Health and Social Care partnerships and within Schools. To date the organisation has delivered multiple training sessions around a variety of topics which have assisted in improving the knowledge, experiences and work practises of those who work in these environments and who support individuals with disabilities and long-term health conditions and their families. Y.O.U has also provided advocacy support and guidance for individuals with disabilities and long-term health conditions who have a range of support needs. This support has included assisting those who are in transition throughout their educational journey. The organisation has given these individuals a voice that would not otherwise be heard and has supported them in obtaining the support they require to live the life they want to lead and to achieve their goals and aspirations.



Contact

Website www.youroptionsunderstood.co.uk
Address 17D Caldon Road, Irvine KA12 0RG
Email youroptionsunderstood@gmail.com
Telephone 07938998091

EAST AYRSHIRE COUNCIL

The Articulate Cultural Trust



Articulate hosts one of only a few specialist Arts Award centres in Scotland. We support children and young people to mark achievement and attainment in and through the arts.

The Award builds confidence, helps young people to enjoy cultural activities, and prepares them for deeper learning, further education, training, volunteering or employment.

Arts Award Accreditation

Articulate delivers the Award to support young people to develop as learners, as young creatives and as emerging leaders. We encourage young people who want to deepen their engagement with the arts, build creative and leadership skills, and to achieve a national qualification in a fun and accessible way.



Through Arts Award's five levels, children and young people can explore any form including the performing arts and visual arts, literature, heritage, and multimedia. The Arts Award is managed by Trinity College London.

Contact

- Website** www.articulatehub.com/arts-award
Address 20 Eastwoodmains Road, Glasgow, G46 6QF
Email hello@articulatehub.com
Telephone 0141 416 4105 / 077 40 50 25 44

Articulate Language Camps



Articulate is an Ayrshire-based innovative language school which was established in 2012. We work with schools across the UK and abroad to engage children and young people with foreign language learning out of the classroom.

Our P1-3 puppet show project and P4-S3 film-making workshops focus on providing pupils with foreign language skills through developing a script based on previously learned target language, or by introducing a new language topic, and then performing in a supportive environment.

Our programmes meet many experiences and outcomes of CfE (curriculum maps are available upon request) and aim to increase pupil motivation and engagement. There is a strong focus on collaborative learning, confidence-building, creativity and the use of technology. Our teacher to pupil ratio (1:6 on infant programmes 1:8 on junior programmes) means that each child or young person receives a high-quality, personalised learning experience.



Contact

Address Kara Reichhart, 25 Ailsa View, Stewarton KA3 5HF
Email info@articulate-lc.com
Telephone 07791 698 945

Auchinleck Community Development Initiative



Auchinleck Community Development Initiative (ACDI) is a community led anchor organisation with charitable status based in Auchinleck, with a specific aim of regenerating our local communities. Our activities include delivering Community Events, constructing and maintaining Community Gardens, managing a Social Enterprise and delivering a genuine Community Engagement & Connection Service. Our vision is for our area to be a healthy and happy place to live and play. Our mission is to advance the physical, social, economic and cultural development of the Auchinleck area by developing and delivering projects that will improve the social quality and economic value of our residents and communities.

S2 – S3 age group pupils will be involved in researching, planning and rehearsing a play based on the history of the surrounding area. The outcome will be a performance which will take place at The Boswell Centre. The sessions will cover:

- Researching stories from Auchinleck's past (Pennylands Camp, mining, textiles etc.)
- Producing a storyboard and developing this into a script
- Designing and producing relevant props
- Designing invitations which will be given to parents
- Rehearsal of the play, which will be performed to parents

These Creative Practical Workshops will be delivered in 8 half day sessions over an 8 week period with a maximum of 6 pupils participating. Each week will have 1 x half day workshop.



Contact

Website www.auchinleckcdi.co.uk
Address ACDI Office, The Boswell Centre, 18 Well Road, Auchinleck, KA18 2LA
Email stephen.mccarron@live.co.uk
Telephone 01290 428 482



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

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Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Comedy & Confidence



Comedy and Confidence is the only SCQF accredited confidence qualification in Scotland. We specialise in tailor-made workshops and courses that provide SQA qualifications. Founded by award winning comedian Anna Devitt. For people and businesses who love positive mind sets and creative learning! We believe that everyone should have a giggle while learning new transferable skills.

The Comedy & Confidence Award is an SCQF Level 3, 4, 5 & 6 and is accredited by SCQA & SCQF. Comedy & Confidence™ The DirectDevitt Comedy Award offers the opportunity to learn how to use Comedy in presentations, public speaking and includes Laughter Yoga Therapy Techniques for daily coping mechanism.

During the course attendees get to deliver chosen comedy styles and learn the body language, emotion and vocal techniques behind the style. This course offers hands on experience of public speaking & using comedy while learning transferable skills within communication and confidence techniques. An approved Tutor will lead a series of candidate centred activities, to build on prior knowledge and skills development throughout the course.

By the end of this Group Award course candidates will have skills and abilities in the following:

- Public Speaking
- Communication Skills
- Comedy Writing
- Performance Skills
- Self-confidence
- Self and Peer Evaluation.



Contact

- Email** enquiries@comedyandconfidence.org
Telephone 0141 473 4042
Facebook Comedy & Confidence
Twitter @ComedyandConf
Linkedin Anna Devitt



Deskit is an online leading office laminating solutions specialist, delivering essential supplies for Scottish schools. Classroom projects and certificates are made easy with recyclable laminating pouches, available for schools, nurseries, and childcare providers.

With a range of sizes available, Deskit makes it easy to prepare for the term ahead.

A3 to A5 laminates are available with smaller sizes, thicknesses and the choice of a gloss or matt finish depending on your preference. Our solutions make it easy to clearly protect and present your work. Laminated pouches have been useful in the pandemic, with the gloss surface being hygienic and easy to wipe down, millions of pouches have supplied across UK & Europe during the pandemic for clear Covid-19 signage throughout various facilities including the school environment.

Deskit's solutions are priced competitively with the option to buy multi-packs so you can stock up your stationery cupboard affordably. You can be assured that all products are recyclable and offer a supreme quality finish so they are highly recommended and approved by teachers. We commit ourselves to support the education sector with our competitive prices, with UK stock availability, flexible payment and a fast turnaround on your order.

Part of the same group, check out our sister brand Edukit for craft and foam mats.



Contact

Website <https://www.deskit.co.uk/>

Address Davilex Group Ltd, The Atkins Building, Lower Bond Street, Hinckley,
Leicestershire, LE10 1QU

Email sales@deskit.co.uk

Telephone 01455 413040

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches.

As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Activities Available:

- Panto
- The Ancient Egyptians
- Burns's Birthday in Mauchline
- Comics: Explore and Create Comic Art
- Digital Club
- Discover Reading
- Discovering Ancient Egypt (National Museums Scotland touring partnership)
- Imprint Schools programme – author events
- Scotland's Knights and Castles
- Explorers Puppet Animation Easter Camp
- The Big Snow Christmas- Theatre Show For P1 & 2
- Lifeboat-Theatre Show For P5, P6 & P7
- The Whirlybird -Theatre Show For P1& 2



Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748



Edukit provides schools, nursery settings and childcare providers with access to safe and affordable craft materials that positively impact children’s creativity whilst keeping them entertained. Ideal for Early Years activities, it’s easy to see why Scottish teachers and childcare providers value the quality of arts, crafts, and playtime props available.

Edukit offers a range of craft kits and supplies; teachers can choose a pre-made kit with a theme such as the Spring or Festive which is perfect for groups of pupils. Alternatively, you can stock up the school stationery cupboard with bulk supplies such as glitter, pipe cleaners, foam and felt sheets, pompoms, craft paper, feathers, googly eyes and more.

EVA foam mats are also available in a choice of vibrant and neutral colours to stimulate the children and provide a hygienic base for their play. These offer a fantastic grip so you can avoid any slips or falls in the classroom. The mats come with their own handy storage bags for convenience.

Edukit’s products come highly recommended and approved by 1000s teachers. The entire range of products is CE/UKCA certified against harmful chemicals. We commit ourselves to support the education sector with our competitive prices, with UK stock availability, flexible payment and a fast turnaround on your order.

Part of the same group, check out our sister brand Deskit for your laminating sheets.



Contact

Website <https://edukit.co.uk/>

Address Davilex Group Ltd, The Atkins Building, Lower Bond Street, Hinckley,
Leicestershire, LE10 1QU

Email sales@edukit.co.uk

Telephone 01455 413030

Elevat8



Elevat8 work with community groups and provide learning opportunities for practitioners within the Health and Social Care sector and more recently Education and supported learning environments. Elevat8 pride themselves in taking a creative approach in terms of delivery, ensuring that all sessions are engaging, imaginative and last long in the memory.

Platform Music Elevat8 have experienced recording artists and musicians who will support groups or individuals to write and perform songs based on their lived experience.

Confidence and Laughter Elevat8 have designed and developed sessions that focus on play and laughter. This approach supports creativity which leads to increase in energy and motivation within groups and individuals.

Forum Theatre Elevat8 team members would act out pre-agreed scenarios which directly link to the skills that you would like your pupils to focus on. It is designed to be highly interactive and enables your pupils to be fully immersed as they actually participate by directing our actors, suggesting the words, actions and behaviours to reinforce learning of essential life skills.



Contact

Website www.elevat8.com
Address 83 Old Rome Drive Kilmarnock KA1 2RU
Email contact@elevat8.com
Telephone 07592 988 917

EAST AYRSHIRE COUNCIL

Glasgow Music Studios



glasgow music studios ltd.
Improving futures through music

Glasgow Music Studios is a music school which aims to Improve Futures Through Music. We have worked within both main stream and asn schools over the last 8 years providing Jam Music Projects' for pupils. The Jam Project involves; learning instruments, writing music, recording and performing live. Our workshops run at Glasgow Music Studios and also as out-reach for your school.

We have recording studios, rehearsal spaces and teaching rooms as well as a dj and electronic music production suite. We can also bring equipment and tutors to your school to run the Jam project. The Jam Project is an award-winning program – 'Community Initiative 2017.'

We are an SQA centre delivering employability skills within the creative industries and can provide taster sessions.

We have over 40 tutors with extensive experience in music, production and co-ordinators to make sure your school's Jam Project runs smoothly.



Contact

Website www.glasgowmusicstudios.co.uk
Address 5-9 Osborne Street Glasgow G1 5QN
Email info@glasgowmusicstudios.co.uk
Telephone 0141 552 0907

Imagination



With 15 years of success working in schools throughout the UK our traditional game-based learning is ideal for engaging, exciting and educating pupils of all ages and abilities. Whether with individuals, small groups or whole classes, we support and develop key social and curriculum skills with even the most disaffected of children.

“Imagination Gaming changes the dynamic in the classroom, it gets the attention of the children, excites them all and guarantees their engagement in learning”

Tamara Gulliver - Head Mill Academy.

Learning through play is a powerful and effective way of delivering learning, improving attainment, well-being, and providing social skills that enable young people to become more rounded individuals.

Our activities will elicit immediate responses from children young or old, staff seeing first hand how the engagement increases confidence, both socially and academically, and a desire to learn, pushing themselves in ways they might not feel possible.

Whether front of the class activities or tabletop based games, the social nature of our activities means that listening, speaking, debating and turn taking are central to a good learning environment. Understanding others point of view or decisions develops key skills to compliment the curriculum, such as critical thinking and problem solving.



Contact

Website <https://imaginationgaming.co.uk>
Address Imagination Gaming, 193 Park Rd, Barnsley S70 1QW
Email interest@imaginationgaming.co.uk
Telephone 07957 449572

Impact Arts (Projects) Ltd



Creative Connections is an innovative programme that will engage S1-S3 young people who are experiencing difficulty or declining to engage in mainstream education, and P7 children who are identified as at risk of not making a successful and positive transition to secondary education. Piloted in the East End of Glasgow in 2015 and continued beyond, it successfully supported school refusers to dramatically increase their engagement with education. Our experience tells us that school refusers often are those experiencing bullying or extreme social anxiety and/or those engaging in anti-social behaviour.

The programme has been developed to give young people the opportunity to work in a small group of peers on a creative project for 3 half-days per week over 6 weeks, designed to build confidence and re-ignite an interest in learning.

The project will be to develop confidence through accessible creative activities which will at the same time challenge the young people to engage in team work, employability and enterprise activities, and creative learning and problem solving. Workshops will be focused primarily on a range of visual art activities. We will work with secondary school partners to identify young people who are not engaging in education or are at risk of being excluded from school: major contributors of turning to crime and antisocial behaviour. Furthermore, through our existing relationships with CAMHS and Throughcare, we will engage with young people who may have had adverse experiences in their formative years. Participants will have access to ongoing aftercare provided by our dedicated Opportunities Coordinator will ensure positive destinations are engaged and sustained.

Through the project, participants will:-

- Take responsibility for their own creative approaches (alone or in groups)
- Develop initial ideas well and follow through on those with most potential
- Craft and present appropriate solutions within project milestones and constraint
- Overcome obstacles to progress

This is achieved through the open approach of our tutors, who:-

- Support thinking and active enquiry through open relationships between tutors and participants
- Encourage openness of ideas and do not provide all the answers or direct all aspects of the activity
- Guide learning, but encourage responsibility and decision-making by learners

Contact

Website www.impactarts.co.uk

Address Jenny Coxon, Programme Manager, 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

Le Petit Monde



At Le Petit Monde, we believe in the natural and attractive powers of stories and puppetry to make language learning a fun thing to do. We have therefore developed story and puppetry based experiences for pupils to engage with the French language. We can also support teachers delivering creative lessons.

Le Petit Monde invites P1-4 children into the world of Lapin, the French speaking stubborn little rabbit, and his garden friends through puppet shows - from playlet to full high quality theatre production - workshops and bilingual picture book Lapin is Hungry readings.

We also work with P5-7 pupils through creative story making sessions, which can involve puppet manipulation and acting out.

Our work is designed to encourage every pupil in engaging with the French language and culture through creative, memorable and fun, small group experiences.

Research shows that children who creatively engage in learning can develop confidence, resilience and a stronger self-esteem.

In this view and inspired by social constructivist theories, we are developing a creative and play-based language learning resource pack to support teachers in delivering their own story and puppetry based lessons.

Thus, Le Petit Monde unleashes everyone's imagination and creativity through its Frenchness...



Photo: Andy Catlin

Contact

Website <https://www.lepetitmonde.co.uk>
Address 1/6 Bonnington Avenue EH6 5QH Edinburgh
Email info@lepetitmonde.co.uk
Telephone 07910045743

Replico Productions



Replico is a theatre and media production facility with over twenty years experience, offering strategic support for schools, colleges and local authorities. Our core activity is the development and delivery of practical expressive arts and media workshops for learners of all ages. The company's flexible approach reflects the CfE principles of personalisation, choice, challenge and enjoyment, appealing to a wide range of needs, abilities and learning styles.

Our current focus is on projects to support the National Improvement Framework, in particular, attainment in literacy. Our unique pedagogy has evolved as a result of previous initiatives, funded both locally and nationally, supporting the development of creativity skills, interdisciplinary learning, DYW and other elements within the broad general education. We have an extensive repertoire of arts-based and storytelling activities to encourage pupil engagement especially in talking, listening, reading and writing. Support materials, staff training and parental engagement opportunities, can be tailored to suit existing priorities and learning programmes.

Our current team of creative practitioners is drawn from a diverse range of art-form disciplines and has been involved most recently with projects such as The Art of Learning and Paint a Thousand Words - Creativity and Literacy in East Ayrshire.



Contact

Website www.replico.co.uk
Address 0/1 15 Leven Street, Glasgow, G41 2JB
Email info@replico.co.uk
Telephone 0141 422 1168

Rock 'n' Role Models



Rock 'n' Role Models encourage, develop and promote creativity and the freedom to express ideas through high quality creative experiences.

Our Award Winning professional team will make your creative engagement with us valuable, meaningful and relevant, sustainable and fun. We actively promote our philosophy of lifelong creativity and currently work with schools, young people, community organisations and the private sector.

Rock 'n' Role Models passionately believe in the power of the arts to transform people's lives and the wider community for the better.

Through a dynamic education and community creative engagement programme, Rock 'n' Role Models have a dedicated team of professional musicians, visual artists and creative practitioners to create a supportive, creative learning environment tailoring experiences for our clients.



Contact

Website www.rocknrolemodels.co.uk
Email creativity@rocknrolemodels.co.uk
Telephone 07811862697

Software Training Scotland



Software Training Scotland
creating learning opportunities for all

Software Training Scotland is a provider of high quality digital learning and SQA qualifications. We provide our services from our learning centre in Inverclyde and on location, across Scotland, supplying all staff and equipment.

We offer Digital Music Making courses and activities that combine digital music making, song-writing and sound production into a stimulating learning experience that aims to have far reaching positive effects and outcomes for both staff and primary and secondary age children. Our courses provide an engaging, immersive learning experience where young people use technology in a creative way and are highly effective at engaging all learners regardless of their musical or academic level, and their degree of support needs.

We have a wealth of experience in delivering arts-based digital learning, using carefully designed approaches which have been tested and refined. We have extensive resources meaning all delivery scheduling, lesson planning, supporting resources (both written and media) are of a high-quality and achieve consistent, improved outcomes for young people.



Contact

Website www.softwaretrainingscotland.co.uk

Address **Paul Brooks**, Scarlow House Business Centre, 2 Scarlow Street, Port Glasgow PA14 5EY

Email info@softwaretrainingscotland.co.uk

Telephone 01475 603 797

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

The Prince's Foundation



From developing life skills and crafts expertise to inspiring schoolchildren to grow food and sharing advanced knowledge and experience of building sustainable communities.

Using the Estate as a canvas and source of inspiration, workshops can be developed across a number of creative areas focusing on the visual arts and textiles as expressive mediums. The breadth and facility of the Estate allows for nature based activity learning to take place with ease, utilising both manmade and natural landscapes. The creative process has proven benefits in improving mindfulness, creating a sense of calm and building confidence. It can also be useful in getting pupils to express themselves beyond traditional communication tools and help build rapport. The processes involved include a variety of skills sets such as problem solving, measuring, proportion, colour awareness and more general sensory development together with an increased awareness of their surroundings.

Programmes are available as 1 day, 3 day or 5 day experiences. Examples are given below:

- [hARTmony: Paint with Numbers, Clay Creations & Wilderness Weaving](#)
A 3-day programme designed as an introduction to outdoor art and creativity, inspired by the principles of Harmony from HRH Prince Charles.
- [Future Textiles \(SI-3 only\)](#) 1-day and 5-day workshop programmes. Skills taught include machine and hand sewing, knitting, embroidery and woven textiles.
- [Nature's Colour Palette](#) 5-day programme celebrating the International Year of the Periodic Table through exploring natural dyes, their chemistry, textiles and craft.



Contact

Website www.dumfries-house.org.uk
Email education@dumfries-house.org.uk
Telephone 01290429918

Wellbeing Scotland



Wellbeing Scotland were established in 1994, growing over the past 25 years to an organisation with 42 staff and over 50 volunteers. We have services across Scotland working with people who have experienced any type of adverse life circumstances, particularly in childhood.

We work with all ages and we have specialist services for children and families. Our Wellbeing Worker service works with children and young people in schools offering support for anyone experiencing an impact on their wellbeing. Some of the factors they want to address are bereavement, bullying, discrimination, parental physical or mental health, parental substance misuse, trauma, exam stress, generalised anxiety, eating disorders, caring responsibilities etc. The work is holistic offering support that feels non stigmatising and accessible. Children and young people can drop in or have more regular support with counselling or groups. The workers also offer advocacy. They can work with the family to help with stability. Our workers are trained counsellors, psychotherapists and psychologists with specialist knowledge in working with trauma. We have specialist services working with abuse/ trauma and can provide training. Our Wellbeing Workers service in Alloa has seen improved attainment and attendance and it has been shortlisted for a Towards Excellence Award. Our work is person centred and our workers are approachable and friendly. Our groups have included young carers, LGBT group, mindfulness, anxiety management, art, gardening and a group that devised Frankie the Zebra, a mental health resource. We also offer groups for parents.



Contact

Website www.wellbeingScotland.org

Address Head Office Bank Street, Alloa, FK10 1HP with locations across Scotland

Email info@wellbeingScotland.org

Telephone 01324 630100

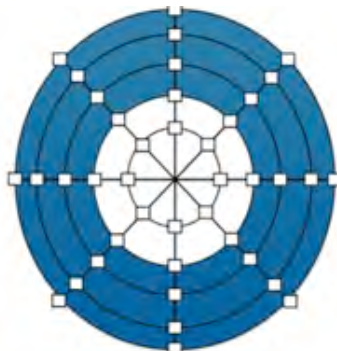
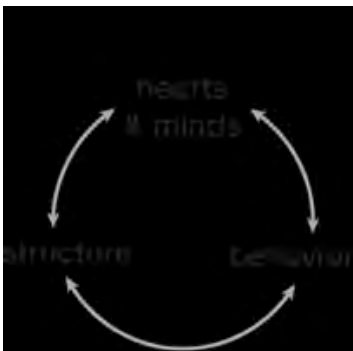
EAST AYRSHIRE COUNCIL

BEAM (CIC)



BEAM is a social enterprise based in East Ayrshire which provides specialist education and mentoring services, based on lifelong learning principles; (it is an on-going activity whether it be mandatory, but more importantly it should always be self-motivated. Lifelong learning is about the developing and pursuit of knowledge which benefits the individual on a personal and/or professional level. It enhances sustainability and encourages the individual to take responsibility for their learning and development of self-resilience and self-assurance. Confidence in academic attainment and progress leads through to a fulfilled and fulfilling attitude, which often leads to active participation and engagement, (preventing social inclusion), within the school and the wider community.

We use education and personal development techniques (these can range from recognition of preferred learning style/behaviour to developing coping mechanisms using tools such as; reflective practice, goal mapping, mindfulness etc) to help young people, to alter and/or change their mindset, attain greater resilience and development, supporting them to recognise their individual aspirations. The delivery of the course is based on a flexible structure, which recognises the pupils' individuality. The service we can provide is: **First Steps in Personal Development Planning (PDP)** is aimed at S4 -S6 pupils. The service delivery fits in with overall aims of the Scottish Attainment Challenge in East Ayrshire. That is to enhance and increase pupils' education attainment in as much that we deliver education for 'non-traditional' learners. These learners are facing obstacles (the way they learn) and/or societal pressures. They require additional support to allow them to develop resilience and sustainability. Plus, the introduction to coping mechanisms to offset social isolation.



Contact

Website www.beamingpeople.com
Email beam.scotland@gmail.com
Telephone 07711 086 109
Twitter @beamingpeople



Established in January 2007, Cazbro offers training, coaching and personal development in one-to-one, group, workshop and course formats. Flexibility is key, allowing you to create programmes tailored to suit your requirements. These can be classroom based, outdoor or residential.

Cazbro offers a holistic approach to personal development. Participants can benefit from the services of a professional life coach, trainer and personal development consultant, outdoor activity instructors, personal trainers, chefs and STEM Ambassadors – all experts in their fields. Our programmes aim to improve the lives of participants by providing a foundation and springboard towards sustainable good physical, emotional and mental health and wellbeing.

- Programmes are accredited and are delivered by experienced, qualified, professional trainers and instructors.
- Programmes are modular allowing you to choose the best combination for your group.

Cazbro works with a wide range of organisations, local authorities, charities and individuals. We have a proven track record of results and success—and after participation in our programmes, so do our clients!



Contact

Website www.cazbro.co.uk
Email info@cazbro.com
Telephone 07803 172198



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

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Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

EAST AYRSHIRE COUNCIL

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927



Hampton Tutors is a leading national supplier of tutoring and academic coaching services. We specialise in providing supplemental learning support to atypical and neurodiverse learners, as well as teaching executive function skills. We work closely with schools to provide additional learning services to help students become confident, happy learners.

Hampton Tutors are excited to offer a number of services tailored to help schools supplement student learning. We expand on traditional subject-matter tutoring by promoting skills for lifelong learning. In addition to helping students with homework and exam preparation, we help them strengthen key executive functions—like time management and organisation.

Our services are designed to be hosted in schools, as after-school sessions or workshops. Alternatively, our team of experienced coaches can boost student learning throughout the school day, either in class or in supplementary sessions.

For students who may struggle with traditional classroom-based learning, our one-to-one services allow them to develop the techniques, strategies, and confidence they need to perform well academically. As well as teaching broad study skills, our coaches are also subject matter experts who can support students across a range of academic disciplines. Get in touch to find out how Hampton Tutors can work with your school.

What does it cover?	Traditional Tutoring	Academic Coaching
Mastery of the subject	✓	✓
Organisation skills	✗	✓
Breaking down big projects	✗	✓
Study Skills	✗	✓
Prioritising tasks	✗	✓
Developing independence	✗	✓
Building confidence	✗	✓



Contact

Website www.hamptontutors.co.uk

Address Hampton Tutors Ltd., Suite 2, Ground Floor, Orchard Brae House,
30 Queensferry Road, Edinburgh, EH4 2HS

Email hello@hamptontutors.co.uk

Telephone 0131 618 6688

Imagination



With 15 years of success working in schools throughout the UK our traditional game-based learning is ideal for engaging, exciting and educating pupils of all ages and abilities. Whether with individuals, small groups or whole classes, we support and develop key social and curriculum skills with even the most disaffected of children.

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Learning through play is a powerful and effective way of delivering learning, improving attainment, well-being, and providing social skills that enable young people to become more rounded individuals.

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Contact

Website <https://imaginationgaming.co.uk>
Address Imagination Gaming, 193 Park Rd, Barnsley S70 1QW
Email interest@imaginationgaming.co.uk
Telephone 07957 449572

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

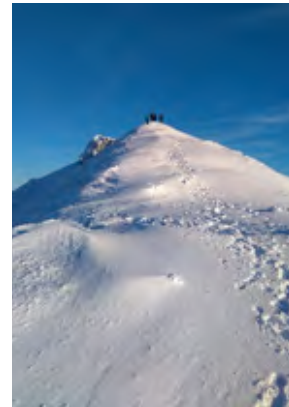
Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact

Email dave@metrooutdoors.co.uk

Telephone 07752 857 847

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website www.mindmarvels.co.uk
Address The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email karen@mindmarvels.co.uk
Telephone 07422533551

Over the Rainbow



Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

Address Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255



PBS UK are a group of four Positive Behaviour Support Consultants who work across the United Kingdom. Currently we comprise of four staff members and a bank of associates with varying specialisms in Positive Behaviour Support and other evidence based therapies. These specialisms include: Personality Disorder, Acquired Brain Injuries, Dementia, Occupational Therapy, Speech and Language Therapy, Feeding Disorders, Alternative Communication Systems, Research, Active Support, Wellbeing, Acceptance and Commitment Therapy & Practice Leadership.

PBS UK offer training, support and direct intervention to teams or families who are working with individuals that engage in problem behaviour. We use evidence-based practices to support these individuals, and those who work with them, to build skills that support improved quality of life and a reduced need for behaviours that challenge.



Dr Tia Martin

- PhD in Behaviour Analysis & Education
- MSc in Developmental Psychology
- MSc in Autism
- Co-Director of PBS UK



Patrick Behan

- MSc in Applied Behaviour Analysis
- PRINCE2 Trained
- Co-Director of PBS UK



Hannah Newcombe

- BSc in Psychology
- PBS Practitioner
- Undertaking MSc in Behaviour Analysis (Tizard Centre)



Poonam Khunti

- BSc in Psychology
- MSc in Health Psychology
- Trainee PBS Practitioner

Contact

- Website** www.pbsuk.org
- Address** Registered address 24 Lauder Crescent, Perth, PH1 1SU
- Email** cmartin@pbsuk.org
- Telephone** 07951473860



Quarriers is one of Scotland's leading social care charities. We provide practical care and support for vulnerable children, adults and families who face extremely challenging circumstances. We challenge poverty and inequality of opportunity to bring about positive changes in people's lives. With a history of providing a variety of quality services across East Ayrshire, it is our aim for young people and families being supported through the Pupil Equity Fund are based on measures that have been evidenced to support stronger educational attainment and aligned to the Getting It Right For Every Child (GIRFEC) wellbeing indicators.

Having worked in over 50 schools across five local authorities, we are experienced in tailoring our services to meet the need of individual children and individual school – both primary and secondary.

Our Resilience and Wellbeing Service offers guidance to children and young people who have been identified by the Keeping Safe and Well Tool as requiring an additional level of emotional support above that provided by universal services. We deliver early intervention and prevention within a holistic model of support, to improve and promote emotional health and wellbeing. This enables young people to become more resilient and confident enabling them to take ownership of their emotional health and to feel empowered to thrive and attain within their school and communities. Our interventions are time-limited, enabling children and young people to put learned coping strategies into practice, promoting resilience and therefore not building reliance.

Our services are tailored for individual children and young people and will be tailored to meet the needs of each primary schools or secondary schools across East Ayrshire. We are highly experienced in tailoring our approach to meet the needs of the school and the pupils. This includes delivering our activities on a one to one, small group, classroom or assembly basis. For example:

- One to one pupil support
- Pupil drop-in
- Group-based mindfulness
- Group-based or one to one resilience and confidence

Our service aims are reflected in the positive outcomes that young people can achieve in East Ayrshire to: enhance skills development; increase inclusion and reduce isolation; enhance peer and family relationships; develop emotional resilience; building community capacity and ownership in tackling issues together; access useful information, resources and education; access new relevant local service or community groups.

Contact

Website www.quarriers.org.uk/schoolbasedservices

Address Quarriers Head Office, Quarriers Village, Bridge of Weir, Renfrewshire, PA11 3SX

Email schoolbasedservices@quarriers.org.uk

Telephone 01505 616 000

The Gifted Kind

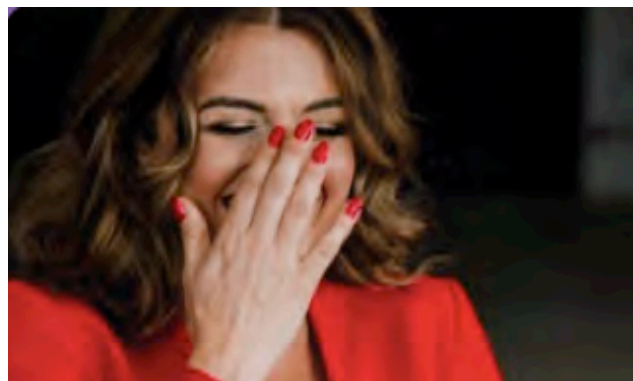


The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

The Wellbeing Academy



The Wellbeing Academy is a team of qualified counsellors, psychotherapists, life coaches, youth workers and trainers located in schools and venues throughout Scotland. Our team has 14 years' experience counselling over 2000 children and young people.

Evaluation evidences that 98% left counselling feeling significantly better than at the start. We are committed to working with schools and parents for the benefit of children and young people struggling with the circumstances of their lives. We offer high quality wellbeing services that are also designed specifically for teaching staff and parents.

We specialise in providing one-to-one counselling for all ages. Our counsellors use play and creative therapies with primary school children, working with parents towards helping each child find ways to express their feeling and find the words to describe to the adults around them about their life and experiences.

Children and young people can talk about a range of issues with a trusted adult, within a relationship of agreed confidentiality. School Counselling can prevent mental health problems developing or becoming more serious. We offer strengths Based Counselling which is linked to Positive Psychology and focuses on what is going right in a young person's life.

The counsellor and client work together to find past and present successes and use these to address the challenges being faced and focus on improving health and wellbeing, social supports, self-concept, emotional resilience, spiritual outlook and personal potential.

The counsellor will build up trust empowering children and young people to become more confident individuals by helping them by eliminating risk factors and increasing protective factors.

Pupils have reported that attending school counselling positively impacted their studying and learning. School management reported improvements in attainment, attendance and behaviour.

Issues best suited for counselling are, anxiety/stress, neglect, bereavement/loss, parental separation, abuse (of any kind), low self-esteem, low mood, living in care, self-harm, sexuality/gender, parent in prison, mild eating disorders, chaotic family life, young carer, parental drug/alcohol abuse and bullying. Available for one-to-one delivery, through a series of 50 minute sessions.



Contact

Website www.thewellbeingacademy.co.uk
Address 1 Douglas street, Dunfermline, Fife, KY127EB
Email office@thewellbeingacademy.co.uk
Telephone 07876196212

EAST AYRSHIRE COUNCIL

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Action for Children will deliver Roots of Empathy (ROE). ROE is an evidence based social and emotional wellbeing programme. The programme is evidenced by robust international research and evaluation including randomised control tests. Action for Children is the sole provider of ROE in Scotland, operating under exclusive licence to ROE Canada.

ROE is aimed at primary pupils and, where appropriate, S1/2 pupils within a Nurture Class. The programme is delivered to a whole class over a full school year. A trained ROE Instructor provides classroom learning, with guided observation of a volunteer parent and baby. The programme is delivered over 27 sessions (approx. 40 minutes each) based around nine ROE learning themes which reflect the Curriculum for Excellence.

The volunteer parent and baby visit the classroom and interact with pupils through nine classroom visits. As such the baby becomes 'tiny teacher', with pupils learning about their own emotions and those of others through the baby's development. In this way, pupils are taught 'emotional literacy'. The ROE Instructor embeds ROE learning through classroom preparation and reflection with pupils before and after each family visit.

By teaching "Emotional Literacy", ROE is proven to:

- Increase empathy (affective empathy, cognitive empathy)
- Reduce aggression (less hostile behaviour/attitudes towards peers)
- Increase pro-social behaviour (sharing, helping and including peers).

This enhances pupil learning by improving children's wellbeing and creating the right conditions for confident, successful learners.

Instructors can come from the Local Authority or Action for Children. Our ROE Mentors provide accredited training, oversight and quality assurance in line with model fidelity.

Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)

Action for Children



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Our Raising Attainment Programme (RAP) is a motivational Behavioural Change and Educational Inclusion Programme which encourages pupils to address negative attitudes, behaviour and actions, and make more positive choices and life changes.

The programme is aimed at secondary or P6/7 pupils who are disengaged from learning, and are at risk of future involvement in offending or risky behaviour. Pupils may be non-attenders, at risk of exclusion, presenting challenging behaviour or face family adversity. The programme is delivered over six weeks, or a full school term. Delivery includes:

Group Work Sessions – interactive, weekly behavioural change sessions. Includes:

- Why Change - personal journeys, escalation of negative behaviours
- Making Change - understanding risk and its impact, actions and consequences
- Tools for Change - critical thinking skills, decision making, conflict resolution
- Planning Change - goal setting, individual strengths/assets, sources of support
- Maintaining Change – coping skills, managing set-backs, enablers and blockers.

Goal Orientated 1:1 Mentoring – additional individualised support for pupils to:

- Explore individual needs/issues in a safe space without judgement
- Gain emotional and practical support from a dedicated staff member
- Set personal goals to increase motivation, aspirations and ambition
- Make productive use of leisure time via healthy, positive, pro-social activities
- Track progress and measure 'distance travelled' using the Wellbeing Web.

Activity Based Learning Experience – for pupils to succeed, gain a sense of achievement and re-engage with learning e.g. Introduction to Engine Basics (at our motor mechanics workshop), Wellbeing Module, Life Skills, Employability Session.

If requested by schools, we can offer options for programme extension. This builds on progress made through an additional six weeks of support, learning and accreditation.

Contact

Website www.actionforchildren.org.uk

Address 17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries)
Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH

Email businessdevelopmentscotland@actionforchildrenscotland.org.uk

Telephone 0141 550 9010 (Scotland Head Office)

The Articulate Cultural Trust



Articulate hosts one of only a few specialist Arts Award centres in Scotland. We support children and young people to mark achievement and attainment in and through the arts.

The Award builds confidence, helps young people to enjoy cultural activities, and prepares them for deeper learning, further education, training, volunteering or employment.

Arts Award Accreditation

Articulate delivers the Award to support young people to develop as learners, as young creatives and as emerging leaders. We encourage young people who want to deepen their engagement with the arts, build creative and leadership skills, and to achieve a national qualification in a fun and accessible way.



Through Arts Award's five levels, children and young people can explore any form including the performing arts and visual arts, literature, heritage, and multimedia. The Arts Award is managed by Trinity College London.

Contact

- Website** www.articulatehub.com/arts-award
Address 20 Eastwoodmains Road, Glasgow, G46 6QF
Email hello@articulatehub.com
Telephone 0141 416 4105 / 077 40 50 25 44

The Articulate Cultural Trust



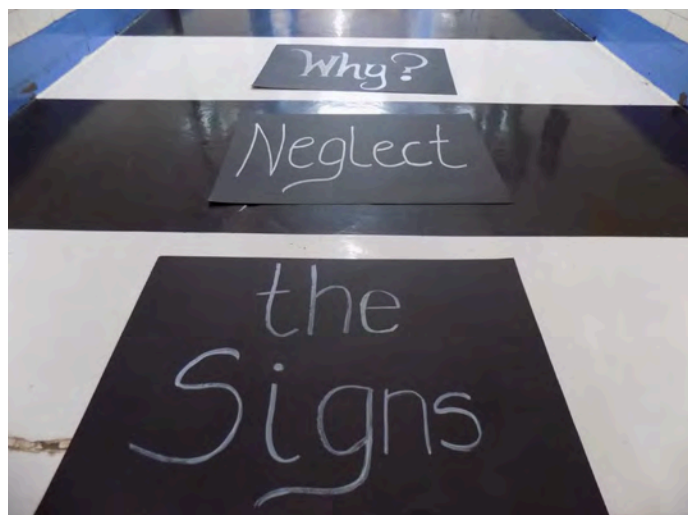
Articulate works with young people by helping to unlock their creative potential, to improve their choices, chances, and skills for life, learning and the world of work. We do so by co-designing and delivering participatory arts and cultural projects that focus on creativity and positive outcomes for well-being, esteem, and achievement as a stepping-stone towards further sustainable improvement.

The Award builds confidence, helps young people to enjoy cultural activities, and prepares them for deeper learning, further education, training, volunteering or employment.

Blue Light Blue

The arts are recognised for their ability to help improve self-expression, confidence, motivation. Participation in the arts gives young people a voice, helps articulate their story, make sense of the world, their emotions and achieve understanding, build trust and explore their aspirations. Our programme uses these attributes as tools to discuss mental well-being challenges by:

- connecting young people to their innate creativity as well as local cultural opportunities
- engaging young people in arts activities and creative processes that build out from what they like and are interested in
- using the arts to understand the stigma associated with mental well-being
- supporting help-seeking and peer-supporting behaviour by the participants
- using Arts Award to offer each learner accreditation for their progress and achievement



Contact

- Website** www.articulatehub.com/arts-award
- Address** 20 Eastwoodmains Road, Glasgow, G46 6QF
- Email** hello@articulatehub.com
- Telephone** 0141 416 4105 / 077 40 50 25 44



Articulate is an Ayrshire-based innovative language school which was established in 2012. We work with schools across the UK and abroad to engage children and young people with foreign language learning out of the classroom.

Our day workshops focus on equipping pupils with foreign language skills either in school or by using a school's outdoor setting while supporting them in gaining key life and employability skills, increasing confidence and closing the attainment gap.

The programmes on offer include:

Language Quest

Challenges focusing on foreign language skills as well as numeracy (number riddles/problem solving), literacy (dictionary skills, word riddles) and health and wellbeing (teamwork, physical activity, effective communication) in the style of 'the Crystal Maze'.

Desert Island Team-Building

Team-building activities in the foreign language focusing on collaborative learning, self-reflection, effective communication, problem solving, confidence building and leadership to get the team off of a desert island.

International Enterprise

Pupils develop a creative marketing campaign including a foreign language advert for a simple product while focusing on collaborative learning, digital skills and use of a foreign language in a real-life context

Film-Making

Pupils develop a script, storyboard and film in the foreign language around one of our health and wellbeing themes such as sports, healthy eating or managing stressful situations



Contact

Address Kara Reichhart, 25 Ailsa View, Stewarton KA3 5HF

Email info@articulate-lc.com

Telephone 07791 698 945

Ayrshire Warriors



Ayrshire Warriors offers a range of Health, Wellbeing and Fitness sessions and pupil workshops to schools across Ayrshire. At Ayrshire Warriors we understand the importance of building positive relationships, delivering sessions that are fun, interactive and informative for young people. In our experience as retired community and campus police officers we have found that once that trust and mutual respect has been established young people will allow you to help and support them in other areas of their lives where they may be facing some challenges on a personal level.

Health and Wellbeing Workshops

The Ayrshire Warriors team pride ourselves on the ability to share information in a way that's fun, educational and relatable to the children and young people.

Our pupil workshops can include:

- Internet Safety for pupils and parents
- Alcohol and Personal Safety
- Drugs and Personal Safety
- One Punch Initiative: violence and young people
- Knife Crime
- The role of nutrition and exercise on mental health

Ayrshire Warriors will provide a range of fitness and well-being activities including but not limited to,

- Boxercise
- Skipping
- Circuit training
- Weight training
- Confidence building
- Gym classes including correct use of gym equipment.
- Goal Setting
- Nutrition and fitness for mental and physical wellbeing
- Self Motivation
- Working in a team or group setting.



Contact

Website www.ayrshirewarriors.co.uk

Address Block A Unit 10 Moorfield Industrial Estate Kilmarnock KA2 0DX

Email Derek_simpson101@outlook.com

Telephone 07989666634



CANI Coaching specialises in assisting schools or organisations to maximise on the potential of pupils/young people, employees and community members at all levels in order to achieve, develop and grow. We nurture existing individual skills and talents as well as developing skills for empowerment, effectiveness and success. We support Schools to create a value centred caring culture which nurtures the achievement of the pupil and staff community, organisational vision and purpose with the up most integrity. CANI programmes incorporate the very best in accelerated learning and NLP techniques combined with ancient universal life principles. Our programmes are highly interactive with brief lecture sessions, interactive exercises and skills practice.

Goal Mapping Workshop - Central to every programme is developing skills for learning, skills for life and skills for work and these are all explored within topics of goal setting (mapping) and empowerment. In addition to these core components, participants bring their personal principles into focus enabling them to recognise who they are, what they are about and where they are aiming to go in their lives. Furthermore, participants are given an opportunity to experience new techniques and approaches to achieve personal and educational success.

The Goal Mapping Programme complements existing skills based training and technical knowledge by enhancing and empowering pupils and staff's performance. The success of the programme is founded on three supporting pillars: philosophy, psychology, and technology, and are representational of the three main ingredients that form our character traits and habits.

Outcomes

- Increased individual wellbeing and improved resilience.
- More confident young people
- Increased aspiration and ambition
- Better engagement with education
- More positive peer relationships for the targeted young people and engagement in healthy and safer activities both within and out with school
- Interventions identified and in place to close the poverty related attainment gap for targeted young people.

Contact

Website www.canicoaching.co.uk
Address 1 Sullivan Way, Cumnock, East Ayrshire, KA18 1UH
Email derek@canicoaching.co.uk
Telephone 07407262677

Auchinleck Community Development Initiative



Auchinleck Community Development Initiative (ACDI) is a community led anchor organisation with charitable status based in Auchinleck, with a specific aim of regenerating our local communities. Our activities include delivering Community Events, constructing and maintaining Community Gardens, managing a Social Enterprise and delivering a genuine Community Engagement & Connection Service.

The Knowe Garden Centre – our community garden facility and social enterprise has a range of interesting specialist gardens including a poison garden, sensory garden and wildlife garden. Our aim is for this facility to be a haven for both residents and wildlife as well as being an educational resource. Our qualified Horticultural Trainer will support pupils as they explore and learn what nature has to offer and how to support nature. Pupil's achievements will be recognised as they work towards their John Muir Discover Award. The content of the sessions can be adapted to suit the P4-7 age group or S1-S3 age group. During their time students will participate in a range of learning activities and experiences through the delivery of Outdoor Practical Learning Workshops covering:

- The motives for the garden's existence
- Using the full range of senses to explore what the garden has to offer
- Creative and practical activities using resources from the garden
- Exploring the garden's relationship with nature
- Sharing what pupils have learned

Delivered in 8 half day workshops over a 4 week period, participants will work towards their John Muir Discover Award (a non-competitive, inclusive and accessible scheme focused on wild places)



Contact

Website www.auchinleckcdi.co.uk
Address ACDI Office, The Boswell Centre, 18 Well Road, Auchinleck, KA18 2LA.
Email stephen.mccarron@live.co.uk
Telephone 01290 428 482

Baldy Bane Theatre Company



Baldy Bane Theatre Company is a registered charity that creates and tours theatre in education projects and workshops. Since our inception 28 years ago, we have toured issue based theatre projects in every local authority area in Scotland for primary and secondary school audiences and adults in a wide variety of community venues.

Project Description:

We will be delivering forum theatre workshops in East Ayrshire to primary and secondary school pupils on the topics of Health & Wellbeing and Developing the Young Workforce. These workshops will be suitable for Second Level pupils (P5, P6 & P7) and Third/Fourth Level pupils (S1, S2 & S3). Each workshop will take place over a single 50 minute class period.

Forum theatre is a type of interactive drama in which the workshop facilitators will perform key dramatic scenes of characters behaving in a certain way, and then pause at the end of each scene to encourage the pupils to discuss the character's motivations, get involved in the drama and then suggest ways in which the characters could improve their behaviour to achieve a better outcome. This helps pupils to analyse their own behaviour and make positive decisions for themselves while reinforcing positive behaviours.

These workshops will support and promote health and wellbeing outcomes as described in the Curriculum for Excellence guidelines and Getting It Right For Every Child wellbeing indicators as set out in SHANNARI; Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included.



Contact

Website www.baldybane.org.uk
Address 13 Carment Drive, Shawlands, Glasgow G41 3PP.
Email office@baldybane.org.uk
Telephone 01416320193



Barnardo's work with schools and families is relational, attachment aware and trauma-informed. When children and young people feel safe, they are better able to engage and reach their full personal and academic potential. We offer a wide range of evidence based, tried and tested workshops:

Bespoke Workshops – 3 young people at a time, based on identified needs. May include; transitions, bereavement, trauma and loss, self-esteem and confidence, and social isolation.

Substance Misuse - To develop understanding and awareness of substance use/misuse.

Relationships, Sexual Health & Parenthood - To develop an understanding of how to maintain positive relationships and sexual health and the responsibilities of being a parent/carer.

Buddy Workshops – Supporting P7 Buddies to help them understand health and wellbeing, how to be supportive, and what to do in difficult situations.

WRAP (Wellness Recovery Action Planning) – This 10 week programme provides group intervention and peer support for young people who are experiencing difficulties with mental health and emotional well-being.

Real Love Rocks – Promotes healthy, consensual, safe relationships amongst children and young people covering four topics: Relationships, Grooming, Keeping Safe and Being Online.

Life Skills - Early intervention/prevention approach for children and young people aged 8-14 years looking at; personal competence, social competence and drug resistance. The programme promotes resilience through the development of emotional literacy, critical thinking, problem solving, healthy relationships and strategies to prevent risk taking behaviours.



Contact

Website www.barnardos.org.uk

Address Office base: 3 Grange Place, Kilmarnock, KA1 2AB
Administration hub: 39-41a Main Street, Kilwinning, KA13 6AN

Email linda.nisbet@barnardos.org.uk (Children's Services Manager)
SouthWestScotlandServices@barnardos.org.uk (referrals and administration)

Telephone 01294 556208



Established in January 2007, Cazbro offers training, coaching and personal development in one-to-one, group, workshop and course formats. Flexibility is key, allowing you to create programmes tailored to suit your requirements. These can be classroom based, outdoor or residential.

Cazbro offers a holistic approach to personal development. Participants can benefit from the services of a professional life coach, trainer and personal development consultant, outdoor activity instructors, personal trainers, chefs and STEM Ambassadors – all experts in their fields. Our programmes aim to improve the lives of participants by providing a foundation and springboard towards sustainable good physical, emotional and mental health and wellbeing.

Get in touch for a list of topics and options. <https://www.cazbro.co.uk/contact>

Programmes are accredited and are delivered by experienced, qualified, professional trainers and instructors. Programmes are modular allowing you to choose the best combination for your group.

Cazbro works with a wide range of organisations, local authorities, charities and individuals. We have a proven track record of results and success—and after participation in our programmes, so do our clients!



Contact

Website www.cazbro.co.uk

Email info@cazbro.com

Telephone 07803 172198



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Children 1st



For over 135 years, Children 1st has been providing emotional and practical support to children, young people and families. We are committed to ensuring that all of Scotland's children and young people reach their full potential by building on their strengths and capacities whilst supporting them to address their challenges

Kitbag is the ultimate restorative tool that is used to build connection with each other in a non-threatening, sensitive manner. The contents of Kitbag have been designed to enable adults and children alike to connect emotionally without the barriers and triggers of conventional discussions

Our workers are restoratively-trained and trauma-sensitive in their work and will always be mindful of the range of issues for children and their families that can impact on their readiness to learn, such as poverty, substance use and previous and current trauma.

Your school has the ability to become an official Kitbag School. Through a partnership with Children 1st your staff, pupils and their families will receive the support and training and become fluent in the use of Kitbag.



Contact

Website www.children1st.org.uk
Email kirsty.aitken@children1st.org.uk
Telephone 07767648895

Clearview Minds



Clearview Minds
Think Different Be Different



Clearview Minds was established in 2017 primarily to work with young adults to support and enhance their skills in order to optimise performance within school and make that successful transition into the world of work. Developing skills to manage stress and anxiety, understanding thought processes, enhancing performance and increasing confidence all play a large part in that success.

Given the pressure that school children have, we provide self-enabling tools to support individuals understand and take ownership of their own behaviour and focus on what they can and what they cannot control. By doing so pupils should be able to:

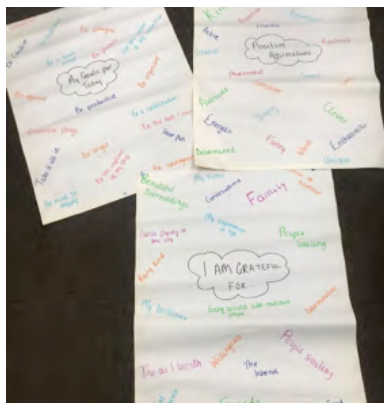
- Manage their stress and find ways to counteract those feelings in periods of high anxiety
- Understand their own thinking patterns and proactively manage their 'inner language' to have the ability to overcome problems
- Allow pupils to take charge of their own development in partnership with teaching staff, which will in turn enhance performance

Whilst we are relatively young as a company, we have a breadth of experience across our team, all keen to share the experiences and techniques we have utilised to enable others. We provide a range of techniques including Neuro Linguistic Programming to help pupils Think Different and Be Different to realise their own potential.

Subjects covered include:

Self-limiting beliefs, Self Leadership, Time Management, Influential Skills, Exam Strategy, Attitude, Memory Techniques, Self Confidence and Personal Resilience

Programmes are bespoke, tailored to individual needs and have been used to tackle a range of barriers such as self-confidence, anger management and anxiety issues, which we can deliver in group sessions or a one to one basis. Come and talk to us and learn how we can help. We would be delighted to share our knowledge.



Contact

Website www.clearviewminds.com

Address Renfrew House, 27 Love Avenue, Quarriers Village, Bridge of Weir, Renfrewshire, PA11 3TL

Email info@clearviewminds.com

Telephone 01505 690093

EAST AYRSHIRE COUNCIL

Do-Be Limited



Early intervention and prevention strategies are key to minimizing the prevalence, incidence and severity of poor mental health in our society. Mindfulness is one evidence-based intervention that can benefit teachers', parents', carers' and children's mental health and help to support development of emotional resilience that will keep healthy young and old alike during stressful, challenging times.

In our Do-BeMindful Initiative we have created a unique approach to delivering Mindfulness education to the whole community - teachers, school staff, families and children - with the following learning programmes.

- Do-BeMindful Foundation Programme for teachers who are often not supported in terms of caring for their own mental health and emotional wellbeing. This is a practical introduction to Mindfulness and kindness-based practices to help participants experience the benefits of personal practice.
- Do-BeMindful Adventurers Programme for first level learners (P2-4) involving 8 weeks of engaging lessons and imaginative play as well as a daily Mindful breathing practice to encourage children to develop important life skills that will benefit their mental wellbeing and improve emotional resilience.
- Do-BeMindful Explorers Programme for second level learners (P5-7) – 16 lessons delivered over 8 weeks in a series of fun, practical Mindfulness lessons for young learners that will help them develop healthy habits of mind and lasting life skills that will benefit their mental health, emotional wellbeing and academic performance.
- Do-BeMindful Essentials Programme for families who might struggle with stress or want to develop healthy habits of mind and/or nurture supportive relationships at home.



Contact

- Website** www.do-bemindful.com
Email enquiries@do-bemindful.com
Telephone 0800 197 8804

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Activities Available:

John Muir Outdoor Learning Projects

The Countryside Ranger Service will lead a range of outdoor learning projects based on topics within the national curriculum that will lead to a John Muir Award for the young people. Projects can take place at Dean Castle Country Park, school grounds or in a local greenspace.

School Grounds

Working with the Countryside Ranger Service, schools can improve their grounds for Outdoor learning and Biodiversity, while giving pupils an awareness, understanding, and confidence to be in and enjoy the outdoors. Young people will be involved in all aspects of school grounds development including design and build. Seed or tree planting, recycled pallet nature stations, bird box and insect homes are just a few of the activities that can be included.

Cinderella-Pantomania Schools Workshops For P1- S1

Pantomania schools workshop is aimed at exploring the characters from Cinderella, the songs, stage make-up, costumes, slapstick comedy and lots of other exciting elements that conjure up an exciting panto. Half day and full day workshops are available for schools and can be tailored to suit various age groups. With competitions and art projects where pupils' work is displayed around the theatre, activity sheets and education packs, we'll help you make the most of your visit to the pantomime. We encourage student's participation and by booking your panto visit with us; you are able to take part in our pantomime workshops which have been developed to engage with pupils of all ages.

Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748

Exchange Resource



The Exchange is a specialist counselling organisation with over 18 years' experience in schools. It is the children, young people and families division of The TCS Group, currently working with 9 Local Authorities and receiving over 1800 referrals each school year. Exchange Resource is dedicated to the development and delivery of group work through specialised programmes for both Primary & Secondary.

Exchange Resources' programmes are designed to complement the academic curriculum by focusing on developing resilience in response to different kinds of emotional, social and psychological needs. We provide both group work programmes and one-off themed workshops to address a range of issues and themes; e.g. bereavement, exam stress, anger, healthy relationships, transition.

In all our work with young people it is essential that we align with school staff and the wider agenda of support for the child and young people. We take into account the impact of adversity in a child's life and counter such impact with support which builds good mental health. Within Secondary schools provide tailored group work programmes aimed at managing stress and anxiety and developing personal resources of resilience. In terms of peer-to-peer support within the school setting, our "Resilience Ambassador" programme allows young people to create their own portfolio of certificated achievements. In Primary schools we have supported over 1000 children through our interactive, creative programmes. Collaboration with school staff and parents allows for an involved approach which aids in building healthy, well-resources children.



Contact

- Website** exchange-resource.net
Address Grove House, 1 Kilmartin Way, Uddingston, G71 6PH
Email admin@exchange-counselling.co.uk
Telephone 03302 020 283

Feeling Good for Schools Wellbeing Programme



Feeling Good

Recent inquiries into young people's mental health have found that academic achievement is being prioritised at the expense of wellbeing. Our proven six week Feeling Good For Schools programmes aimed at S1 and S2 pupils take a proactive, non-stigmatising approach to positive mental health by equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. We also recognise that teachers' own mental health is being affected by increased workloads, so our programmes come fully resourced, training is provided and our Schools Liaison Officer (a qualified and experienced teacher) is (virtually!) on hand to support throughout delivery.

Alongside weekly lessons, pupils listen to short audio tracks (ideally every day) that teach strategies to improve mental health, just like we'd attend exercise classes or join a sports team to improve our physical health. The audio tracks have been developed by our GP and Psychologist MDs and were adapted from an NHS-accredited mental health recovery programme that uses sports psychology (visualisation and learning and practising strategies). Pupils build resilience through overcoming the challenge of making daily listening to the tracks a habit (like brushing your teeth). There is a temptation to resist new habits because they take us out of our comfort zones but by practising something again and again, we become better at it and we start to see positive effects.

The weekly lessons build on the skills that are taught through the audio tracks and they can be delivered in e.g. PSHE, PE or Citizenship. Pupils can continue to listen to the audio tracks at home through our Feeling Good Teens app and school staff and parents/carers can access our proven NHS-approved adult app, Feeling Good, to support their own wellbeing.

Feeling Good for Schools programme has been developed and researched by the Foundation for Positive Mental Health, a Scottish charity, dedicated to improving mental health with training skills. Uniquely we use proven sports techniques to build mental strength and resilience, in a non-stigmatising, accessible fun approach.

Feeling Good For Schools programmes are 2 six week courses for S1 and S2 pupils for the whole class, equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. Programmes are fully resourced, teacher training is provided and our Schools Liaison Officer (a qualified and experienced teacher) supports delivery.

The programme involves pupils listening to short audio tracks, based on NHS audios, and weekly lessons (covering topics such as Emotions, Conflict Resolution, Social Media and Resilience) to build on these skills. Pupils, staff and parents/carers can also access our Feeling Good Apps.

Contact

Website feelinggood.app
Email rebecca@fpmh.org.uk

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927

The Gifted Kind

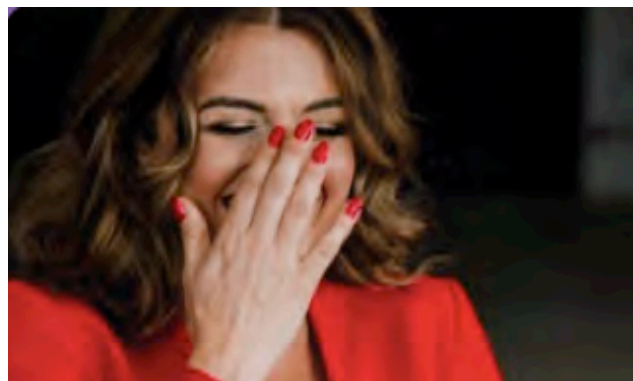


The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

Glasgow Music Studios



glasgow music studios ltd.
Improving futures through music

Glasgow Music Studios is a music school which aims to Improve Futures Through Music. We have worked within both main stream and asn schools over the last 8 years providing Jam Music Projects' for pupils. The Jam Project involves; learning instruments, writing music, recording and performing live. Our workshops run at Glasgow Music Studios and also as out-reach for your school.

We have recording studios, rehearsal spaces and teaching rooms as well as a dj and electronic music production suite. We can also bring equipment and tutors to your school to run the Jam project. The Jam Project is an award-winning program – 'Community Initiative 2017.'

We are an SQA centre delivering employability skills within the creative industries and can provide taster sessions.

We have over 40 tutors with extensive experience in music, production and co-ordinators to make sure your school's Jam Project runs smoothly.



Contact

Website www.glasgowmusicstudios.co.uk
Address 5-9 Osborne Street Glasgow G1 5QN
Email info@glasgowmusicstudios.co.uk
Telephone 0141 552 0907

Hampton Tutors



HAMPTON
TUTORS



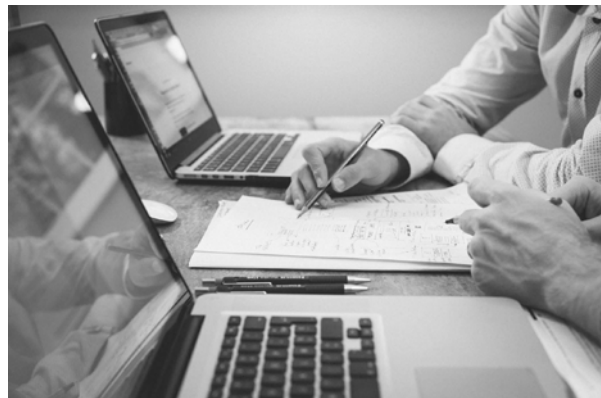
Hampton Tutors is a leading national supplier of tutoring and academic coaching services. We specialise in providing supplemental learning support to atypical and neurodiverse learners, as well as teaching executive function skills. We work closely with schools to provide additional learning services to help students become confident, happy learners.

Hampton Tutors are excited to offer a number of services tailored to help schools supplement student learning. We expand on traditional subject-matter tutoring by promoting skills for lifelong learning. In addition to helping students with homework and exam preparation, we help them strengthen key executive functions—like time management and organisation.

Our services are designed to be hosted in schools, as after-school sessions or workshops. Alternatively, our team of experienced coaches can boost student learning throughout the school day, either in class or in supplementary sessions.

For students who may struggle with traditional classroom-based learning, our one-to-one services allow them to develop the techniques, strategies, and confidence they need to perform well academically. As well as teaching broad study skills, our coaches are also subject matter experts who can support students across a range of academic disciplines. Get in touch to find out how Hampton Tutors can work with your school.

What does it cover?	Traditional Tutoring	Academic Coaching
Mastery of the subject	✓	✓
Organisation skills	✗	✓
Breaking down big projects	✗	✓
Study Skills	✗	✓
Prioritising tasks	✗	✓
Developing independence	✗	✓
Building confidence	✗	✓



Contact

Website www.hamptontutors.co.uk

Address Hampton Tutors Ltd., Suite 2, Ground Floor, Orchard Brae House,
30 Queensferry Road, Edinburgh, EH4 2HS

Email hello@hamptontutors.co.uk

Telephone 0131 618 6688

EAST AYRSHIRE COUNCIL

Imagination



With 15 years of success working in schools throughout the UK our traditional game-based learning is ideal for engaging, exciting and educating pupils of all ages and abilities. Whether with individuals, small groups or whole classes, we support and develop key social and curriculum skills with even the most disaffected of children.

“Imagination Gaming changes the dynamic in the classroom, it gets the attention of the children, excites them all and guarantees their engagement in learning”

Tamara Gulliver - Head Mill Academy.

Learning through play is a powerful and effective way of delivering learning, improving attainment, well-being, and providing social skills that enable young people to become more rounded individuals.

Our activities will elicit immediate responses from children young or old, staff seeing first hand how the engagement increases confidence, both socially and academically, and a desire to learn, pushing themselves in ways they might not feel possible.

Whether front of the class activities or tabletop based games, the social nature of our activities means that listening, speaking, debating and turn taking are central to a good learning environment. Understanding others point of view or decisions develops key skills to compliment the curriculum, such as critical thinking and problem solving.



Contact

Website <https://imaginationgaming.co.uk>
Address Imagination Gaming, 193 Park Rd, Barnsley S70 1QW
Email interest@imaginationgaming.co.uk
Telephone 07957 449572



The Dyadic Art Therapy model has been developed based on the success and learning gained through our child-focused Art Therapy project. The intervention will use a dyadic (parent and child) approach, and the principles of creative therapy to tackle social, mental and emotional barriers to improving family resilience, achieving their full potential, and creating positive family relationships (i.e. improving bonding and attachment).

Dyadic parent-child art psychotherapy is a way of working that focuses on the relationship between the child and a particular care giver, or caregivers, and works with them together in the therapy (Hendry, 2016).

Qualified and experienced art therapists will deliver dyadic therapy to vulnerable and disadvantaged families where caregivers and children are, or are at risk of being, affected by adverse experiences, which could otherwise lead to issues.

Our assessment framework ensures ongoing evaluation of need on a 6-weekly basis in order that children are offered the appropriate intervention for their issues. BAAT have developed clinical guidelines for the delivery of dyadic psychotherapy, and art therapy frameworks for quality clearly state that a client should have a planned beginning, middle and end of therapy, and that the end must ensure that the client has achieved outcomes, while at the same time not developing a dependency on the therapy relationship. Our team have worked cohesively to ensure that children are involved in their 6-weekly reviews through the 'PSYCHLOPS Kids' and 'HoNOSCA' frameworks, giving children greater ownership of their therapy.



Contact

Website www.impactarts.co.uk

Address Jenny Coxon, Programme Manager 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

The Lennox Partnership



The Lennox Partnership (TLP) is a not for profit Social Enterprise created in 1988 to support the regeneration of areas suffering from industrial decline. The organisation has evolved over the years, now delivering a range of services across a number of Local Authority areas to improve our participant's lives.

The 5 day Workshops will be delivered by an experienced Facilitator and will be interactive to ensure that pupils get the best learning experience. Each session will involve providing a brief followed by individual or team working exercises and subsequently a de-brief that allows the young people to identify what skills and competencies they were using and how these are important throughout their lives both at school and then when they make the transition onto a positive destination.

Each workshop will cover:

- how to look for and find job opportunities
- how to present yourself well on paper and in job applications
- CV preparation
- completing job applications and covering letters
- interview preparation and techniques
- understanding the job market and job types
- understanding employment sectors
- understanding employer expectations
- workplace relationship and resolving conflict situations.

The workshop will also include exercises in:

- teamwork
- effective communications
- developing self-awareness
- identifying key strengths
- building confidence

... working in partnership with Barrhead High School for over a year...with a number of our young people ... with that extra helping hand to transition to the world of work... a great benefit to a number of our young people particularly during such difficult economic times

...

Lyndsay Potter DHT

Contact

- Website** www.thelennoxpartnership.org
- Address** 82-84 Glasgow Street, Ardrossan KA22 8EH
- Email** info@thelennoxpartnership.org
- Telephone** 01294 608 952

Le Petit Monde



At Le Petit Monde, we believe in the natural and attractive powers of stories and puppetry to make language learning a fun thing to do. We have therefore developed story and puppetry based experiences for pupils to engage with the French language. We can also support teachers delivering creative lessons.

Le Petit Monde invites P1-4 children into the world of Lapin, the French speaking stubborn little rabbit, and his garden friends through puppet shows - from playlet to full high quality theatre production - workshops and bilingual picture book Lapin is Hungry readings.

We also work with P5-7 pupils through creative story making sessions, which can involve puppet manipulation and acting out.

Our work is designed to encourage every pupil in engaging with the French language and culture through creative, memorable and fun, small group experiences.

Research shows that children who creatively engage in learning can develop confidence, resilience and a stronger self-esteem.

In this view and inspired by social constructivist theories, we are developing a creative and play-based language learning resource pack to support teachers in delivering their own story and puppetry based lessons.

Thus, Le Petit Monde unleashes everyone's imagination and creativity through its Frenchness...



Photo: Andy Catlin

Contact

Website <https://www.lepetitmonde.co.uk>
Address 1/6 Bonnington Avenue EH6 5QH Edinburgh
Email info@lepetitmonde.co.uk
Telephone 07910045743

Love Learning Scotland



Love Learning Scotland is a charity which was founded to provide new and innovative ways to approach education and provide a pathway to inclusion and attainment for the most vulnerable in our society. We provide a holistic approach to engagement, inclusion, empowerment, education and employability through a partnership working approach with key organisations and agencies to ensure that our clients have access to the highest levels of support in all areas of our service delivery.

Our programmes take the form of working with the individual pupils within the school setting, their community and their home setting. The purpose of the programme is to ensure that all aspects of the individuals lives, and needs, are addressed. We firmly believe that for education and attainment to be maximised that all aspects must be incorporated.

Whatever the barrier for not engaging or achieving we can provide support; these barriers could include one of, or a cocktail of, behavioural problems, social and/or emotional needs, ASN, family relationships, violence, trauma and loss, literacy and numeracy, poor attendance, non-attendance, dyslexia, autism, poor mental health, etc.



Contact

Website www.l-o-v-e.org.uk
Address 2 Candymill Lane, Hamilton, ML3 0FD
Email info@l-o-v-e.org.uk
Telephone 01355 239 609
Facebook @lovelearningfam9

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact

Email dave@metrooutdoors.co.uk

Telephone 07752 857 847

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website www.mindmarvels.co.uk
Address The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email karen@mindmarvels.co.uk
Telephone 07422533551

Over the Rainbow

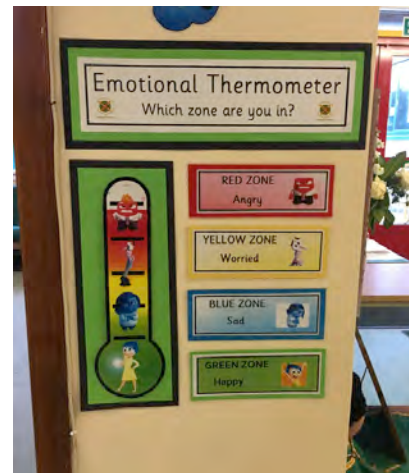
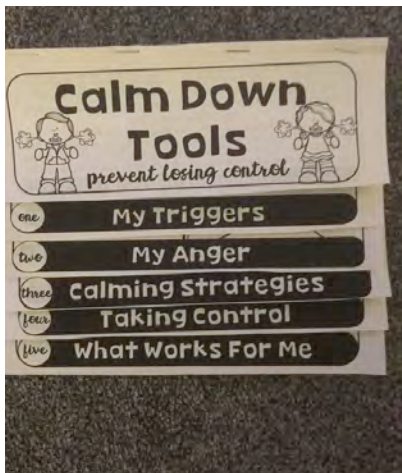


Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

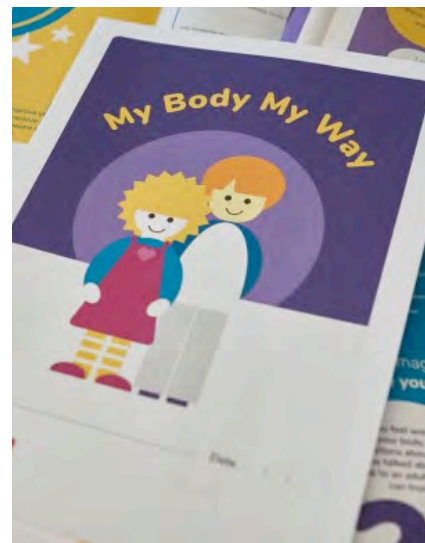
Address Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255



Penumbra is an experienced provider of mental health and wellbeing services for young people. We have the skills, knowledge and resources to deliver an engaging programme of workshops. We will provide your pupils with tools, tips and strategies that will: promote wellbeing; prevent mental health problems; and provide a means of support to people who may already be experiencing mental health difficulties.

We will work closely with your school leadership team to establish your priorities. Themes of workshops could include areas such as body image, bullying, self-esteem, self-harm, healthy living, setting goals, safe relationships, positive thinking, potential and how to achieve it. We have workshops to suit all ages within the Secondary context. Our My Body My Way materials can be used in both Primary and Secondary schools. Each workshop will be evaluated to ensure that it is meeting the needs of the pupils and the individual school, we will map and report on identified outcomes from each session.

Individual workshops will last approximately 1 hour and can be delivered within school timetables or on an extra-curricular basis depending on your requirements. Our workshops have been co-produced with young people, establishing that activities are relevant, engaging and effective.



Contact

Website www.penumbra.org.uk
Email west@penumbra.org.uk
Telephone 0141 229 2580

The Prince's Foundation



From developing life skills and crafts expertise to inspiring schoolchildren to grow food and sharing advanced knowledge and experience of building sustainable communities.

We provide a variety of pupil workshop options from one day experiences to more sustained programmes taking place in weekly or monthly blocks of learning. All learning experiences can be based in one of our education centres or across two centres with linked workshops. Workshops support learners in Primary and Secondary education with experiential, hands-on activities linked to the Curriculum for Excellence and support teachers with subjects and topics where they are looking for different ways to develop learning journeys for the young people they work with. Pupil workshops are held in purpose built education centres and outdoor areas which provide a rich and diverse learning environment. Valuing the opportunities which exist in the wider environment, particularly with links to the outdoors and nature, promotes creativity in young people and helps them develop both an appreciation and enjoyment of learning from nature.

Pupil workshops are offered in the following curricular areas:

- Horticulture and Food Education
- Farm Education
- Outdoor and Nature based learning
- Science, Technology, Engineering and Mathematics [STEM]
- Sewing & Textiles



Contact

Website www.dumfries-house.org.uk
Email education@dumfries-house.org.uk
Telephone 01290429918

Pupiltrain Ltd



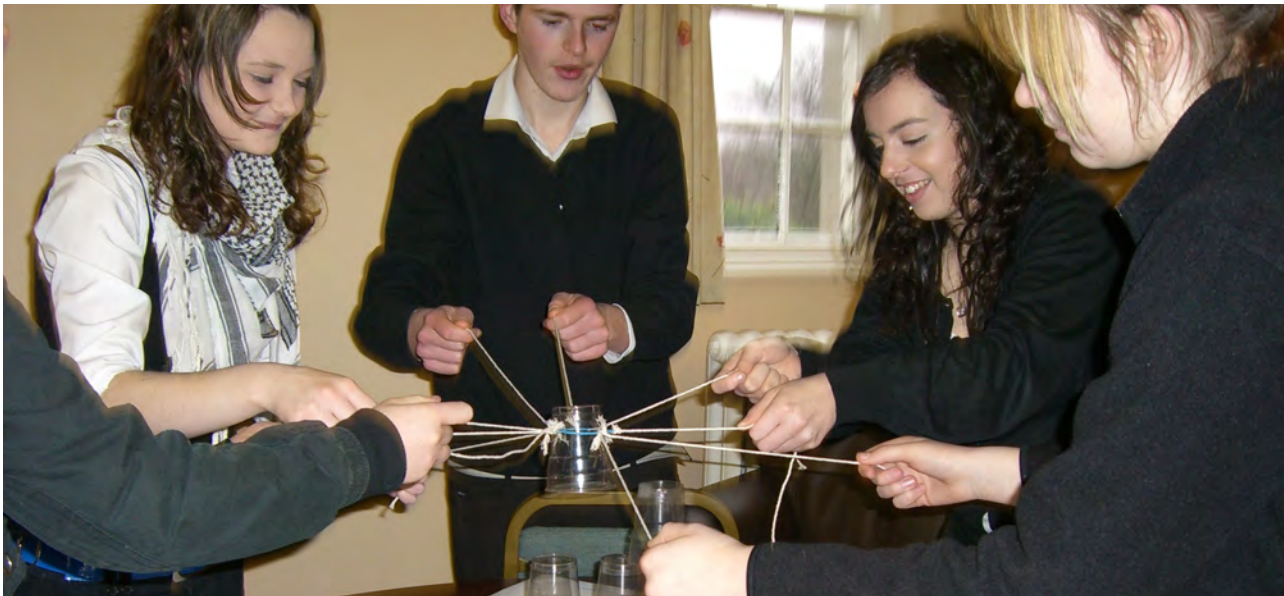
Let us offer you our brand new programme “Challenging the Gap”. This workshop presentation has been created directly to target the difficulties facing specific pupils benefiting from school life and achieving in national examinations.

The presentation is highly pupil active, fast paced, structured and practical. It is centred on a range of activities involving communication, teamwork, leadership, self esteem appraisal, effects of lifestyle, efficient methods of study and successful exam techniques.

The workshop presentation is suitable to all pupils in S1 - S6 secondary school. The normal duration is 3 hours, with 60 pupils being the optimum number. It is usually delivered twice daily to different groups. However Pupiltrain can alter any aspect of this workshop to suit the needs of the contracting school, including a whole day presentation.

Full details of this and all our other programmes are available on our website.

Pupiltrain Ltd was established in 2006. Since then we have delivered pupil workshops in over 100 Scottish Secondary schools, and also in- service presentations to school staff. All our presenters are fully qualified teachers.



Contact

Website www.Pupiltrain.co.uk
Address Pupiltrain Ltd, Barncluith Business Centre, Hamilton ML3 7DP
Email admin@pupiltrain.co.uk
Telephone 01698 286857 or 07969849303



Quarriers is one of Scotland's leading social care charities. We provide practical care and support for vulnerable children, adults and families who face extremely challenging circumstances. We challenge poverty and inequality of opportunity to bring about positive changes in people's lives. With a history of providing a variety of quality services across East Ayrshire, it is our aim for young people and families being supported through the Pupil Equity Fund are based on measures that have been evidenced to support stronger educational attainment and aligned to the Getting It Right For Every Child (GIRFEC) wellbeing indicators.

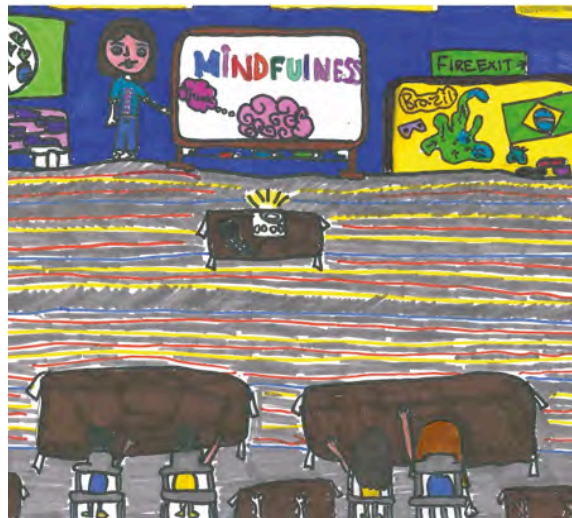
Having delivered our suite of schools based services in over 50 schools across five local authorities and have extensive experience working within the school environment alongside the school staff and pupils to achieve good outcomes relating to school engagement, emotional health and wellbeing, and confidence.

Our services are tailored to suit individual children and young people and will be tailored to meet the specific needs of each primary school and secondary school across East Ayrshire. Our facilitators are experienced in delivering highly participative themed workshops and issues-based sessions tailored to the needs of the pupils and the school. Themes we cover:

- Emotional resilience and confidence
- Promotion of all aspects of wellbeing and leading a healthy lifestyle
- Mindfulness
- Growth Mindset, Friendships, Kindness etc
- Sleep strategies – particularly for those entering or in adolescence

We aim to leave a legacy of well-trained, knowledgeable teaching staff with the skills and tools to sustainability support the mental health and wellbeing of the children in their school.

Our service aims are reflected in the positive outcomes we hope that young people can achieve in East Ayrshire, to: enhance skills development; increase inclusion and reduce isolation; enhance peer and family relationships; develop emotional resilience; building community capacity and ownership in tackling issues together; access useful information, resources and education; access new relevant local service or community groups.



Contact

Website www.quarriers.org.uk/schoolbasedservices

Address Quarriers Head Office, Quarriers Village, Bridge of Weir, Renfrewshire, PA11 3SX

Email schoolbasedservices@quarriers.org.uk

Telephone 01505 616 000

Rock 'n' Role Models



Rock 'n' Role Models encourage, develop and promote creativity and the freedom to express ideas through high quality creative experiences.

Our Award Winning professional team will make your creative engagement with us valuable, meaningful and relevant, sustainable and fun. We actively promote our philosophy of lifelong creativity and currently work with schools, young people, community organisations and the private sector.

Rock 'n' Role Models passionately believe in the power of the arts to transform people's lives and the wider community for the better.

Through a dynamic education and community creative engagement programme, Rock 'n' Role Models have a dedicated team of professional musicians, visual artists and creative practitioners to create a supportive, creative learning environment tailoring experiences for our clients.



Contact

Website www.rocknrolemodels.co.uk
Email creativity@rocknrolemodels.co.uk
Telephone 07811862697

Sinclair Wellbeing and Training Solutions Ltd



Sinclair Wellbeing and Training Solutions Ltd are based in Ayrshire. We design and deliver relevant, innovative, engaging and bespoke training courses for those facing multiple challenges for progressing forward. Wellbeing is at the core of our work and mindfulness is a thread running through our delivery. We are experienced in designing and delivering motivational wellbeing and employability solutions for both young people in schools and adults, including the hardest to help.

Our Onwards and Upwards Plus Digital Skills course is aimed at pupils who would like to improve their personal confidence, motivation and self-awareness. Including those who have limited knowledge and skills in using computers of any kind.

On completion of this course pupils will be able to.....

- Feel more confident within themselves
- Recognise the transferable skills they have developed over a range of topics
- Helping their journey to looking beyond school.

Sinclair Wellbeing's Motiv8 course is designed to help pupils develop confidence, motivation and self-awareness. It is delivered in a groups setting and aims to revitalise and help pupils to realise the skills they have, showing their full potential via a bespoke training package specifically for them. By the end of the course pupils will have addressed barriers and be more confident in engaging with school. Mentoring and advocacy support will be provided for the duration of the programme and for 6 weeks post programme support.

The course may include the following sessions:

- Developing confidence, motivation and social skills for the workplace
- Creation of online CVs targeted towards realistic jobs
- Online job search techniques
- Introduction to self-employment and other routes to work
- Job interview theory and preparation
- Work ethic/attitude
- Recognition of transferable skills.

Sinclair's Mind Matters provides the following outcomes for pupils:

- Cognitive - Improved attention and focus, creativity and innovation
- Wellbeing - Providing strategies to deal with anxiety, stress, post traumatic symptoms, depression
- Social-emotional skills - Emotion regulation, behaviour in school, empathy and perspective taking, social skills, confidence.

Contact

Website www.sinclairwellbeingsolutions.co.uk

Address 2 Dunure Drive, Kilmarnock KA3 7DY

Email info@sinclairwellbeingsolutions.co.uk

Telephone 7795169370

Software Training Scotland



Software Training Scotland
creating learning opportunities for all

Software Training Scotland is a provider of high quality digital learning and SQA qualifications. We provide our services from our learning centre in Inverclyde and on location, across Scotland, supplying all staff and equipment.

We offer Digital Music Making workshops that combine digital music making, song-writing and sound production into a stimulating learning experience that aims to have far reaching positive effects and outcomes for both staff and primary and secondary age children. Our services provide an engaging, immersive learning experience where young people use technology in a creative way.

We also offer workshops that provide young people with essential digital skills that improve their life chances by making them equipped to get the best from their education, prepare them for employment in the modern workplace, and give them skills to protect themselves from the wide range of existing and emerging cyber-risks. As growing up with digital technology has both benefits and dangers for young people, our courses teach safe and effective navigation online, and effective and productive use of digital information including: digital learning, website building, e-portfolios and blogging, online safety, behaviour and privacy on social media, differentiating between reliable and unreliable information.



Contact

Website www.softwaretrainingscotland.co.uk

Address Paul Brooks, Scarlow House Business Centre, 2 Scarlow Street, Port Glasgow PA14 5EY

Email info@softwaretrainingscotland.co.uk

Telephone 01475 603 797

Values Into Action Scotland



VIAS vision is a Scotland where people with learning disabilities and/or autism have the same opportunities as everyone else and are supported to achieve these goals. VIAS enables organisations to support people to achieve maximum independence, choice, and control. We do this through offering quality improvement services

This service will engage both mainstream pupils and pupils with additional support needs through discussion and participation in group sessions focusing on confidence building, diversity, health and well-being, anti-bullying, community engagement and awareness raising.

A series of workshops will be designed and co-delivered by individuals with a learning disability and/or autism that will build the confidence and skills of pupils with additional support needs to tell their stories of life with a learning disability and/or autism, identify their own unique gifts and talents, decide what matters most for them in the future and a route map for making that happen.

Similarly, mainstream pupils will participate in a series of workshops that look at their experiences of learning disability and autism, their hopes for the future and what matters most to them in life. We will then bring both of these groups together to present their work to each other, compare, contrast and find similarities and together develop an animated video as part of an awareness-raising campaign to be used across East Ayrshire focusing on the shared themes of what matters most for the future for young people locally.



Contact

Website <http://https.uk//viascotland.org>

Address Hillington Business Centre, 15-17 Nasmyth Road South, Glasgow, G52 4RE

Email info@viascotland.org.uk

Telephone 0141 212 3395

Waterside Wellbeing



Waterside Wellbeing operates from two centres within East Ayrshire presenting outdoor learning by means of Equine and Small Animal Assisted Activity Therapy. We are a small, family run business, which is dedicated to promoting positive attitudes towards health and educational attainment offering quality rather than quantity in the services that we provide.

Waterside Wellbeing has developed over the last 15 years from our long-established Approved Riding School tailoring towards a more therapeutic approach to the benefits that Equines and other animals can offer. The ponies and small animals that we use have all been trained to allow for fun, safe interaction ensuring an unforgettable and worthwhile experience whilst staging opportunities to acquire life-enhancing and employability skills.

Our team are all experienced and qualified to deliver the high professional standard required to share knowledge and specialised techniques. The salubrious nature of our service is particularly beneficial for children and young people who may experience complex and additional support needs.

Both centres are maintained and inspected to ensure that visitors feel relaxed - offering idyllic settings, bespoke sensory trails, therapeutic gardens, animal activity enclosures and indoor space in the event of inclement weather.



Contact

Address The Harmony Centre, Berryhill Bing, Auchinleck KA18 2NB

Email joyfulecho3@aol.co.uk

Telephone 07850 227 524

The Wellbeing Academy



The Wellbeing Academy is a team of qualified counsellors, psychotherapists, life coaches, youth workers and trainers located in schools and venues throughout Scotland. Our team has 14 years' experience counselling over 2000 children and young people. Evaluation evidences that 98% left counselling feeling significantly better than at the start. We are committed to working with schools and parents for the benefit of children and young people struggling with the circumstances of their lives. We offer high quality wellbeing services that are also designed specifically for teaching staff and parents.

We specialise in providing one-to-one counselling for all ages. Our counsellors use play and creative therapies with primary school children, working with parents towards helping each child find ways to express their feeling and find the words to describe to the adults around them about their life and experiences.

Children and young people can talk about a range of issues with a trusted adult, within a relationship of agreed confidentiality. School Counselling can prevent mental health problems developing or becoming more serious. We offer strengths Based Counselling which is linked to Positive Psychology and focuses on what is going right in a young person's life.

The counsellor and client work together to find past and present successes and use these to address the challenges being faced and focus on improving health and wellbeing, social supports, self-concept, emotional resilience, spiritual outlook and personal potential.

The counsellor will build up trust empowering children and young people to become more confident individuals by helping them by eliminating risk factors and increasing protective factors.

Pupils have reported that attending school counselling positively impacted their studying and learning. School management reported improvements in attainment, attendance and behaviour.

Issues best suited for counselling are, anxiety/stress, neglect, bereavement/loss, parental separation, abuse (of any kind), low self-esteem, low mood, living in care, self-harm, sexuality/gender, parent in prison, mild eating disorders, chaotic family life, young carer, parental drug/alcohol abuse and bullying. Available for one-to-one delivery, through a series of 50 minute sessions.



Contact

Website www.thewellbeingacademy.co.uk
Address 1 Douglas street, Dunfermline, Fife, KY127EB
Email office@thewellbeingacademy.co.uk
Telephone 07876196212

EAST AYRSHIRE COUNCIL

Wellbeing Scotland



Wellbeing Scotland were established in 1994, growing over the past 25 years to an organisation with 42 staff and over 50 volunteers. We have services across Scotland working with people who have experienced any type of adverse life circumstances, particularly in childhood.

We work with all ages and we have specialist services for children and families. Our Wellbeing Worker service works with children and young people in schools offering support for anyone experiencing an impact on their wellbeing. Some of the factors they want to address are bereavement, bullying, discrimination, parental physical or mental health, parental substance misuse, trauma, exam stress, generalised anxiety, eating disorders, caring responsibilities etc. The work is holistic offering support that feels non stigmatising and accessible. Children and young people can drop in or have more regular support with counselling or groups. The workers also offer advocacy. They can work with the family to help with stability. Our workers are trained counsellors, psychotherapists and psychologists with specialist knowledge in working with trauma. We have specialist services working with abuse/ trauma and can provide training. Our Wellbeing Workers service in Alloa has seen improved attainment and attendance and it has been shortlisted for a Towards Excellence Award. Our work is person centred and our workers are approachable and friendly. Our groups have included young carers, LGBT group, mindfulness, anxiety management, art, gardening and a group that devised Frankie the Zebra, a mental health resource. We also offer groups for parents.



Contact

Website www.wellbeingScotland.org

Address Head Office Bank Street, Alloa, FK10 1HP with locations across Scotland

Email info@wellbeingScotland.org

Telephone 01324 630100

EAST AYRSHIRE COUNCIL

Your Options Understood



Your Options Understood (Y.O.U) is a community interest company providing a range of services across Ayrshire and Glasgow. Services include Advocacy, Consultancy, Staff Training and Support and Advice with the Self-Directed Support process as well as this Y.O.U can also offer support with facilitating Person – Centred Plans for individuals with disabilities and long-term health conditions. Our services are delivered from a first-hand prospective of living with a disability and/or of working in the Social Care sector.

Y.O.U was established in 2015 and since then has developed strong connections within the Health and Social Care partnerships and within Schools. To date the organisation has delivered multiple training sessions around a variety of topics which have assisted in improving the knowledge, experiences and work practises of those who work in these environments and who support individuals with disabilities and long-term health conditions and their families. Y.O.U has also provided advocacy support and guidance for individuals with disabilities and long-term health conditions who have a range of support needs. This support has included assisting those who are in transition throughout their educational journey. The organisation has given these individuals a voice that would not otherwise be heard and has supported them in obtaining the support they require to live the life they want to lead and to achieve their goals and aspirations.



Contact

Website www.youroptionsunderstood.co.uk
Address 17D Caldon Road, Irvine KA12 0RG
Email youroptionsunderstood@gmail.com
Telephone 07938998091

EAST AYRSHIRE COUNCIL

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Action for Children will provide a Family Support Service for Schools, supporting both pupil and parent/carer engagement in learning to promote wellbeing and attainment. This reflects research, showing that family engagement has bigger influence on children's attainment than other social, economic and family background factors.

We take a whole-family approach to address barriers to achievement and the root causes of non-attainment. Support is provided at both pupil and family levels - through:

- Direct Work with Pupils (inside and outside of school) – including 1:1 support, group work and access to community-based activities/supports
- Family Support (in the home environment) – including parenting skills, practical support, whole-family work and supporting parental/carer engagement in learning.

Flexible Family Support Workers operate inside of school and 'beyond the school gates' (in family homes and local communities), offering support outside of school hours. We devise individualised packages of support to meet the needs/outcomes of each pupil and family.

Example interventions:

- Direct work 1:1 with pupils e.g. behaviour, emotions,
- Group work with pupils e.g. emotions, loss, bullying
- Improving parental skills, confidence and capacity e.g. Parenting Programmes
- Practical and emotional support in the family home
- Establishing routines, boundaries and structure
- Supporting family learning and parent-school engagement
- Brokering access to additional supports e.g. benefits advice, leisure activities

We use the Wellbeing Web and Family Outcomes Star Tool to identify priorities for change and measure progress. Regular reviews with schools and families are held to determine the need for ongoing support or to plan supportive transitions.

Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)



Barnardo's work with schools and families is relational, attachment aware and trauma-informed. When children and young people feel safe, they are better able to engage and reach their full personal and academic potential. Our approach to parental support and family learning is underpinned by Five to Thrive which enhances awareness of what children and young people need to support positive attachment and healthy brain development.

Family support workers can deliver the following activities:

Family Support - Practical supports for families, including help with establishing routines, accessing other services and support and encouragement to engage with, listen to, nurture and play with their children.

Supporting Attendance - 1:1 work with parents/carers will help to identify any barriers preventing children from getting to school regularly and on time, and we will then work with the families to address these.

Parental Attitudes to School - Supporting parents/carers to explore their childhoods, to see how their own experiences may have influenced their views around attendance and their relationship with the school. Workers support parents/carers to engage with school staff at the school gates and come into school for information sessions and parent evenings, building positive relationships with school staff.

Family Learning - this includes provision of nurturing activities as a whole family or wider group of families as agreed with school staff. This can include bespoke universal or targeted programmes, including homework clubs, holiday activities, summer programme, family time and transition activities and support.

Homework Supports - A safe place within school where homework can be completed with support from a worker and peers.

Community Capacity Building - Training, workshops and learning events to strengthen whole school understanding of approaches to supporting children and young people which are relational, attachment aware and trauma-informed.

Contact

Website www.barnardos.org.uk

Address Office base: 3 Grange Place, Kilmarnock, KA1 2AB
Administration hub: 39-41a Main Street, Kilwinning, KA13 6AN

Email linda.nisbet@barnardos.org.uk (Children's Services Manager)
SouthWestScotlandServices@barnardos.org.uk (referrals and administration)

Telephone 01294 556208

CANI Coaching



CANI Coaching specialises in assisting schools or organisations to maximise on the potential of pupils/young people, employees and community members at all levels in order to achieve, develop and grow.

We nurture existing individual skills and talents as well as developing skills for empowerment, effectiveness and success. We support Schools to create a value centred caring culture which nurtures the achievement of the pupil and staff community, organisational vision and purpose with the up most integrity. CANI programmes incorporate the very best in accelerated learning and NLP techniques combined with ancient universal life principles. Our programmes are highly interactive with brief lecture sessions, interactive exercises and skills practice.

At CANI we use a non-directive coaching method, we do not hold the answers, we simply elicit them from each individual who already holds all of the answers. "Parent Coaching is a highly effective means of unlocking the potential of the individual in order to maximise their potential"

We provide both community and residential Parent Empowerment Programmes which are experiencing great success in achieving fantastic outcomes which include:

- Increased individual and family wellbeing and improved resilience.
- More confident parents and young people
- More confident and positive parenting and stronger adolescent/parent relationships in targeted families.
- Interventions in place to support pupils and their families at transition between primary and secondary.
- Better engagement with education.



Contact

Website www.canicoaching.co.uk
Address 1 Sullivan Way, Cumnock, East Ayrshire, KA18 1UH
Email derek@canicoaching.co.uk
Telephone 07407262677



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Children 1st



For over 135 years, Children 1st has been providing emotional and practical support to children, young people and families. We are committed to ensuring that all of Scotland's children and young people reach their full potential by building on their strengths and capacities whilst supporting them to address their challenges

Our Family Support Service will deliver a range of supports to meet the needs of parents/carers and families to raise attainment for the most disadvantaged children and young people in East Ayrshire. We are experienced in working in schools across Scotland, designing and delivering a service that meets the needs of each individual school. We work alongside head teachers and school leaders to understand the issues affecting their pupils and families, and discuss what we can do to help pupils have the most productive and supportive learning environment in school and at home.

We will provide a range of supports including one-to-one, group support and thematic workshops (e.g. money advice, managing transitions) to help parents/carers fully understand and engage with their child's education and natural desire to learn.



Contact

Website www.children1st.org.uk
Email kirsty.aitken@children1st.org.uk
Telephone 07767648895



Research shows family influences have a stronger impact on children's attainment than school factors. Since 1948 Connect (SPTC) has been dedicated to supporting and encouraging parental engagement in education, working closely with parent groups in schools (PTAs, School Boards, Parent Councils), teachers, Senior Management Teams, and local authorities.

Our information and training sessions bring together Parent Forum and Parent Council with school staff to explore how they can help support school, family and community partnerships to improve outcomes for children and young people. The sessions are informed by the organisation's experience and by research evidence including the work of Dr Joyce Epstein (Johns Hopkins University) and Dr Janet Goodall (Swansea University).

Each interactive session lasts two and a half hours, including a break for refreshments. There is a focus on sharing and mutual support, with time for questions and discussion. Leaflets and other resources are made available. The sessions are:

- Parent Council Essentials
- Engaging Families and the School Community
- Helping to Support Your School Community

We have been delivering our Information Sessions to school communities across Scotland since 2011: they are universally well received and are the only sessions of their kind available in Scotland. Our experienced trainers can deliver sessions to groups of 20-40 in individual schools or clusters, at a mutually convenient time, on school or local authority premises.



Contact

- Website** www.connect.scot
Address Mansfield Traquair Centre, 15 Mansfield Place, Edinburgh, EH3 6BB
Email training@connect.scot
Telephone 0131 474 6199



Raising Attainment is a challenge many schools face and most of the resources available are focused on teachers and pupils. Curriculo offers a specific Skills Development Programme aimed at the parents of the pupils from your schools. We aim to create role models from this parent population who become the coaches for their families.

As recently reported in the Herald Scotland :

<https://www.heraldsotland.com/news/18042867.back-class-parents-return-school-help-job-prospects-young-pupils/>

The Curriculo programme will build the confidence and capabilities of parents; helping them not only to help themselves in securing employment but also enabling them to act as role models and coaches for their own families.

o The programme is delivered over 8 half days face to face workshops and supported by digital revision and tutor input. At this time we are also able to be flexible in our delivery model to suit your needs.

- o Up to 12 participants per cohort
- o Learners will have access to learning materials on the Curriculo Solutions Learning Management System
- o Parents will learn about their skills and strengths and how to utilise these for work. They will learn about Career Management Skills, Interview Skills and Communication and CV Writing Skills.
- o All learners who complete the course will have a Personal Brand Matrix, A Work Based Assignment – researching their chosen career and a 5 year Career Plan
- o This programme is approved by The Institute of Leadership and Management – this is an Optional add on that gives learners
 - Access to the Institutes on-line learning resources with 12 months study membership.
 - Membership status and an Institute of Leadership and Management certificate.
 - Entitlement to use the post-nominal title of AMInstLM (Associate Member of the Institute of Leadership and Management).

Comment from one Head Teacher

“Because of the demographics, it’s really important to have a strong focus on employment skills. The community that surrounds our school has a high percentage of unemployment, so it was important for us to establish not only an aspiration for our children about higher and further education, but for employment and work.”

Contact

Website	curriculosolutions.com
Address	6 Lancaster Crescent Lane, Glasgow G12 0RS
Email	karen.glen@curriculosolution.com
Telephone	07766 566909

Do-Be Limited



Early intervention and prevention strategies are key to minimizing the prevalence, incidence and severity of poor mental health in our society. Mindfulness is one evidence-based intervention that can benefit teachers', parents', carers' and children's mental health and help to support development of emotional resilience that will keep healthy young and old alike during stressful, challenging times.

In our Do-BeMindful Initiative we have created a unique approach to delivering Mindfulness education to the whole community - teachers, school staff, families and children - with the following learning programmes.

- Do-BeMindful Foundation Programme for teachers who are often not supported in terms of caring for their own mental health and emotional wellbeing. This is a practical introduction to Mindfulness and kindness-based practices to help participants experience the benefits of personal practice.
- Do-BeMindful Adventurers Programme for first level learners (P2-4) involving 8 weeks of engaging lessons and imaginative play as well as a daily Mindful breathing practice to encourage children to develop important life skills that will benefit their mental wellbeing and improve emotional resilience.
- Do-BeMindful Explorers Programme for second level learners (P5-7) – 16 lessons delivered over 8 weeks in a series of fun, practical Mindfulness lessons for young learners that will help them develop healthy habits of mind and lasting life skills that will benefit their mental health, emotional wellbeing and academic performance.
- Do-BeMindful Essentials Programme for families who might struggle with stress or want to develop healthy habits of mind and/or nurture supportive relationships at home.



Contact

- Website** www.do-bemindful.com
Email enquiries@do-bemindful.com
Telephone 0800 197 8804



Elevat8 work with community groups and provide learning opportunities for practitioners within the Health and Social Care sector and more recently Education and supported learning environments. Elevat8 pride themselves in taking a creative approach in terms of delivery, ensuring that all sessions are engaging, imaginative and last long in the memory.

Family Mindfulness Sessions Elevat8 have fully trained and qualified facilitators to host family friendly mindfulness sessions, exploring this approach to improve young individuals and their families' health and wellbeing.

Person Centred Planning for Families Elevat8 facilitators are experts in Person Centred Planning and can help families develop and achieve short, medium and long-term goals and tangible outcomes. We provide visual tools which engage participants in a very interactive way.

Everyday Leadership Elevat8 strongly believe that everyone is a leader in their own life and we want family members to realise their leadership capabilities to achieve their full potential and have a positive impact on their community.



Contact

Website www.elevat8.com
Address 83 Old Rome Drive Kilmarnock KA1 2RU
Email contact@elevat8.com
Telephone 07592 988 917

The Exchange

The Exchange



The Exchange is a specialist counselling organisation with over 18 years' experience in schools. It is the children, young people and families division of The TCS Group, currently working with 9 Local Authorities and receiving over 1800 referrals each school year. We are informed by the SHANARRI wellbeing indicators and work to "Get It Right For Every Child". Our approach to resilience building also recognises the need to provide support within external aspects of the young persons life e.g. family and parental support.

Parental support adopts an all-encompassing approach when working to build children and young people's resilience. We work with an immediate focus on the adults whilst the ultimate measure of success is through the young person. After referral, we make connections with parents within one week and establish necessary support. Through a flexible mindset, we aim to develop the parents' resilience resources in order to manage adversity. The support provided works to identify goals for all family members whilst anticipating likely setbacks and work to overcome these. These individual plans are tailored to each family and encourage a collaborative approach.



Contact

Website exchange-counselling.com
Address Grove House, 1 Kilmartin Way, Uddingston, G71 6PH
Email admin@exchange-counselling.co.uk
Telephone 03302 020 283

Feeling Good for Schools Wellbeing Programme



Feeling Good

Recent inquiries into young people's mental health have found that academic achievement is being prioritised at the expense of wellbeing. Our proven six week Feeling Good For Schools programmes aimed at S1 and S2 pupils take a proactive, non-stigmatising approach to positive mental health by equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. We also recognise that teachers' own mental health is being affected by increased workloads, so our programmes come fully resourced, training is provided and our Schools Liaison Officer (a qualified and experienced teacher) is (virtually!) on hand to support throughout delivery.

Alongside weekly lessons, pupils listen to short audio tracks (ideally every day) that teach strategies to improve mental health, just like we'd attend exercise classes or join a sports team to improve our physical health. The audio tracks have been developed by our GP and Psychologist MDs and were adapted from an NHS-accredited mental health recovery programme that uses sports psychology (visualisation and learning and practising strategies). Pupils build resilience through overcoming the challenge of making daily listening to the tracks a habit (like brushing your teeth). There is a temptation to resist new habits because they take us out of our comfort zones but by practising something again and again, we become better at it and we start to see positive effects.

The weekly lessons build on the skills that are taught through the audio tracks and they can be delivered in e.g. PSHE, PE or Citizenship. Pupils can continue to listen to the audio tracks at home through our Feeling Good Teens app and school staff and parents/carers can access our proven NHS-approved adult app, Feeling Good, to support their own wellbeing.

Feeling Good for Schools programme has been developed and researched by the Foundation for Positive Mental Health, a Scottish charity, dedicated to improving mental health with training skills. Uniquely we use proven sports techniques to build mental strength and resilience, in a non-stigmatising, accessible fun approach.

Feeling Good For Schools programmes are 2 six week courses for S1 and S2 pupils for the whole class, equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. Programmes are fully resourced, teacher training is provided and our Schools Liaison Officer (a qualified and experienced teacher) supports delivery.

The programme involves pupils listening to short audio tracks, based on NHS audios, and weekly lessons (covering topics such as Emotions, Conflict Resolution, Social Media and Resilience) to build on these skills. Pupils, staff and parents/carers can also access our Feeling Good Apps.

Contact

Website feelinggood.app
Email rebecca@fpmh.org.uk

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

Imagination



With 15 years of success working in schools throughout the UK our traditional game-based learning is ideal for engaging, exciting and educating pupils of all ages and abilities. Whether with individuals, small groups or whole classes, we support and develop key social and curriculum skills with even the most disaffected of children.

“Imagination Gaming changes the dynamic in the classroom, it gets the attention of the children, excites them all and guarantees their engagement in learning”

Tamara Gulliver - Head Mill Academy.

Learning through play is a powerful and effective way of delivering learning, improving attainment, well-being, and providing social skills that enable young people to become more rounded individuals.

Our activities will elicit immediate responses from children young or old, staff seeing first hand how the engagement increases confidence, both socially and academically, and a desire to learn, pushing themselves in ways they might not feel possible.

Whether front of the class activities or tabletop based games, the social nature of our activities means that listening, speaking, debating and turn taking are central to a good learning environment. Understanding others point of view or decisions develops key skills to compliment the curriculum, such as critical thinking and problem solving.



Contact

Website <https://imaginationgaming.co.uk>
Address Imagination Gaming, 193 Park Rd, Barnsley S70 1QW
Email interest@imaginationgaming.co.uk
Telephone 07957 449572



The Creative Play Rangers programme engages primary school-aged children in creative outdoor pursuits which instil a love of playing outside. Creative Play Rangers will provide loose materials and suggest a range of ideas and activities designed to spark the imaginations of children, allowing them to explore new ideas and activities which are fun and designed to increase physical activity and engagement with the environment.

We use qualified and experienced artists/practitioners with different specialisms (e.g. performance and visual art) to provide children with a range of complimentary creative opportunities. Materials will be varied each session and will introduce a variety of loose and found materials to children, such as, natural materials – e.g. seeds, pine cones, pebbles, twigs, sea glass – and a range of other manmade found materials – e.g. crates, guttering, rope and tubing. This will inspire new ideas each session and demonstrate how creative play can be self-directed in the home and community settings.

Creative Play workers will encourage children to interact with the materials and their surroundings, moving the site of the activity each week to explore the possibilities of different areas in the locale. A focus will be on imaginative play, where children can create mini performances, dens, vehicles and games utilising these materials. The artists will 'suggest' how to start engaging as opposed to actually leading formal games, allowing children to take greater control of the process.

Delivery can be planned throughout the academic year, in children only, or family-based activities, during or out of school hours.

The programme will:-

- Improve social (interaction) skills
- Increase creativity and imagination
- Increase physical activity
- Develop awareness of the local environment & its potential
- Allow children to play outdoors more frequently



Contact

Website www.impactarts.co.uk

Address Jenny Coxon, Programme Manager 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

Includem



Includem is a specialist Scottish charity established in 2000, providing intensive, personalised, relationship-based support to vulnerable children, young people and their families. We provide crisis support for pupils, their families and school staff with access to our free helpline 24/7, 365 days a year.

Our model of support has been proven to transform the lives of thousands of young people; by building trusting relationships and gradually changing the way they look at their own lives and their behaviour patterns. We have been dedicated to delivering the best services possible to young people and families and we continue to be regarded by the Care Inspectorate as sector-leading. We believe that no child or young person is beyond help and with a responsive and consistent support at the time of most need, we help to rebuild relationships and deliver positive, sustainable outcomes.

Overview of our Counselling, Support & Advice Service across East Ayrshire

We will provide one-to-one support sessions in the pupil's home or within their local community several times per week or, wherever they feel most comfortable and whenever they need us. This will be delivered over seven days and continue during holiday periods, with support being delivered outwith the school day wherever possible. We will provide specialist support, targeting unique needs through structured discussions, activities and practical help for both young people and families. This will be delivered by skilled workers who will form strong relationships with each pupil and their family to ensure sustained engagement, even from those most "difficult to reach". Support for referring teachers, including overall service management and evaluation will also be delivered.

Through these sessions, we build trusting relationships with children and young people to uncover the underlying causes for their poor mental well-being. We then provide support that enables the pupil and their family to find ways to manage these issues, to reduce the impact on their attainment.

Contact

Website www.includem.org

Address Includem – Glasgow Head Office,
Unit 6000, Academy Office Park, Gower Street, Glasgow G51 1PR

Email enquiries@includem.co.uk

Telephone 0141 427 0523

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website www.mindmarvels.co.uk
Address The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email karen@mindmarvels.co.uk
Telephone 07422533551

OutLET Play Resource



Play Resource is a charity which provides forest school and outdoor play/learning programmes to improve health & well being; building resilient and confident young people who are ready to thrive in the modern world. We specialise in supporting young people who find engaging in education difficult.

We are passionate about ensuring that all children can access the types of education that meet their needs. Our outdoor programmes take a holistic view which actively supports and nurtures the physical, social, emotional and developmental well-being of the child. Sessions are augmented by specialist trauma-informed and child-centred practices and support children to take supervised risks, improve their self confidence, build positive peer relationships and reconnect with the natural environment. We know this approach improves self-esteem, self-regulation and engagement within education.

We provide:

Therapeutic Forest School,

- Environmental/Wildlife Conservation Programmes
- Forest and Outdoor Learning Award Programme for students (SCQF Levels 2,3&4)
- Individual Outdoor Support
- Parent/Family Nurture Groups
- Staff Training

We let children be children – to play, to connect, to grow and find their 'tribe'.



Contact

Website www.outletplayresource.co.uk
Address 194 Quarry Street, Hamilton, Lanarkshire, ML36QR
Email Office@outletplayresource.co.uk
Telephone 01698 209934

Over the Rainbow

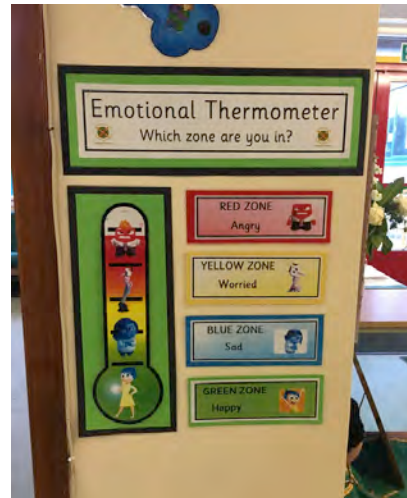


Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

Address Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255



PBS UK are a group of four Positive Behaviour Support Consultants who work across the United Kingdom. Currently we comprise of four staff members and a bank of associates with varying specialisms in Positive Behaviour Support and other evidence based therapies. These specialisms include: Personality Disorder, Acquired Brain Injuries, Dementia, Occupational Therapy, Speech and Language Therapy, Feeding Disorders, Alternative Communication Systems, Research, Active Support, Wellbeing, Acceptance and Commitment Therapy & Practice Leadership.

PBS UK offer training, support and direct intervention to teams or families who are working with individuals that engage in problem behaviour. We use evidence-based practices to support these individuals, and those who work with them, to build skills that support improved quality of life and a reduced need for behaviours that challenge.



Dr Tia Martin

- PhD in Behaviour Analysis & Education
- MSc in Developmental Psychology
- MSc in Autism
- Co-Director of PBS UK



Patrick Behan

- MSc in Applied Behaviour Analysis
- PRINCE2 Trained
- Co-Director of PBS UK



Hannah Newcombe

- BSc in Psychology
- PBS Practitioner
- Undertaking MSc in Behaviour Analysis (Tizard Centre)



Poonam Khunti

- BSc in Psychology
- MSc in Health Psychology
- Trainee PBS Practitioner

Contact

- Website** www.pbsuk.org
- Address** Registered address 24 Lauder Crescent, Perth, PH1 1SU
- Email** cmartin@pbsuk.org
- Telephone** 07951473860

Playback Learning Academy



Playback's family learning service and resources are designed to enable participants to make a consistent and meaningful impact on children and their families, from early years right through secondary education.

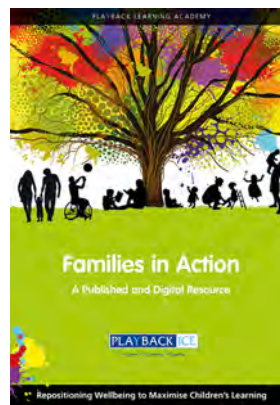
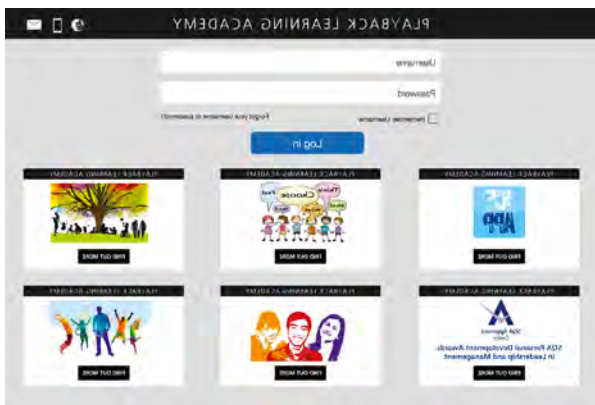
Our systematic approach to GIRFEC and family learning encourages participants to consider their own roles when engaging with families. It will also help them to build capacity, thereby creating the foundations for learning and family engagement in schools and centres.

Playback's family learning resource "Families in Action" is a published and digital resource. This practical ready-made resource offers learning sessions for families and family learning activities to be used with children at home. The resource also provides schools with activities to measure and evaluate current practice in parental involvement and engagement to provide an accurate reflection of their partnership working.

The resource includes:

- suggested approaches for structured and supportive sessions
- session aims and information handouts for families
- practical activities for use at home and school
- a range of reflective self-evaluation questionnaires and activities for families to participate in, including confidence to support children's learning, parent council, relationships, partnership working

Playback also offers senior managers a familiarisation session to consider how best to implement and use the resource.



Contact

Website playbacklearningacademy.com
Address 489 Lanark Road, Edinburgh, EH14 5DQ
Email administrator@playbackice.com
Telephone 0800 024 8925

Sinclair Wellbeing and Training Solutions Ltd



Sinclair Wellbeing and Training Solutions Ltd are based in Ayrshire. We design and deliver relevant, innovative, engaging and bespoke training courses for those facing multiple challenges for progressing forward. Wellbeing is at the core of our work and mindfulness is a thread running through our delivery. We are experienced in designing and delivering motivational wellbeing and employability solutions for both young people in schools and adults, including the hardest to help.

Sinclair's **Parenting Programme** is a parenting and family support system designed to prevent (and treat) behavioural and emotional problems in children and teenagers.

We recognise that knowing how to parent is not natural for everyone. Our programme is not designed to tell parents how to parent but to provide them with a toolbox of ideas. We work with parents to choose the strategies they need and that work for them, encouraging them to use them in a way that works for them.

Our Parenting Programme draws on social learning, cognitive behavioural and developmental theory as well as research into risk factors associated with the development of social and behavioural problems in children.

We recognise that families identified for this programme may be particularly difficult to reach. Our Wellness Coaches are experienced in ensuring engagement throughout the programmes we run. They do this by altering the delivery style to ensure it is appropriate for the group.

Contact

Website www.sinclairwellbeingsolutions.co.uk
Address 2 Dunure Drive, Kilmarnock KA3 7DY
Email info@sinclairwellbeingsolutions.co.uk
Telephone 7795169370

EAST AYRSHIRE COUNCIL

Values Into Action Scotland



VIAS vision is a Scotland where people with learning disabilities and/or autism have the same opportunities as everyone else and are supported to achieve these goals. VIAS enables organisations to support people to achieve maximum independence, choice, and control. We do this through offering quality improvement services

VIAS want to make an impact on the educators of young people with learning disabilities and/or autism, to enable them to inspire individuals to live independent and fulfilled lives. In order to do this VIAS believes supporting families and family engagement is paramount to the future development of their children. VIAS will engage with parents and supporters to develop their knowledge and capacity to support pupils to engage in the curriculum. VIAS service will enable them to learn about what can be achieved by showing them by teaching them the skills to challenge; plan and co-produce; and by using their lived experience show that all possibilities can become reality. Parents, siblings and family members will be one of the key factors to supporting an all-inclusive curriculum where pupils can thrive.



Contact

Website <http://https.uk//viascotland.org>

Address Hillington Business Centre, 15-17 Nasmyth Road South, Glasgow, G52 4RE

Email info@viascotland.org.uk

Telephone 0141 212 3395

The Wellbeing Academy



The Wellbeing Academy is a team of qualified counsellors, psychotherapists, life coaches, youth workers and trainers located in schools and venues throughout Scotland. Our team has 14 years' experience counselling over 2000 children and young people. Evaluation evidences that 98% left counselling feeling significantly better than at the start. We are committed to working with schools and parents for the benefit of children and young people struggling with the circumstances of their lives. We offer high quality wellbeing services that are also designed specifically for teaching staff and parents.

We specialise in providing one-to-one counselling for all ages. Our counsellors use play and creative therapies with primary school children, working with parents towards helping each child find ways to express their feeling and find the words to describe to the adults around them about their life and experiences.

Children and young people can talk about a range of issues with a trusted adult, within a relationship of agreed confidentiality. School Counselling can prevent mental health problems developing or becoming more serious. We offer strengths Based Counselling which is linked to Positive Psychology and focuses on what is going right in a young person's life.

The counsellor and client work together to find past and present successes and use these to address the challenges being faced and focus on improving health and wellbeing, social supports, self-concept, emotional resilience, spiritual outlook and personal potential.

The counsellor will build up trust empowering children and young people to become more confident individuals by helping them by eliminating risk factors and increasing protective factors.

Pupils have reported that attending school counselling positively impacted their studying and learning. School management reported improvements in attainment, attendance and behaviour.

Issues best suited for counselling are, anxiety/stress, neglect, bereavement/loss, parental separation, abuse (of any kind), low self-esteem, low mood, living in care, self-harm, sexuality/gender, parent in prison, mild eating disorders, chaotic family life, young carer, parental drug/alcohol abuse and bullying. Available for one-to-one delivery, through a series of 50 minute sessions.



Contact

Website www.thewellbeingacademy.co.uk
Address 1 Douglas street, Dunfermline, Fife, KY127EB
Email office@thewellbeingacademy.co.uk
Telephone 07876196212

EAST AYRSHIRE COUNCIL

Wellbeing Scotland



Wellbeing Scotland were established in 1994, growing over the past 25 years to an organisation with 42 staff and over 50 volunteers. We have services across Scotland working with people who have experienced any type of adverse life circumstances, particularly in childhood.

We work with all ages and we have specialist services for children and families. Our Wellbeing Worker service works with children and young people in schools offering support for anyone experiencing an impact on their wellbeing. Some of the factors they want to address are bereavement, bullying, discrimination, parental physical or mental health, parental substance misuse, trauma, exam stress, generalised anxiety, eating disorders, caring responsibilities etc. The work is holistic offering support that feels non stigmatising and accessible. Children and young people can drop in or have more regular support with counselling or groups. The workers also offer advocacy. They can work with the family to help with stability. Our workers are trained counsellors, psychotherapists and psychologists with specialist knowledge in working with trauma. We have specialist services working with abuse/ trauma and can provide training. Our Wellbeing Workers service in Alloa has seen improved attainment and attendance and it has been shortlisted for a Towards Excellence Award. Our work is person centred and our workers are approachable and friendly. Our groups have included young carers, LGBT group, mindfulness, anxiety management, art, gardening and a group that devised Frankie the Zebra, a mental health resource. We also offer groups for parents.



Contact

Website www.wellbeingScotland.org

Address Head Office Bank Street, Alloa, FK10 1HP with locations across Scotland

Email info@wellbeingScotland.org

Telephone 01324 630100

EAST AYRSHIRE COUNCIL

Auchinleck Community Development Initiative



Auchinleck Community Development Initiative (ACDI) is a community led anchor organisation with charitable status based in Auchinleck, with a specific aim of regenerating our local communities. Our activities include delivering Community Events, constructing and maintaining Community Gardens, managing a Social Enterprise and delivering a genuine Community Engagement & Connection Service. Our vision is for our area to be a healthy and happy place to live and play. Our mission is to advance the physical, social, economic and cultural development of the Auchinleck area by developing and delivering projects that will improve the social quality and economic value of our residents and communities.

S2 – S3 age group pupils will be involved in researching, planning and rehearsing a play based on the history of the surrounding area. The outcome will be a performance which will take place at The Boswell Centre. The sessions will cover:

- Researching stories from Auchinleck's past (Pennylands Camp, mining, textiles etc.)
- Producing a storyboard and developing this into a script
- Designing and producing relevant props
- Designing invitations which will be given to parents
- Rehearsal of the play, which will be performed to parents

These Creative Practical Workshops will be delivered in 8 half day sessions over an 8 week period with a maximum of 6 pupils participating. Each week will have 1 x half day workshop.



Contact

Website www.auchinleckcdi.co.uk

Address ACDI Office, The Boswell Centre, 18 Well Road, Auchinleck, KA18 2LA

Email stephen.mccarron@live.co.uk

Telephone 01290 428 482

Achieve More Scotland



Achieve More Scotland is an award-winning registered Scottish Charitable Incorporated Organisation - SC041463 which delivers programmes of school and community-based activity that focus on engaging children and young people from socially deprived areas and involving them in physical activity with the aim of improving health and well-being, soft skills and diverting them from negative lifestyle choices whilst promoting positive destinations, all with the aim of developing active citizens who contribute in positive ways to their schools, communities and beyond.

We will provide community-based physical activity programmes in the evening which will be targeted at children and young people, P1 – P7 and S1 – S3, living in East Ayrshire. These will, in line with National Improvement Framework priorities, improve the physical and mental health and wellbeing, confidence and self-esteem and participation levels in sport and physical activity of young people in each school catchment area. Activities will be free, openly accessible and delivered locally by trained coaches and volunteers. Sessions will bring children and young people together from different age groups, communities, ethnic backgrounds to tackle the issues that exist in their community and to assist them in developing the skills which will contribute to improvements in academic achievement. The service will enhance pupil learning and create positive experiences through the improvement of physical and mental health and well-being of school pupils, with identified benefits to learning, behaviour, attendance and academic achievement.

Established in 2009, we are The Guardian Small/Medium Charity of the Year 2014, Scottish Community Charity Champions 2015 and 2016. We are an Investors in Young People Gold Standard organisation with a team of over 100 full-time, part-time and sessional staff. All team members are PVG checked and have undergone a wide range of training and professional development link to the roles that they undertake. Each Project has a dedicated Service Manager who will act as a ongoing point of contact with partners to ensure that programmes are created and delivered as required and to the highest standards.

Achieve More Scotland is currently active (on a daily basis) in 28 primary schools and 40 community sites across Glasgow & North Lanarkshire, delivering sport and physical activity sessions as part of the wider Scottish Attainment Challenge and Pupil Equity Fund service provision. We have been delivering community-based provision for 10 years.

Contact

Website	www.achievemorescotland.co.uk
Address	Room 323 Edinburgh House, 20 Princes Square, East Kilbride, G74 1LJ
Email	robert@achievemorescotland.co.uk
Telephone	0141 558 4300, 0141 370 3660, 07842 886036
Facebook	https://www.facebook.com/AchieveMoreScotland
Twitter	@AchieveMoreScot
Instagram	https://www.instagram.com/achievemorescotland/

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Action for Children will provide a Family Support Service for Schools, supporting both pupil and parent/carer engagement in learning to promote wellbeing and attainment. This reflects research, showing that family engagement has bigger influence on children's attainment than other social, economic and family background factors.

We take a whole-family approach to address barriers to achievement and the root causes of non-attainment. Support is provided at both pupil and family levels - through:

- Direct Work with Pupils (inside and outside of school) – including 1:1 support, group work and access to community-based activities/supports
- Family Support (in the home environment) – including parenting skills, practical support, whole-family work and supporting parental/carer engagement in learning.

Flexible Family Support Workers operate inside of school and 'beyond the school gates' (in family homes and local communities), offering support outside of school hours. We devise individualised packages of support to meet the needs/outcomes of each pupil and family.

Example interventions:

- Direct work 1:1 with pupils e.g. behaviour, emotions,
- Group work with pupils e.g. emotions, loss, bullying
- Improving parental skills, confidence and capacity e.g. Parenting Programmes
- Practical and emotional support in the family home
- Establishing routines, boundaries and structure
- Supporting family learning and parent-school engagement
- Brokering access to additional supports e.g. benefits advice, leisure activities

We use the Wellbeing Web and Family Outcomes Star Tool to identify priorities for change and measure progress. Regular reviews with schools and families are held to determine the need for ongoing support or to plan supportive transitions.

Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)



The PATHS® Programme for Schools (UK Version)

Promoting the Positive Mental Health and Emotional Well-Being of Children in Primary Schools.

The PATHS® Programme for Schools (UK Version) is an evidence-based social and emotional learning developmental programme aimed at 4 – 11 year olds (primary age), that teaches pro-social skills, emotion understanding, social problem-solving and self-control. Each year-group covers the five domains of social and emotional development - Self-Awareness, Self-Management, Social-Awareness, Relationship Skills & Responsible Decision-Making. Lessons are delivered by the classroom teacher twice a week; and ongoing implementation is supported by Barnardo's trained staff.

Barnardo's provides the following three levels of support to schools who wish to deliver the PATHS® programme.

Level 1: Teacher Manuals & Additional Resources - teaching manuals are specific to each year group and include easy-to-follow, evidence-informed sessions to facilitate and support delivery of the programme.

Level 2: PATHS® Training – In-school training in the programme components is led by an experienced teacher who is accredited to deliver the official training as endorsed by SEL Worldwide, co-developers of the programme.

Level 3: Coaching Support – Barnardo's 3-year Coaching & Implementation plan is supported by a Barnardo's coach to provide implementation support, plus a range of extension activities to help embed the PATHS® programme into the school ethos.



Contact

Website www.barnardos.org.uk

Address Office base: 3 Grange Place, Kilmarnock, KA1 2AB
Administration hub: 39-41a Main Street, Kilwinning, KA13 6AN

Email linda.nisbet@barnardos.org.uk (Children's Services Manager)
SouthWestScotlandServices@barnardos.org.uk (referrals and administration)

Telephone 01294 556208



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Children 1st



For over 135 years, Children 1st has been providing emotional and practical support to children, young people and families. We are committed to ensuring that all of Scotland's children and young people reach their full potential by building on their strengths and capacities whilst supporting them to address their challenges.

Families living in areas of severe deprivation have told us of the challenges they face such as poverty, isolation, trauma – problems that are often entrenched and intergenerational, but desperately want to make a better place for their children and young people to grow up. We want to empower local communities to play their part in supporting children, young people and families to thrive, feel connected and actively contribute to the communities they live in.

Our Community Engagement Service gives communities the tools they need to make their voices heard. We build their skills, confidence and aspirations so that they can influence local decisions and become the role models that local people urgently need. We do this because unless we listen to communities, we can't ever fully meet the needs of the children living there or make a lasting difference for future generations.



Contact

Website www.children1st.org.uk
Email kirsty.aitken@children1st.org.uk
Telephone 07767648895

Elevat8



Elevat8 work with community groups and provide learning opportunities for practitioners within the Health and Social Care sector and more recently Education and supported learning environments. Elevat8 pride themselves in taking a creative approach in terms of delivery, ensuring that all sessions are engaging, imaginative and last long in the memory.

Place Standard Tool Conversations using Place Standard Tool aim to support communities to begin reflecting on their place and how it affects their life. Pupils and parents/carers will evaluate their local area and prioritise areas requiring action. Information collated can be shared with the Scottish Government to support the development of vibrant local communities.

Cross Generational Project East Ayrshire has a very proud history and many stories to be told. We can help capture these through written words, pictures, audio, and song. Involving a mix of generations will enable a wonderful platform for sharing stories, creating a rich and vibrant experience for all individuals.

Everyday Leadership Elevat8 strongly believe that everyone is a leader in their own life and we want individuals to realise their leadership capabilities to achieve their full potential and have a positive impact on their community.



Contact

Website www.elevat8.com
Address 83 Old Rome Drive Kilmarnock KA1 2RU
Email contact@elevat8.com
Telephone 07592 988 917

EAST AYRSHIRE COUNCIL



Working in partnership with the purchasing school, Impact Arts will provide an Artist in Residence, based to engage children, young people and key members of the school community in high-quality creative workshops and ongoing consultation which will guide the creation of new and high quality artwork for display within the school and community settings (as appropriate). The workshops will be designed to inspire the children and young people, and, where desired, the artwork created will enhance the School environment and encourage members of the community (parents/carers, extended family, stakeholders) to engage it as a welcoming and uplifting space.

Project Structure:

- Recruitment of a highly trained and specialist Artist in Residence for individual schools (based on project brief to be designed/agreed with purchasing school);
- Through consultation and joint planning with school staff and representatives, a series of workshops will be delivered in various formats (e.g. small groups; whole-class; multi-class; and participatory arts events) alongside any talks/projects requested by the school;
- Early on in the process, key themes and topics will be identified which will be explored creatively throughout the academic year, with the artist liaising closely with each year group/class to bring creativity to their topic of work
- Throughout the residency, the artist will schedule formal co-design/consultation sessions, and will informally consult pupils, staff, families and other stakeholders on an ongoing basis, to inform the design and creation of artwork to be retained for display/use, or otherwise, by the school community. Throughout the programme, we will explore with partners the potential for permanent/semi-permanent public art to be installed in the school or surrounding community.

Project Outputs:

- Consultation throughout the school community will inform the design of any permanent artwork;
- Workshops will be delivered for children and young people in the school to generate individual and group-based art works;
- Event(s) will be used to share the artwork with family, friends, wider community (including online channels if appropriate);
- High-quality, original artwork will be created for the school environment, where desired.

Contact

Website www.impactarts.co.uk

Address **Jenny Coxon, Programme Manager** 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

The Lennox Partnership



The Lennox Partnership (TLP) is a not for profit Social Enterprise created in 1988 to support the regeneration of areas suffering from industrial decline. The organisation has evolved over the years, now delivering a range of services across a number of Local Authority areas to improve our participant's lives.

Our service proposal is to deliver a range of 2 week STRIVE (Support and Training Results in Valuable Employees) workshops for young people across East Ayrshire.

The STRIVE workshop delivers 22 exercises aimed at empowering young people to recognise where there is need for behavioural and attitudinal changes. The Workshops will be delivered by two experienced Facilitators, will be interactive ensuring that pupils get the best learning experience. Sessions involve a brief followed by individual or team exercises and subsequently a de-brief that allows the young people to identify what skills and competencies they were using and how these are important throughout their lives.

Examples include team building, communication, presentation, planning and organizational skills. We will also develop soft skills around time-keeping, behaviours, participation, attitude and flexibility. Developing these soft skills is integral to improving attainment levels.

Pupils can build a portfolio of examples they can use throughout their lives.



Contact

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Email info@thelennoxpartnership.org
Telephone 01294 608 952

Love Learning Scotland



Love Learning Scotland is a charity which was founded to provide new and innovative ways to approach education and provide a pathway to inclusion and attainment for the most vulnerable in our society. We provide a holistic approach to engagement, inclusion, empowerment, education and employability through a partnership working approach with key organisations and agencies to ensure that our clients have access to the highest levels of support in all areas of our service delivery.

Our programmes take the form of working with the individual pupils within the school setting, their community and their home setting. The purpose of the programme is to ensure that all aspects of the individuals lives, and needs, are addressed. We firmly believe that for education and attainment to be maximised that all aspects must be incorporated.

Whatever the barrier for not engaging or achieving we can provide support; these barriers could include one of, or a cocktail of, behavioural problems, social and/or emotional needs, ASN, family relationships, violence, trauma and loss, literacy and numeracy, poor attendance, non-attendance, dyslexia, autism, poor mental health, etc.



Contact

Website www.l-o-v-e.org.uk
Address 2 Candymill Lane, Hamilton, ML3 0FD
Email info@l-o-v-e.org.uk
Telephone 01355 239 609
Facebook @lovelearningfam9



Quarriers is one of Scotland's leading social care charities. We provide practical care and support for vulnerable children, adults and families who face extremely challenging circumstances. We challenge poverty and inequality of opportunity to bring about positive changes in people's lives. With a history of providing a variety of quality services across East Ayrshire, it is our aim for young people and families being supported through the Pupil Equity Fund are based on measures that have been evidenced to support stronger educational attainment and aligned to the Getting It Right For Every Child (GIRFEC) wellbeing indicators.

Quarriers offer a wide range of approaches and interventions which focus on forming a partnership between children, teachers and families, positioning each primary and secondary school as central hubs within the community.

Having worked in over 50 schools across five local authorities, we are experienced in tailoring our services to meet the need of individual children and individual school – both primary and secondary.

Elements of our approach are underpinned by the Solihull approach – an evidence-based programme focused on relational work and emotional containment that encourages a response rather than a reaction.

Examples of our work include:

- Parental engagement
- Parents evenings/ school events and info sessions
- Group work
- Home visits
- Asset based community development
- Lifelinks group person centred planning
- Whole school engagement through assemblies.

Our service aims are reflected in the positive outcomes that young people can achieve in East Ayrshire, to: build community capacity and ownership in tackling issues, enhance skills development; increase inclusion and reduce isolation; enhance peer and family relationships; develop emotional resilience; access useful information, resources and education; access new relevant local service or community groups.



Chloe was illustrating how hard it is to decide between the voices - the people who say horrible things and the reality. Sometimes you believe that people don't like you when actually they do because anxiety convinces you that you're not good enough.

Contact

Website www.quarriers.org.uk/schoolbasedservices

Address Quarriers Head Office, Quarriers Village, Bridge of Weir, Renfrewshire, PA11 3SX

Email schoolbasedservices@quarriers.org.uk

Telephone 01505 616 000

Values Into Action Scotland



VIAS vision is a Scotland where people with learning disabilities and/or autism have the same opportunities as everyone else and are supported to achieve these goals. VIAS enables organisations to support people to achieve maximum independence, choice, and control. We do this through offering quality improvement services

VIAS will work closely with schools and families to make sure our Community Engagement programme is suitable and tailored for each school and/or group of families as well as the wider community. An initial planning meeting will take place within the schools which would look to invite parents, other family members and carers along to find out more about the programme or answer any questions. Any school staff would be welcomed. We would then deliver a programme for parents, carers and families. The programme would include:

Delivery Session Plan

The programme will last 10 weeks. There would be 10 sessions lasting 2 hours and delivered weekly. There is a limit of 16 people who can attend these sessions and venue would depend on the size and set up of the facility offered by the school/local authority or any specific work within the local community. One session will be delivered each week, in consecutive weeks. Times may vary depending on venue availability and school schedules; again, VIAS are open for this to be scheduled in advance and would recommend that we agree the full delivery schedule before commencing a new programme.

Group Sessions

Each session will be co-delivered by someone with lived experience of learning disability and/or autism. The sessions would focus on our themes of Asset Based Community Development (Sessions 1-6), Developing Citizen Leadership (sessions 7-8), Community Bridge Building and Connectedness (Sessions 9-10).



Contact

Website <http://https.uk//viascotland.org>

Address Hillington Business Centre, 15-17 Nasmyth Road South, Glasgow, G52 4RE

Email info@viascotland.org.uk

Telephone 0141 212 3395

The Wellbeing Academy



The Wellbeing Academy is a team of qualified counsellors, psychotherapists, life coaches, youth workers and trainers located in schools and venues throughout Scotland. Our team has 14 years' experience counselling over 2000 children and young people.

Evaluation evidences that 98% left counselling feeling significantly better than at the start. We are committed to working with schools and parents for the benefit of children and young people struggling with the circumstances of their lives. We offer high quality wellbeing services that are also designed specifically for teaching staff and parents.

We specialise in providing one-to-one counselling for all ages. Our counsellors use play and creative therapies with primary school children, working with parents towards helping each child find ways to express their feeling and find the words to describe to the adults around them about their life and experiences.

Children and young people can talk about a range of issues with a trusted adult, within a relationship of agreed confidentiality. School Counselling can prevent mental health problems developing or becoming more serious. We offer strengths Based Counselling which is linked to Positive Psychology and focuses on what is going right in a young person's life.

The counsellor and client work together to find past and present successes and use these to address the challenges being faced and focus on improving health and wellbeing, social supports, self-concept, emotional resilience, spiritual outlook and personal potential.

The counsellor will build up trust empowering children and young people to become more confident individuals by helping them by eliminating risk factors and increasing protective factors.

Pupils have reported that attending school counselling positively impacted their studying and learning. School management reported improvements in attainment, attendance and behaviour.

Issues best suited for counselling are, anxiety/stress, neglect, bereavement/loss, parental separation, abuse (of any kind), low self-esteem, low mood, living in care, self-harm, sexuality/gender, parent in prison, mild eating disorders, chaotic family life, young carer, parental drug/alcohol abuse and bullying. Available for one-to-one delivery, through a series of 50 minute sessions.



Contact

Website www.thewellbeingacademy.co.uk
Address 1 Douglas street, Dunfermline, Fife, KY127EB
Email office@thewellbeingacademy.co.uk
Telephone 07876196212

EAST AYRSHIRE COUNCIL

Wellbeing Scotland



Wellbeing Scotland were established in 1994, growing over the past 25 years to an organisation with 42 staff and over 50 volunteers. We have services across Scotland working with people who have experienced any type of adverse life circumstances, particularly in childhood.

We work with all ages and we have specialist services for children and families. Our Wellbeing Worker service works with children and young people in schools offering support for anyone experiencing an impact on their wellbeing. Some of the factors they want to address are bereavement, bullying, discrimination, parental physical or mental health, parental substance misuse, trauma, exam stress, generalised anxiety, eating disorders, caring responsibilities etc. The work is holistic offering support that feels non stigmatising and accessible. Children and young people can drop in or have more regular support with counselling or groups. The workers also offer advocacy. They can work with the family to help with stability. Our workers are trained counsellors, psychotherapists and psychologists with specialist knowledge in working with trauma. We have specialist services working with abuse/ trauma and can provide training. Our Wellbeing Workers service in Alloa has seen improved attainment and attendance and it has been shortlisted for a Towards Excellence Award. Our work is person centred and our workers are approachable and friendly. Our groups have included young carers, LGBT group, mindfulness, anxiety management, art, gardening and a group that devised Frankie the Zebra, a mental health resource. We also offer groups for parents.



Contact

Website www.wellbeingscotland.org

Address Head Office Bank Street, Alloa, FK10 1HP with locations across Scotland

Email info@wellbeingscotland.org

Telephone 01324 630100

EAST AYRSHIRE COUNCIL

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Our Raising Attainment Programme (RAP) is a motivational Behavioural Change and Educational Inclusion Programme which encourages pupils to address negative attitudes, behaviour and actions, and make more positive choices and life changes.

The programme is aimed at secondary or P6/7 pupils who are disengaged from learning, and are at risk of future involvement in offending or risky behaviour. Pupils may be non-attenders, at risk of exclusion, presenting challenging behaviour or face family adversity. The programme is delivered over six weeks, or a full school term. Delivery includes:

Group Work Sessions – interactive, weekly behavioural change sessions. Includes:

- Why Change - personal journeys, escalation of negative behaviours
- Making Change - understanding risk and its impact, actions and consequences
- Tools for Change - critical thinking skills, decision making, conflict resolution
- Planning Change - goal setting, individual strengths/assets, sources of support
- Maintaining Change – coping skills, managing set-backs, enablers and blockers.

Goal Orientated 1:1 Mentoring – additional individualised support for pupils to:

- Explore individual needs/issues in a safe space without judgement
- Gain emotional and practical support from a dedicated staff member (
- Set personal goals to increase motivation, aspirations and ambition
- Make productive use of leisure time via healthy, positive, pro-social activities
- Track progress and measure 'distance travelled' using the Wellbeing Web.

Activity Based Learning Experience – for pupils to succeed, gain a sense of achievement and re-engage with learning e.g. Introduction to Engine Basics (at our motor mechanics workshop), Wellbeing Module, Life Skills, Employability Session.

If requested by schools, we can offer options for programme extension. This builds on progress made through an additional six weeks of support, learning and accreditation.

Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)



Barnardo's work with schools and families is relational, attachment aware and trauma-informed. When children and young people feel safe, they are better able to engage and reach their full personal and academic potential.

We provide an innovative relationship-based mentoring service that will support care experienced young people aged 12-18 years.

We carefully match each young person with a fully trained and vetted mentor, who will work alongside them to improve their confidence, emotional resilience, and their ability to make positive decisions. Service delivery will be underpinned by an attachment based approach to building positive relationships and nurturing mutual trust and respect with their mentee.

The service will support the young people to develop and improve key skills, including communication, problem-solving, and confidence.

Based upon the solid foundation of a robust mentor/mentee relationship, the mentor will work with the young person to deliver tailored supports and activities, based on the young person's personal preferences, interests and skills and will be linked with the Young Person's aspirations, goals and identified areas of need.



Contact

Website	www.barnardos.org.uk
Address	Office base: 3 Grange Place, Kilmarnock, KA1 2AB Administration hub: 39-41a Main Street, Kilwinning, KA13 6AN
Email	linda.nisbet@barnardos.org.uk (Children's Services Manager) SouthWestScotlandServices@barnardos.org.uk (referrals and administration)
Telephone	01294 556208

BEAM (CIC)



BEAM is a social enterprise based in East Ayrshire which provides specialist education and mentoring services, based on lifelong learning principles; (it is an on-going activity whether it be mandatory, but more importantly it should always be self-motivated. Lifelong learning is about the developing and pursuit of knowledge which benefits the individual on a personal and/or professional level. It enhances sustainability and encourages the individual to take responsibility for their learning and development of self-resilience and self-assurance. Confidence in academic attainment and progress leads through to a fulfilled and fulfilling attitude, which often leads to active participation and engagement, (preventing social inclusion), within the school and the wider community.

We use education, mentoring and personal development techniques (these can range from recognition of preferred learning style/behaviour to developing coping mechanisms using tools such as; reflective practice, goal mapping, Mind Maps, and mindfulness, etc) to help young people attain a level of resilience and development, supporting and encouraging them to recognise their responsibilities and accountability in pursuit of their aspirations.

The service we can provide is **Mentoring for Learning**. The delivery of the service is based on a flexible structure, with a metacognition and self-regulation approach, which recognises the pupils' individuality. This service covers mentoring to support and encourage pupil/s to manage their own (and recognise the way they learn) learning in order that they may maximise their true potential, develop their learning skills, improve their academic performance and become the person they want to be.

The above service is, predominately, aimed at the S3-S6 pupils, who are struggling to comply with the expectant behaviour and academic progress within the school community and those that for whatever reason are not able to express/display their academic potential.

Contact

Website	www.beamingpeople.com
Email	beam.scotland@gmail.com
Telephone	07711 086 109
Twitter	@beamingpeople



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners.

Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Children 1st



For over 135 years, Children 1st has been providing emotional and practical support to children, young people and families. We are committed to ensuring that all of Scotland's children and young people reach their full potential by building on their strengths and capacities whilst supporting them to address their challenges.

Children 1st's Mentoring Service is designed to support children and young people through the provision of a regular mentoring relationship. We will recruit, train and support volunteer mentors for children and young people who are struggling to achieve their goals and full potential due to the challenges they face which may include poor emotional health and wellbeing, difficult family relationships, low self-esteem.

We know how crucial it is for all young people to have at least one positive adult role model in their life, especially during schools years which can be a challenging time for a number of reasons including exam pressure, transitioning from primary to secondary school or further education, and the stress family life can bring. Our service has been set up to work with pupils to help them address these barriers (and potential barriers) to learning through supportive one-to-one relationships and where appropriate, small group work.



Contact

Website www.children1st.org.uk
Email kirsty.aitken@children1st.org.uk
Telephone 07767648895

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927

The Gifted Kind

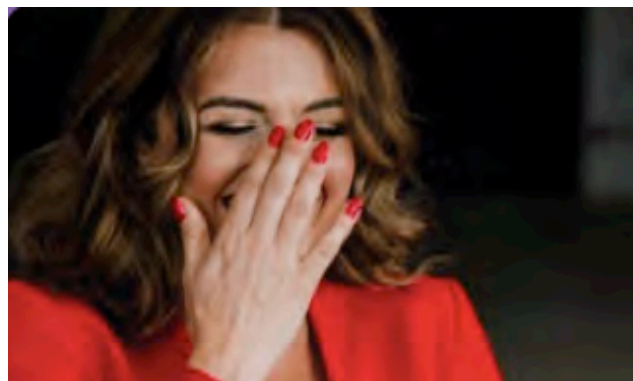


The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL



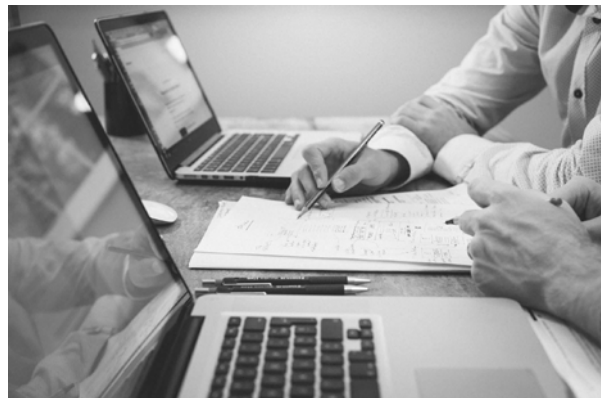
Hampton Tutors is a leading national supplier of tutoring and academic coaching services. We specialise in providing supplemental learning support to atypical and neurodiverse learners, as well as teaching executive function skills. We work closely with schools to provide additional learning services to help students become confident, happy learners.

Hampton Tutors are excited to offer a number of services tailored to help schools supplement student learning. We expand on traditional subject-matter tutoring by promoting skills for lifelong learning. In addition to helping students with homework and exam preparation, we help them strengthen key executive functions—like time management and organisation.

Our services are designed to be hosted in schools, as after-school sessions or workshops. Alternatively, our team of experienced coaches can boost student learning throughout the school day, either in class or in supplementary sessions.

For students who may struggle with traditional classroom-based learning, our one-to-one services allow them to develop the techniques, strategies, and confidence they need to perform well academically. As well as teaching broad study skills, our coaches are also subject matter experts who can support students across a range of academic disciplines. Get in touch to find out how Hampton Tutors can work with your school.

What does it cover?	Traditional Tutoring	Academic Coaching
Mastery of the subject	✓	✓
Organisation skills	✗	✓
Breaking down big projects	✗	✓
Study Skills	✗	✓
Prioritising tasks	✗	✓
Developing independence	✗	✓
Building confidence	✗	✓



Contact

Website www.hamptontutors.co.uk

Address Hampton Tutors Ltd., Suite 2, Ground Floor, Orchard Brae House,
30 Queensferry Road, Edinburgh, EH4 2HS

Email hello@hamptontutors.co.uk

Telephone 0131 618 6688

Includem



Includem is a specialist Scottish charity established in 2000, providing intensive, personalised, relationship-based support to vulnerable children, young people and their families. We provide crisis support for pupils, their families and school staff with access to our free helpline 24/7, 365 days a year.

Our model of support has been proven to transform the lives of thousands of young people; by building trusting relationships and gradually changing the way they look at their own lives and their behaviour patterns. We have been dedicated to delivering the best services possible to young people and families and we continue to be regarded by the Care Inspectorate as sector-leading. We believe that no child or young person is beyond help and with a responsive and consistent support at the time of most need, we help to rebuild relationships and deliver positive, sustainable outcomes.

Overview of our Mentoring across East Ayrshire

We will provide one-to-one home and community-based support sessions for parents/carers and their child several times per week. This will be delivered over seven days and continue during holiday periods, with support being delivered outwith the school day wherever possible. We will provide specialist support, targeting unique needs through structured discussions, coaching conversations and practical help for families. This will be delivered by skilled workers who will form strong relationships with each family to ensure sustained engagement, even from those most “difficult to reach”. Support for referring teachers, including overall service management and evaluation will also be delivered.

To support the development of mentoring across East Ayrshire, our service will work to understand the underlying reasons they have chosen to disengage with learning. We will directly address these issues and support young people to develop career aspirations and the basic skills to start them on their journey to reach their goals.

Contact

Website www.includem.org

Address Includem – Glasgow Head Office,
Unit 6000, Academy Office Park, Gower Street, Glasgow G51 1PR

Email enquiries@includem.co.uk

Telephone 0141 427 0523

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website	www.mindmarvels.co.uk
Address	The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email	karen@mindmarvels.co.uk
Telephone	07422533551



Quarriers is one of Scotland's leading social care charities. We provide practical care and support for vulnerable children, adults and families who face extremely challenging circumstances. We challenge poverty and inequality of opportunity to bring about positive changes in people's lives. With a history of providing a variety of quality services across East Ayrshire, it is our aim for young people and families being supported through the Pupil Equity Fund are based on measures that have been evidenced to support stronger educational attainment and aligned to the Getting It Right For Every Child (GIRFEC) wellbeing indicators.

Having worked in over 50 schools across five local authorities, we are experienced in tailoring our services to meet the need of individual children and individual school – both primary and secondary.

Our well-established Quarriers Mentoring Service is designed to encourage and support young people to become leaders in their own life. In providing one to one support, we aim to give the young person a single positive role model, a listening ear and a reliable, non-judgemental, trusting relationship. We will work with the young person to identify their goals and aspirations as well as the challenges and barriers they face and together, co-produce a plan to ensure tailored support and appropriate intervention. The aim is for the young person to know that they are a priority in their Mentor's life. The success of the programme is underpinned by the relationship between the young person and the mentor. Throughout our long history working in this sector, we fully appreciate how crucial it is for all young people to have at least one long-term relationship with a positive adult role model.

The relationship then provides a safe place from where it aims to maximise a young person's potential, supporting:

- Increased individual wellbeing and improved resilience
- Enhanced family interactions and engagement
- Improved confidence, by listening to, valuing and respecting the young person's opinions, likes and dislikes
- Better engagement with education, i.e. through developed learning skills, qualifications, further or higher education
- More positive peer relationships
- Engagement in healthy and safer activities both within and out with school
- Interventions to help address any poverty related issues which may be preventing engagement with education, community and family
- Age and stage appropriate support out with school hours to develop confidence, and increase motivation
- Strategies to support school engagement
- Engagement in social and community activities

Our robust evaluations have found that many mentees on our programme feel less socially isolated and more positive about their future, whilst many also increased their participation in informal learning, leisure opportunities.

Contact

Website	www.quarriers.org.uk/schoolbasedservices
Address	Quarriers Head Office, Quarriers Village, Bridge of Weir, Renfrewshire, PA11 3SX
Email	schoolbasedservices@quarriers.org.uk
Telephone	01505 616 000

Sinclair Wellbeing and Training Solutions Ltd



Sinclair Wellbeing and Training Solutions Ltd are based in Ayrshire. We design and deliver relevant, innovative, engaging and bespoke training courses for those facing multiple challenges for progressing forward. Wellbeing is at the core of our work and mindfulness is a thread running through our delivery. We are experienced in designing and delivering motivational wellbeing and employability solutions for both young people in schools and adults, including the hardest to help.

Mentoring has significant positive effects on two early warning indicators that a student may be falling off track, including high levels of absenteeism and recurring behavior problems. By preparing young people for college and careers, mentoring helps develop the future workplace talent pipeline. We offer mentoring with a dual focus of wellbeing and employability.

Our flexible mentoring programme can help mentees towards their next steps and assist with their workplace skills by:

- Developing a positive and growth mindset
- Building confidence, resilience, perseverance and hopes for the future
- Helping set career goals and taking the steps to realise them
- Using personal contacts to help young people network with industry professionals and locate possible jobs
- Introduce young people to resources and organisations they may not be familiar with
- Develop skills for seeking a job, interviewing for a job and also keeping

As well as one to one support for the pupil, support may be offered to teaching staff, parents and guardians. The number of ways mentoring can help a young person are varied as the people involved in each programme. Support will be tailored to individual needs, as identified by school management teams.

Programme delivery is flexible and there are a few delivery options including half the school year and the full school year, over one or two years, 1 or 2 periods per week. For those not currently engaging in school, we can structure the programme to build up in pace, attendance and intensity.

Contact

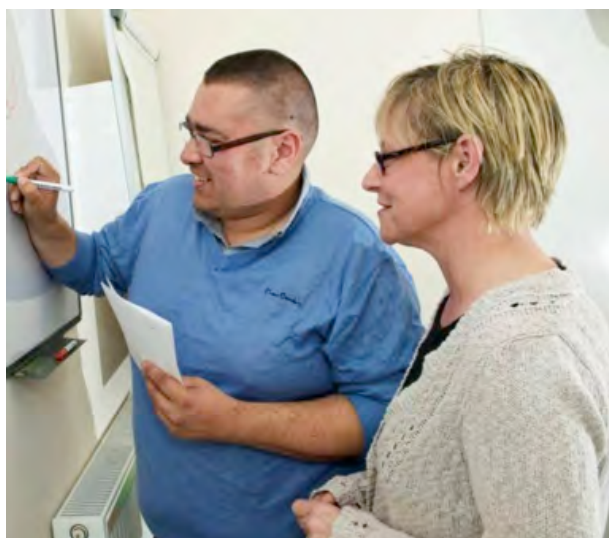
Website	www.sinclairwellbeingsolutions.co.uk
Address	2 Dunure Drive, Kilmarnock KA3 7DY
Email	info@sinclairwellbeingsolutions.co.uk
Telephone	07795169370

Values Into Action Scotland



VIAS vision is a Scotland where people with learning disabilities and/or autism have the same opportunities as everyone else and are supported to achieve these goals. VIAS enables organisations to support people to achieve maximum independence, choice, and control. We do this through offering quality improvement services.

VIAS want to make an impact on young people with learning disabilities and/or autism, to inspire them to live independent and fulfilled lives. We feel the best way to do this is for lived experience Mentors to show them how they have achieved success, what barriers they have faced and what mistakes they made on their journeys, and more importantly how they have overcome these barriers. VIAS will deliver 5 group workshops covering themes: 1) Transition 2) Relationships 3) FE, HE & Employment 4) Independent Travel 5) Citizenship, for pupils, parents, carers, Teachers, and Classroom Assistants followed by 10 weeks of 1-2-1 mentoring for pupils on the named themes. The final week will be a celebration event on week 16 (final week). This provision is vital for those individuals within 1 year of transitioning from High School, although not exclusive to this age group.



Contact

Website <http://https.uk//viascotland.org>

Address Hillington Business Centre, 15-17 Nasmyth Road South, Glasgow, G52 4RE

Email info@viascotland.org.uk

Telephone 0141 212 3395



Equipping young people for life, since 1971. For nearly 50 years, the Abernethy Trust has been providing exceptional residential opportunities for primary schools, high schools and colleges from all over the UK, supporting attainment through outdoor learning. From the beginning, the Christian impetus to serve others has sustained the work of Abernethy over the years.

Situated in wild yet accessible locations across Scotland, our four adventure centres and bunkhouse can accommodate between 23 and 85 people (or less!) and our size means we can have a flexible approach to bookings and programming.

Even better, as a not-for-profit, we can keep our pricing competitive, offering excellent value for money. Full board accommodation, bedding and outdoor clothing (if required) is included!

From our teams, to our locations and our personal touches, we are confident that your school will have an amazing time with us. With a staff team motivated by their Christian faith we aim to create the very best experiences for each and every guest, working with you to meet your learning objectives through the outdoor environment.



Contact

Website www.abernethy.org.uk

Address Abernethy Ardeonaig, Perthshire, FK21 8SY • Abernethy Ardgour, Ardnamurchan, PH33 7AD • Abernethy Barcaple, Dumfries & Galloway, DG7 2AP • Abernethy Nethybridge, Cairngorms, PH25 3ED • Abernethy Glen Kin (bunkhouse), Argyll, PA23 8RD

Email lesley.pearson@abernethy.org.uk

Telephone 0131 336 3588

Achieve More Scotland



Achieve More Scotland is an award-winning registered Scottish Charitable Incorporated Organisation - SC041463 which delivers programmes of school and community-based activity that focus on engaging children and young people from socially deprived areas and involving them in physical activity with the aim of improving health and well-being, soft skills and diverting them from negative lifestyle choices whilst promoting positive destinations, all with the aim of developing active citizens who contribute in positive ways to their schools, communities and beyond.

#YouLead Leadership Development Programme:

Achieve More Scotland will provide a school and community-based physical and personal development programme targeted at pupils S1 – S3, that will, in line with National Improvement Framework priorities, improve the physical and mental health and wellbeing, confidence and self-esteem and participation levels in sport, physical and community activity of targeted young people. Over the course of an academic year, we will engage identified young people in S1 to S3 in a leadership development programme, delivered as an alternative to some curriculum time classes. This will enable young people to identify and develop skills related to planning and delivering projects within school and community-based settings.

Established in 2009, we are The Guardian Small/Medium Charity of the Year 2014, Scottish Community Charity Champions 2015 and 2016. We are an Investors in Young People Gold Standard organisation with a team of over 100 full-time, part-time and sessional staff. All team members are PVG checked and have undergone a wide range of training and professional development link to the roles that they undertake. Each Project has a dedicated Service Manager who will act as a ongoing point of contact with partners to ensure that programmes are created and delivered as required and to the highest standards.

Achieve More Scotland is currently active (on a daily basis) in 28 primary schools across Glasgow & North Lanarkshire, delivering sport and physical activity sessions as part of the wider Scottish Attainment Challenge and Pupil Equity Fund service provision. We have been delivering school-based provision for 3 years.

Contact

Website	www.achievemorescotland.co.uk
Address	Room 323 Edinburgh House, 20 Princes Square, East Kilbride, G74 1LJ
Email	robert@achievemorescotland.co.uk
Telephone	0141 558 4300, 0141 370 3660, 07842 886036
Facebook	https://www.facebook.com/AchieveMoreScotland
Twitter	@AchieveMoreScot
Instagram	https://www.instagram.com/achievemorescotland/

The Adventure Centre for Education (ACE)



The Adventure Centre for Education (ACE) is a Girvan based charity that has been working across the Ayrshires for over ten years providing outdoor education and adventure activities. As a mobile unit we are able to bring activities to venues as close as possible to the organisations that we work with. This maximises time on activity rather than traveling.

Our outdoor education and adventure activities programmes are tailored to the objectives of your group, the age of your young people and the duration of your programme. This will ensure you enjoy maximum impact from your time with us.

ACE will work with you to tailor-make your personalised programme to meet your objectives. Whether it's Forest School, Mindful adventure or life balance programmes. Teambuilding, personal development, land and waterbased adventure activities or practical sessions such as bushcraft skills, ACE will guide you on the best choices to meet you and your participants needs. ACE work with all age groups from nursery up, offering age appropriate activities and challenges for all. We can also provide outdoor training and CPD sessions for educational staff.

Every ACE visit is unique. But one thing is for sure: fun, excitement and an exhilarating activity-packed programme come as standard. Whether it's a half day or full day activity. A multiday programme or a one off you will get our quality of assurance that comes as guaranteed. If you require we will pick you up from your chosen venue and return you at your specified time. All equipment and resources are included in our price. You will receive appropriate paperwork prior to the event and we will work with you to make sure your needs are met. We will review with you whether the chosen activity met your objectives and use this as a tool for moving forward.



Contact

Website www.adventurecentreforeducation.com
Address Unit 4, 12 Ladywell Avenue, Girvan, KA26 9PF, South Ayrshire.
Email info@adventurecentreforeducation.com
Telephone 01465 710077 or 07920406982

Articulate Language Camps



Articulate is an Ayrshire-based innovative language school which was established in 2012. We work with schools across the UK and abroad to engage children and young people with foreign language learning out of the classroom.

Our day programmes equip pupils with foreign language skills while focusing on team-work and leadership skills. We offer targeted support, feedback and plenary sessions throughout as well as the possibility for schools to receive recorded feedback on pupils' strengths from the mentors leading the small groups.

The programmes on offer include:

Language Quest -

Challenges focusing on foreign language skills as well as numeracy, literacy and health and wellbeing outcomes in the style of 'the Crystal Maze'. There is a focus on leadership throughout with pupils receiving personalised feedback and reflection on what could have been done differently during each task.

Desert Island Team-Building -

Team-building activities in the foreign language focusing on collaborative learning, self-reflection, effective communication, problem solving, confidence building and leadership to get the team off of a desert island.



Contact

Address Kara Reichhart, 25 Ailsa View, Stewarton KA3 5HF
Email info@articulate-lc.com
Telephone 07791 698 945

CANI Coaching



CANI Coaching specialises in assisting schools or organisations to maximise on the potential of pupils/young people, employees and community members at all levels in order to achieve, develop and grow.

We nurture existing individual skills and talents as well as developing skills for empowerment, effectiveness and success. We support Schools to create a value centred caring culture which nurtures the achievement of the pupil and staff community, organisational vision and purpose with the up most integrity. CANI programmes incorporate the very best in accelerated learning and NLP techniques combined with ancient universal life principles. Our programmes are highly interactive with brief lecture sessions, interactive exercises and skills practice.

CANI Leaders Residential - The CANI Leaders programme takes participants through seven highly effective steps to success in school life. This programme has been designed to create a simple system that pupils can use to lead themselves towards personal effectiveness, achievement and attainment. Our programme creates the conditions for each individual to become more independent through a values base and principal centred approach. This enables pupils to develop greater self-awareness by bringing their personal values into focus, creating positive and sustainable relationships with peers, staff and family members by having self-worth, respect for others, managing change, dealing with conflicting situations, developing resilience to learning, increasing confidence and self-belief through continual self-evaluation towards self-improvement.

Outcomes

- a better understanding of identity and values
- a clearer and stronger sense of purpose, vision and belonging
- relationship development, and greater independence
- higher aspirations for the future
- increased confidence and motivation, increased self-belief and higher self-esteem and resilience
- Leadership development
- Positive Role models

Contact

Website www.canicoaching.co.uk
Address 1 Sullivan Way, Cumnock, East Ayrshire, KA18 1UH
Email derek@canicoaching.co.uk
Telephone 07407262677



Established in January 2007, Cazbro offers training, coaching and personal development in one-to-one, group, workshop and course formats. Flexibility is key, allowing you to create programmes tailored to suit your requirements. These can be classroom based, outdoor or residential.

We help participants learn and develop powerful skills which can be used in all areas of and throughout their lives. There are lots of topics to choose from relating to personal development, self-management, leadership, team-working, physical and mental health & wellbeing, and employability. Get in touch for a list of topics and options. <https://www.cazbro.co.uk/contact>

- Programmes are accredited and you even have the option of internationally recognised qualifications.
- Programmes are modular allowing you to choose the best combination for your group.
- Programmes and workshops are delivered by experienced, qualified, accredited, professional trainers and instructors.

Cazbro works with a wide range of organisations, local authorities, charities and individuals. We have a proven track record of results and success—and after participation in our programmes, so do our clients!



Contact

Website www.cazbro.co.uk
Email info@cazbro.com
Telephone 07803 172198



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Clearview Minds



Clearview Minds was established in 2017, primarily to work with young adults to support and enhance their skills in order to optimise performance within school and make that successful transition into the world of work. Whilst we work on developing confidence and resilience, we have specific programmes which focus on enhancing employability skills for today's market, relevant to individual needs.

We provide a range of facilitated sessions that focus on that next journey. By working with our core team individuals will gain:

- A strategic insight into the world of work and be much better equipped on how to market themselves
- Understand the world of competences and how to articulate evidence in that interview
- Be more confident in assessment centre scenarios
- Have an understanding of communication, customer service and team work in the workplace
- Increase success levels when applying for work
- Have developed a range of new skills which can help to 'build that cv' for future work
- Take ownership and develop strategic career action plans to that job

Our sessions are practical, insightful and prepare individuals for those next steps whilst providing experiential learning in a fun, engaging manner. Subjects covered include:

CVs (Video and Paper), Interview Sessions, Voluntary work, Fundraising, Communications, Work Stations, Assessment Centre Exercises, Teamwork and Leadership, Understanding Competences, The World of Networking, Job Strategy, The Role of Customer Service and so much more.

Our team are highly skilled in what they do with highly developed expertise in recruitment, training and management. We work to provide a range of courses which can fit into the school curriculum and deliver a customised programme for individuals that work over a series of weeks and months, depending on individual school needs. By taking this sustained approach we build and develop individuals and allow them to flourish, confident of their own abilities and transferable skills. Think Different and Be Different.



Contact

Website www.clearviewminds.com

Address Renfrew House, 27 Love Avenue, Quarriers Village, Bridge of Weir, Renfrewshire, PA11 3TL

Email info@clearviewminds.com

Telephone 01505 690093

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Natural Leaders

The Natural Leaders programme has been developed to incorporate outdoor learning into the school curriculum as part of the leadership programme for pupils. The programme will involve working in local greenspaces to identify an area that would be suitable to develop as a Local Nature Reserve. East Ayrshire only has 1 LNR, Catrine Voes. However, a number of sites throughout the area have been identified through the Community Action Plan process and the Green Infrastructure Strategy and Audit as being valuable to the community and as having potential for LNR status. The young people involved in this programme will work with the local community in selecting a local site. They will then receive training in a range of survey and identification techniques to enable them to determine and map the key natural characteristics of the site. Working with the countryside team, they will develop the aims and objectives of the site and then prepare a management plan including community consultation.

As part of the research and fact finding to enable the development of the Local Nature Reserves, the young people will be taken on visits to other LNRs within a close proximity. This will include Catrine Voes LNR, but may also include Ardeer Quarry, Shewalton Wood, Auchalton Meadow and other sites throughout Ayrshire.

At the end of the programme all young people will be taken to one of Scotland's National Nature Reserves to give them the opportunity to experience one of our national 'Special Places'

This project is aimed at S3 pupils and will work towards an accredited Countryside Management qualification that would support progression into further education, training or work.

Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748



Elevat8 work with community groups and provide learning opportunities for practitioners within the Health and Social Care sector and more recently Education and supported learning environments. Elevat8 pride themselves in taking a creative approach in terms of delivery, ensuring that all sessions are engaging, imaginative and last long in the memory.

Action Learning Sets work well when the members are gathered to explore and take action on a shared theme. Sets will be made up of young people from S1 to S3. Groups of mixed ages will offer diversity in the range of experiences and information that can be shared and learned from. Sessions will be facilitated by experienced coaches and the specific theme will be agreed with the young people. An example could be 'How do we contribute fully to our learning and future lives?'. Each participant will be supported to consider what their own challenge is around this theme. Outcomes of running action learning sets for children and young people are anticipated to be:

- Increased confidence and self-belief developed from affirming feedback, achieving tasks, deciding on courses of action, contributing ideas to others.
- Heightened understanding of how personal ways of being and seeing the world can impact on what we achieve.
- Opportunities for wider impact and role modelling as young people take their learning back into their school and other communities.



Contact

Website www.elevat8.com
Address 83 Old Rome Drive Kilmarnock KA1 2RU
Email contact@elevat8.com
Telephone 07592 988 917

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

Imagination



With 15 years of success working in schools throughout the UK our traditional game-based learning is ideal for engaging, exciting and educating pupils of all ages and abilities. Whether with individuals, small groups or whole classes, we support and develop key social and curriculum skills with even the most disaffected of children.

“Imagination Gaming changes the dynamic in the classroom, it gets the attention of the children, excites them all and guarantees their engagement in learning”

Tamara Gulliver - Head Mill Academy.

Learning through play is a powerful and effective way of delivering learning, improving attainment, well-being, and providing social skills that enable young people to become more rounded individuals.

Our activities will elicit immediate responses from children young or old, staff seeing first hand how the engagement increases confidence, both socially and academically, and a desire to learn, pushing themselves in ways they might not feel possible.

Whether front of the class activities or tabletop based games, the social nature of our activities means that listening, speaking, debating and turn taking are central to a good learning environment. Understanding others point of view or decisions develops key skills to compliment the curriculum, such as critical thinking and problem solving.



Contact

Website <https://imaginationgaming.co.uk>
Address Imagination Gaming, 193 Park Rd, Barnsley S70 1QW
Email interest@imaginationgaming.co.uk
Telephone 07957 449572

The Lennox Partnership



The Lennox Partnership (TLP) is a not for profit Social Enterprise created in 1988 to support the regeneration of areas suffering from industrial decline. The organisation has evolved over the years, now delivering a range of services across a number of Local Authority areas to improve our participant's lives.

We recognise that young people are the leaders of the future and the importance of building leadership skills and characteristics to make them leaders both now and in the future.

We will run 2 day Leadership & Team Building workshops for young people from S1 – S3 to develop their leadership and team working skills.

Workshops will be delivered, where feasible, within the school environment to maximize attendance and will run from 9am – 3pm on both days.

The workshop content will include:

- What is Leadership session?
- Video on Leadership in young people
- Examples of good leaders/bad leaders
- Group session looking at what are the key leadership skills and characteristics
- Mapping exercise aligning individual skills to those identified
- Leadership exercise- interactive
- What is team work?
- Interactive Dummy Company exercise to develop both leadership and team working skills.



Contact

Website	www.thelennoxpartnership.org
Address	82-84 Glasgow Street, Ardrossan KA22 8EH
Email	info@thelennoxpartnership.org
Telephone	01294 608 952

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact

Email dave@metrooutdoors.co.uk

Telephone 07752 857 847

The Outward Bound Trust



The Outward Bound Trust is an educational charity that inspires young people to defy their limitations.

Limitations on young people – whether real or perceived – come in all shapes and sizes. But we use the power of learning and adventures in the wild to defeat them all.

Partnering with schools, colleges and youth groups, we help teach young people the most important lesson they could ever learn: to believe in themselves. It's the superpower that transforms their behaviour throughout school, work and beyond.

Our tailored outdoor learning courses deliver an alternative education, giving young people the confidence to tackle the real world head on. We take them away from the everyday life into our world. We give them life-changing experiences they won't get from home or inside the classroom.

Contact

Website www.outwardbound.org.uk

Address The Outward Bound Trust, Hackthorpe Hall, Hackthorpe, Penrith, Cumbria, CA10 2HX

Email enquiries@outwardbound.org.uk

Telephone 01931 740 000

Rock 'n' Role Models



Rock 'n' Role Models encourage, develop and promote creativity and the freedom to express ideas through high quality creative experiences.

Our Award Winning professional team will make your creative engagement with us valuable, meaningful and relevant, sustainable and fun. We actively promote our philosophy of lifelong creativity and currently work with schools, young people, community organisations and the private sector.

Rock 'n' Role Models passionately believe in the power of the arts to transform people's lives and the wider community for the better.

Through a dynamic education and community creative engagement programme, Rock 'n' Role Models have a dedicated team of professional musicians, visual artists and creative practitioners to create a supportive, creative learning environment tailoring experiences for our clients.



Contact

Website www.rocknrolemodels.co.uk
Email creativity@rocknrolemodels.co.uk
Telephone 07811862697

Scottish Sports Futures



Scottish Sports Futures (SSF), changing lives through sport. SSF use the power of sport and physical activity to engage with vulnerable and disadvantaged young people in Scotland and empower them to be confident, healthy and happy. We work to develop people, improve health and wellbeing and strengthen communities.

SSF's Education Through Cashback (ETC) programme comprises a suite of 6 training modules, delivered to enhance leadership skills, learning, and build confidence, using sport as the 'hook' to engage young people, including those hard to reach.

We offer accessible learning and recognised qualifications outside a traditional education environment, making it an attractive alternative to those that may be in danger of leaving school NEET. Modules are SCQF-accredited at levels 4 and 5 delivered in a practical, activity-based style so that young people can learn by doing.

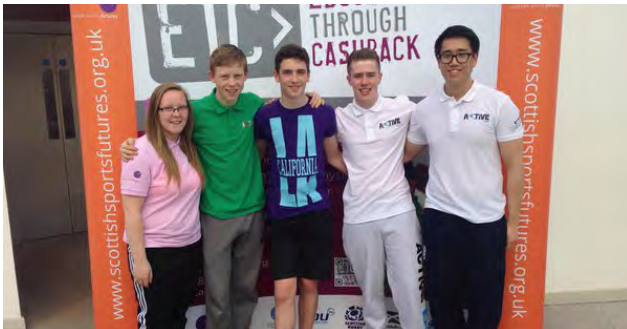
The 6 modules are:

- Communication
- Conflict Resolution
- The Human Connection
- Goal Setting
- Working with Young People in Sport;
- Planning Effective Physical Activity Programmes

For young leaders, ETC develops key leadership skills, enhancing ability to engage, and building confidence to deliver quality physical activity sessions, plus optional SCQF-accreditation.

For pupils struggling to achieve in a traditional setting, ETC provides a fun and engaging alternative, focussing on developing life skills in communication, goal setting, and teamwork, and an accessible route to SCQF-accreditation.

Modules are generally suitable for pupils 14yrs+ and can accommodate a wide range of ages and abilities, including additional support needs. They can be delivered individually, or, more frequently, as a complete block. Training can be delivered within or outside of school hours/building.



Contact

Website www.ssf.org.uk

Address Scottish Sports Futures, The Legacy Hub, 301 Springfield Road, Glasgow, G40 3LJ

Email Jim.Boyd@ssf.org.uk

Telephone 0141 218 4640

Waterside Wellbeing



Waterside Wellbeing operates from two centres within East Ayrshire presenting outdoor learning by means of Equine and Small Animal Assisted Activity Therapy. We are a small, family run business, which is dedicated to promoting positive attitudes towards health and educational attainment offering quality rather than quantity in the services that we provide.

Waterside Wellbeing has developed over the last 15 years from our long-established Approved Riding School tailoring towards a more therapeutic approach to the benefits that Equines and other animals can offer. The ponies and small animals that we use have all been trained to allow for fun, safe interaction ensuring an unforgettable and worthwhile experience whilst staging opportunities to acquire life-enhancing and employability skills.

Our team are all experienced and qualified to deliver the high professional standard required to share knowledge and specialised techniques. The salubrious nature of our service is particularly beneficial for children and young people who may experience complex and additional support needs.

Both centres are maintained and inspected to ensure that visitors feel relaxed - offering idyllic settings, bespoke sensory trails, therapeutic gardens, animal activity enclosures and indoor space in the event of inclement weather.



Contact

Address The Harmony Centre, Berryhill Bing, Auchinleck KA18 2NB

Email joyfulecho3@aol.co.uk

Telephone 07850 227 524

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Our Raising Attainment Programme (RAP) is a motivational Behavioural Change and Educational Inclusion Programme which encourages pupils to address negative attitudes, behaviour and actions, and make more positive choices and life changes.

The programme is aimed at secondary or P6/7 pupils who are disengaged from learning, and are at risk of future involvement in offending or risky behaviour. Pupils may be non-attenders, at risk of exclusion, presenting challenging behaviour or face family adversity. The programme is delivered over six weeks, or a full school term. Delivery includes:

- Group Work Sessions
- Goal Orientated 1:1 Mentoring
- Activity Based Learning Experience

If requested by schools, we can offer options for programme extension. This builds on progress made through an additional six weeks of support, learning and accreditation.



Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)

Alpha Plus Training Ltd



Alpha Plus Training is a values'-based company specialising in the design and delivery of quality programmes for schools and education services which recognise the development of their staff is fundamental to the success and growth of their organisations. We can offer courses to individual schools, clusters and on a whole authority basis. These programmes can be twilight sessions, in-service days or during the school days.

Improving Attainment and Achievement of SIMD 1 and 2 pupils

We offer innovative training and consultancy services supporting schools in their work to reduce the poverty led attainment gap amongst young people. We can work with senior leaders in secondary schools to improve their ability to lead and self-evaluate their impact on SIMD 1 and 2 students' attainment and achievement. This would include how to better triangulate evidence which indicates robust school improvement in targeting improved attainment for SIMD 1 and 2 students.

Middle Management Leadership and Management Skills

We also offer 4 x 2hour session leadership course to support Middle Managers to improve their leadership and management skills to effectively improve SIMD 1 and 2 students' attainment and achievement. This course will include improving the ability of staff to enhance the attainment of SIMD 1 and 2 students by considering the impact of HGIOS4 quality indicators. It will include coaching Middle Management to improve their leadership, co- operative learning, self-evaluation and organisational skills. Coach managers at all levels to improve the ability of staff to work co-operatively with each other and to work more effectively with parents.



Contact

Website www.alphaplustraining.com
Address Alpha Plus Training Limited 23 Spottiswoode Road Edinburgh EH9 1BJ
Email Kate@alphaplustraining.com
Telephone 07950595893

Articulate Language Camps



Articulate is an Ayrshire-based innovative language school which was established in 2012. We work with schools across the UK and abroad to engage children and young people with foreign language learning out of the classroom.

Our experiential CLPL programme gives primary teachers the chance to lead on languages within their school or cluster with regards to foreign language learning and teaching and outdoor learning.

Our 'Out of the Classroom' CLPL course empowers teachers to build pupil teamwork and leadership skills into their everyday teaching of French, Spanish, German or Italian and builds their confidence in delivering the experiences and outcomes of the modern languages primary curriculum.

Each session equips teachers with practical activities which can realistically take place in a school's outdoor or nearby spaces, discusses how these activities can be used in a range of situations and at a range of ages and stages, offers the platform to share ideas with colleagues and develops foreign language skills.



Contact

Address Kara Reichhart, 25 Ailsa View, Stewarton KA3 5HF

Email info@articulate-lc.com

Telephone 07791 698 945

Catch Up



Over 500,000 struggling learners have been helped with the Catch Up® interventions and over 30,000 supporting adults, including teaching assistants, teachers, carers and mentors from the UK and worldwide, have been trained to deliver them. Catch Up® is now used in over 6,000 schools across the UK.

Catch Up® is a not-for-profit charity that offers two structured one-to-one interventions, proven to significantly improve the achievement of learners who find literacy or numeracy difficult. Learners taking part in Catch Up® Literacy or Catch Up® Numeracy typically achieve more than double the normal rate of progress.

Catch Up® Literacy is a book-based reading intervention which enables struggling readers to achieve more than double the progress of typically developing readers.

Catch Up® Numeracy is an intervention which addresses 10 key components of numeracy and enables learners who struggle with numeracy to achieve more than double the progress of typically developing learners.

Both interventions are designed for struggling learners aged 6-14, and are based on rigorous academic research. They involve 15-minute individual sessions delivered twice a week by teaching assistants, teachers or mentors.



...this is a fantastic tool
which benefits children who
need that extra boost in
Literacy and Numeracy.
Headteacher



Contact

Website www.catchup.org

Address Catch Up, Keystone Innovation Centre, Croxton Road, Thetford, IP24 1JD

Email training@catchup.org

Telephone 01842 752297



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

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The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Children 1st



For over 135 years, Children 1st has been providing emotional and practical support to children, young people and families. Our workshops are designed to increase school staffs' knowledge of Adverse Childhood Experiences (ACEs) and the impact these have on their pupils and their families, and to reflect on how to use this knowledge within the school setting. Our workshops are designed to not only increase knowledge but also equip staff with the skills to implement strategies to support children and families affected by ACEs and trauma.

Children 1st's approach is to meet with head teachers and school leaders to listen and learn about their challenges and discuss the support we will provide. We will design, in partnership with each school, bespoke workshops that fit their specific requirements and make the most of available resources. The workshops will be led and facilitated by our Service Manager and Team Leader, and are designed in line with the current challenges and needs of the school community wishing to commission this Lot.



Contact

Website www.children1st.org.uk
Email kirsty.aitken@children1st.org.uk
Telephone 07767648895

Connect



Research shows family influences have a stronger impact on children's attainment than school factors. Since 1948 Connect (SPTC) has been dedicated to supporting and encouraging parental engagement in education, working closely with parent groups in schools (PTAs, School Boards, Parent Councils), teachers, Senior Management Teams, and local authorities.

Our professional learning programmes supports early years, school, family learning and home link staff to work effectively with families and the wider community, to impact positively on outcomes for children and young people whose families may be furthest from the school gate. Their design and delivery are informed by the national Model of Professional Learning, and will build understanding of family engagement, how it maps into Professional Standards and policy, and support effective practice. Each programme stands alone or they can be booked in a series to build knowledge and capacity. Modules come with reference materials and practical tools as well as follow-up online coaching opportunities.

- Engaging Families in Children's Education (SCEL Endorsed) - 2 x half day sessions
- Family Engagement for Improvement – full day
- Evaluation – Assessing the Impact of Family Engagement (includes comprehensive evaluation toolkit for every delegate) – half day session
- Working with Your Parent Council – 2 hour session for SMT

We have been delivering our professional programmes to professionals across Scotland since 2016 and feedback from delegates has been overwhelmingly positive. Our experienced trainers can deliver modules to groups of up to 25 from individual schools or clusters, at a mutually convenient time on school or local authority premises.



Contact

Website	www.connect.scot
Address	Mansfield Traquair Centre, 15 Mansfield Place, Edinburgh, EH3 6BB
Email	training@connect.scot
Telephone	0131 474 6199



Two Programmes to Support Staff Leadership Development. Delivered via Google Meeting Sessions. Approved by the Institute of Leadership and Management

1. Emerging Leaders Programme

Ideal candidate: Aspiring Head Teachers.

This programme comes with an optional Institute of Leadership and Management Certificate and Membership. The Curriculo Solutions Emerging Leaders Programme (ELP) offers training support for new and aspiring managers/leaders with the overall aim of helping them to engage more effectively with their teams, colleagues and service users – external and internal.

The Programme (ELP) is designed to focus on the key management and leadership skills needed. It will enhance delegates' people skills and management capabilities and bring personal and organisational values to life; The programme content is shaped and informed by best practice and up to date thinking, models and concepts around managing and leading.

- o 3 Day Emerging Leaders Programme for up to 12 participants or online delivery in small cohorts of 3-4 learners via google meetings plus access to digital review materials
- o This programme is approved by The Institute of Leadership and Management and gives learners (Optional Cost)
 - Access to the Institutes on-line learning resources with 12 months study membership.
 - An Institute of Leadership and Management certificate.
 - Entitlement to use the Post Nominals AInstLM (Associate)

2. Leading with Harmony Purpose & Values

Ideal candidate: Head Teachers or equivalent staff looking to develop further.

This programme comes with an optional Institute of Leadership and Management Certificate and Membership. The Curriculo Solutions Leading with Harmony, Purpose & Values Programme offers training support for managers/leaders looking to take their leadership to the next level. The course consists of two workshops (Modules) and the overall aim is to help them to engage with leadership research to raise their levels of leadership knowledge, raise self-awareness and inform their leadership practice.

The programme content is shaped and informed by best practice and up to date thinking, models and concepts concerning effective leadership.

- o 2 Day Face to Face Programme for up to 12 participants
- o This programme is approved by The Institute of Leadership and Management and gives learners (Optional Cost)
 - Access to the Institutes on-line learning resources with 12 months study membership.
 - Status and an Institute of Leadership and Management certificate.
 - Use of Post Nominals AInstLM (Associate status)

Contact

Website curriculosolutions.com

Address 6 Lancaster Crescent Lane, Glasgow G12 0RS

Email karen.glen@curriculosolution.com

Telephone 07766 566909



Two Programmes for Teacher Development: New Teachers. Guidance Teachers

I. Career Management Skills Development for New Teachers

Ideal candidate: Individuals new to teaching and yet to map out their career in the Profession.

This programme will provide new teachers with a framework to manage their own career in teaching. It will enable them to understand what Career Management Skills are and how they can affect their own personal development. Research tells us that motivated staff are happier and more fulfilled. Teachers with this understanding of themselves, their skills and strengths will be better able to contribute effectively in the school. Participants of this programme will develop their team working capabilities and will explore the methods for improving their career in education.

- o 1 day programme for up to 12 participants
- o Managing Career Aspirations for teachers
- o Career Planning
- o Making the best use of my strengths

2. Building Employability Competence for Teachers

Ideal Candidate: Guidance Teachers with optional Institute of Leadership and Management Certificate & Membership. Developing the knowledge and understanding of Skills for Work in this cohort of teachers is aligned with their ability to teach the same to the young people for whom they have responsibility whilst at school. By taking teachers through this programme, they will have a good understanding of the skills employers look for in employees – very specifically. They will have access to Curriculo Materials to learn from and optimally they will teach the sessions to their pupils with the use of the Curriculo materials on licence (optional and additional).

- o Training for Guidance Teachers to support the use of the Curriculo Programme in Schools
- o Blended Learning - Online Programme + 5 half days supporting Workshops or online workshops to support each module
- o Access for all participants to the Curriculo Learning Management System
- o Up to 12 participants per cohort
- o This programme is approved by The Institute of Leadership and Management and gives learners (Optional cost not included)
 - Access to the Institutes on-line learning resources with 12 months study membership.
 - Status and an Institute of Leadership and Management certificate.
 - Use of Post Nominals AInstLM (Associate status)

Contact

Website	curriculosolutions.com
Address	6 Lancaster Crescent Lane, Glasgow G12 0RS
Email	karen.glen@curriculosolution.com
Telephone	07766 566909

Do-Be Limited



Early intervention and prevention strategies are key to minimizing the prevalence, incidence and severity of poor mental health in our society. Mindfulness is one evidence-based intervention that can benefit teachers', parents', carers' and children's mental health and help to support development of emotional resilience that will keep healthy young and old alike during stressful, challenging times.

In our Do-BeMindful Initiative we have created a unique approach to delivering Mindfulness education to the whole community - teachers, school staff, families and children - with the following learning programmes.

- Do-BeMindful Foundation Programme for teachers who are often not supported in terms of caring for their own mental health and emotional wellbeing. This is a practical introduction to Mindfulness and kindness-based practices to help participants experience the benefits of personal practice.
- Do-BeMindful Adventurers Programme for first level learners (P2-4) involving 8 weeks of engaging lessons and imaginative play as well as a daily Mindful breathing practice to encourage children to develop important life skills that will benefit their mental wellbeing and improve emotional resilience.
- Do-BeMindful Explorers Programme for second level learners (P5-7) – 16 lessons delivered over 8 weeks in a series of fun, practical Mindfulness lessons for young learners that will help them develop healthy habits of mind and lasting life skills that will benefit their mental health, emotional wellbeing and academic performance.
- Do-BeMindful Essentials Programme for families who might struggle with stress or want to develop healthy habits of mind and/or nurture supportive relationships at home.



Contact

Website www.do-bemindful.com
Email enquiries@do-bemindful.com
Telephone 0800 197 8804

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Outdoor Learning CPD

Introduction to Outdoor Learning for Teachers. Join us for a day exploring the basics of delivering learning activities outside of the classroom. Participants will learn how to use different resources and approaches for creating and delivering safe outdoor learning lessons.

This course is for educators who want to learn more about managing and leading outdoor learning sessions with their pupils. This course is designed to provide teachers, teaching assistants, and nursery practitioners with a framework, resource guide and activities relevant for delivering quality learning opportunities outside the classroom.

We will explore how to use the outdoors as a learning environment in a number of ways. This is a practical, hands on course that will fill you with great ideas, and will help build confidence in taking classes outdoors. No previous experience of delivering outdoor education is required. All you need to bring is your enthusiasm and a willingness to discover new skills

Participants will learn the pre-planning requirements of safely leading groups of children outside of the classroom. Our Introduction to Outdoor Learning for Teachers course is structured to ensure participants learn:

- How to put together the resources required to lead groups outside the classroom
- The dynamic risk assessment requirements for leading outdoor lessons
- To bring classroom topics into outdoor activities and games to create inspiring, engaging lessons
- Practical ways to manage groups outdoors
- Practical methods for reflecting on their own practice
- How to tailor lessons to consider the outdoor environment, whether in the school grounds, local neighbourhood, woodland, or local park

Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748

Elevat8



Elevat8 work with community groups and provide learning opportunities for practitioners within the Health and Social Care sector and more recently Education and supported learning environments. Elevat8 pride themselves in taking a creative approach in terms of delivery, ensuring that all sessions are engaging, imaginative and last long in the memory.

Action Learning Sets work well when the members are gathered to explore and take action on a shared theme. Sets will be made up of teachers and support staff. Sessions will be facilitated by experienced coaches and the specific theme will be agreed with staff taking part. An example could be 'How can I exercise my own leadership?' or 'In what ways can we contribute to bridging the attainment gap?' Each participant will be supported to consider what their own challenge is around this theme.

Outcomes of running action learning sets for teaching and support staff are anticipated to be:

- Heightened self-awareness which will provide staff with a solid foundation from which to recognise their strengths and areas for development.
- Increased ability to motivate, inspire, coach and mentor.
- Increased sense of personal responsibility and accountability.
- Increased empathetic awareness.
- Improved ability to work collaboratively.
- Fresh perspectives and creative solutions to leadership and attainment and other challenges.



Contact

Website	www.elevat8.com
Address	83 Old Rome Drive Kilmarnock KA1 2RU
Email	contact@elevat8.com
Telephone	07592 988 917

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

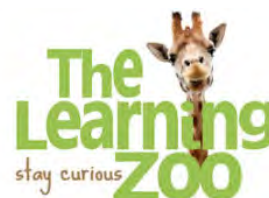
Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

The Learning Zoo



The Learning Zoo offers inset, in-service, training and consultancy for individual schools, clusters, or as a local authority initiative. Led by Anne Glennie, literacy consultant and trainer, author of Reflective Reading, The Story Kitchen and Phonics Forever, to date she has trained over 10,000 teachers across 600 schools and counting, in all aspects of literacy and assessment in Scotland.

Our literacy courses are available as an in-service day which delegates describe as 'creative', 'fun' and 'inspirational' – with an emphasis on the practicalities of teaching and learning in a primary classroom. All training events include:

- the research and evidence to encourage teachers to reflect on their classroom practice and pedagogy
- practical ideas, activities and resources that teachers can implement immediately
- the inspiration to change practice and maximise impact to improve motivation and achievement for all

Courses:

Reflective Reading Contents (Focus: comprehension and reading for pleasure)

- Reading Attainment in Scotland, The Basic Skills of Reading, Self-Evaluation, Assessment
- Teaching and Learning: Your Reflective Reading Week, Textplorers Activities
- A New Taxonomy for Reading, Managing Reading in the Classroom, Lesson Planning: Task Maps

Phonics Forever Contents (Focus: research-informed beginning reading, spelling and handwriting instruction)

- Reading: Scotland-We Have a Problem, Reading Difficulties & Dyslexia, A History of English & The Alphabetic Code, Changing Perceptions of Phonics, The Simple View of Reading
- Reading Research & The Golden Ticket, Unpicking the Prototype, The Synthetic Phonics Teaching Principles, Teaching Reading & Spelling with a Complex Alphabetic Code, The 3 Core Skills & their Sub-skills
- Core Routines & Core Resources, Lesson Demonstration, Handwriting, Accessing Phonics International

The Story Kitchen Contents (Focus: research-informed whole-school programme for writing in the primary school)

- Statistics Snapshot; The Simple View of Writing: A Useful Model; Self-Evaluation and Discussion; Cognitive Load Theory
- Assessment, Planning and Marking; Basic Skills & SPAGHETTI; Teaching and Learning: Direct Teaching & Deliberate Practice
- Planning, Text Types and their Features; Linking Reading into Writing; Classroom Ready with The Planning Plate

Contact

Website www.thelearningzoo.co.uk

Address 52 North Galson, Isle of Lewis, HS2 0SJ

Email hello@thelearningzoo.co.uk

Telephone 01851 850700

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact

Email dave@metrooutdoors.co.uk

Telephone 07752 857 847

Over the Rainbow

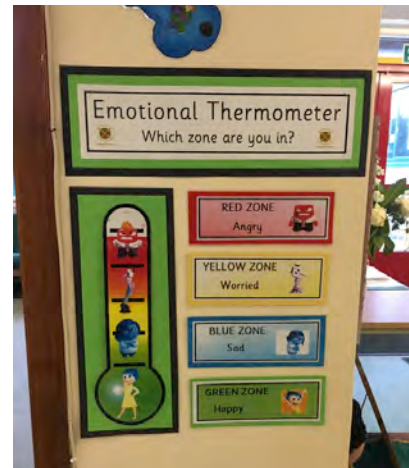


Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

Address Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255



PBS UK are a group of four Positive Behaviour Support Consultants who work across the United Kingdom. Currently we comprise of four staff members and a bank of associates with varying specialisms in Positive Behaviour Support and other evidence based therapies. These specialisms include: Personality Disorder, Acquired Brain Injuries, Dementia, Occupational Therapy, Speech and Language Therapy, Feeding Disorders, Alternative Communication Systems, Research, Active Support, Wellbeing, Acceptance and Commitment Therapy & Practice Leadership.

PBS UK offer training, support and direct intervention to teams or families who are working with individuals that engage in problem behaviour. We use evidence-based practices to support these individuals, and those who work with them, to build skills that support improved quality of life and a reduced need for behaviours that challenge.



Dr Tia Martin

- PhD in Behaviour Analysis & Education
- MSc in Developmental Psychology
- MSc in Autism
- Co-Director of PBS UK



Patrick Behan

- MSc in Applied Behaviour Analysis
- PRINCE2 Trained
- Co-Director of PBS UK



Hannah Newcombe

- BSc in Psychology
- PBS Practitioner
- Undertaking MSc in Behaviour Analysis (Tizard Centre)



Poonam Khunti

- BSc in Psychology
- MSc in Health Psychology
- Trainee PBS Practitioner

Contact

- Website** www.pbsuk.org
- Address** Registered address 24 Lauder Crescent, Perth, PH1 1SU
- Email** cmartin@pbsuk.org
- Telephone** 07951473860



Place2Be is a children's mental health charity that provides counselling, mental health support and training in schools.

Our expert-led workshops help teachers, school staff and other professionals to understand children and young people's behaviour and support their wellbeing. Our face to face and online training includes:

- Our digital Mental Health Champions Foundation course designed to enhance professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in school communities.
- Reflective supervision and supportive forums for teachers, school leaders and school staff.
- A range of mental health training workshops.



Contact

Website www.place2be.org.uk
Address Robertson House, 152 Bath Street, Glasgow, G2 4TB
Email scotland@place2be.org.uk
Telephone 07803 247 170

Playback Learning Academy



Playback, as a Scottish Qualifications Authority Approved Centre offers several Professional Development Awards (PDA) in leadership and management for aspiring leaders including senior managers, principal and classroom teachers and learning support staff.

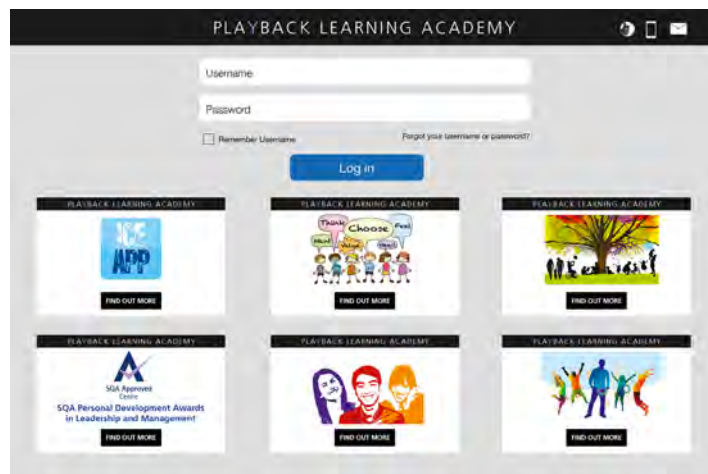


The PDAs will support staff to demonstrate their management and leadership capabilities and provide them with a recognised SQA qualification. These PDAs are competency based and are delivered onsite. This allows candidates to choose the units that suit their requirements within the school context, whilst reflecting a key aspect of the school improvement plan.

The PDAs comply with continuous professional training and staff development. They will provide capacity building opportunities by adding to existing qualifications in line with Career Long Professional Learning (CLPL) and the General Teaching Council (GTC, Scotland).

The PDAs encourage leadership opportunities for those staff who are seeking and recognise the value of accredited leadership opportunities. They provide a practical insight into the current thinking around the concepts of effective leadership within education in the 21st century.

Candidates are supported through an eportfolio to record their evidence against the SQA performance criteria digitally and Playback's SQA Assessors and Verifiers



Contact

Website playbacklearningacademy.com
Address 489 Lanark Road, Edinburgh, EH14 5DQ
Email administrator@playbackice.com
Telephone 0800 024 8925

Positive People Development



Positive People
Development



Positive People Development provides a range of personal and organisational development services. Our consultants have a track record of working within education for over 20 years and have gained a deep insight into the current challenges and requirements necessary to deliver a high standard of education to our young people.

Our programmes and workshops are designed to support educational leaders, teachers and staff to achieve identified goals in line with national strategies, GTCS standards and school improvement plans. Our workshops are interactive and we use a range of techniques, current theories and models to support individuals to perform at their best, supporting them to deliver their individual, department and school goals.

Some of our current services delivered to local authorities and schools include: -

- GTCS Professionally Recognised Programmes
 - First Steps into Leadership
 - Coaching and Mentoring Diploma
- Coaching Skills for PRD Reviewers
- CPD Workshops (Various Topics)
- 360 Feedback and 1:1 executive coaching
- Facilitated Team Development Sessions
- Whole school facilitated sessions

We also work with local authorities and schools to design bespoke programmes based on specific requirements.



Contact

Website www.positivepeopledevelopment.com

Email info@positivepeopledevelopment.com

Telephone 07966040172

Rock 'n' Role Models



Rock 'n' Role Models encourage, develop and promote creativity and the freedom to express ideas through high quality creative experiences.

Our Award Winning professional team will make your creative engagement with us valuable, meaningful and relevant, sustainable and fun. We actively promote our philosophy of lifelong creativity and currently work with schools, young people, community organisations and the private sector.

Rock 'n' Role Models passionately believe in the power of the arts to transform people's lives and the wider community for the better.

Through a dynamic education and community creative engagement programme, Rock 'n' Role Models have a dedicated team of professional musicians, visual artists and creative practitioners to create a supportive, creative learning environment tailoring experiences for our clients.



Contact

Website www.rocknrolemodels.co.uk
Email creativity@rocknrolemodels.co.uk
Telephone 07811862697



RRM (UK) Limited is a leadership training organisation serving all industry sectors worldwide and with a tailored offering for education in Scotland.

In East Ayrshire we provide our Middle Leadership Programme (MLP) and Making A Difference (MAD) Programme, both for leaders and aspiring leaders employed in education. These programmes can be provided for multiple schools in a shared contract or direct to one individual school. We can also adapt programmes to a school's particular needs.

The EAC MLP has been derived from our work with Scotland's College for Educational Learning and North Ayrshire Council Education and Youth Employment Services. It is a three-day programme which is directly informed by the National Improvement Framework. Topics covered include; Change, Practitioner Enquiry, PRD and Inspirational Leadership.

The EAC MAD programme is a multi-day leadership development programme. Schools can pick and mix from the various modules depending on their particular needs and goals. The topics covered include Change, Leadership, Communication, Performance, Coaching, Effectiveness, Relationships, Resilience, Improvement and Teams.

Both programmes encourage and enable more effective leadership in schools thereby making a positive impact on the pupil experience. They adhere to the principles of; work hard, have fun and make a difference. Programmes are designed and delivered by our Director, Ronnie Malcolm.



Contact

Website www.rrmuk.com
Address PO Box 26494, Glasgow, G74 9DE
Email info@rrmuk.com
Telephone 01355 909010 / 07850 870986

Social Enterprise Academy



Social Enterprise Academy (SEA) is an international social enterprise, based in Edinburgh, facilitating learning and development to support social change. We operate in 15 countries across five continents. We've worked with teachers in Scotland for 11 years, supporting over 2,500 teachers in more than 1,000 of Scotland's schools.

Our suite of learning programmes comprises:

- Building Teacher Leadership - 1 day
- Women into Educational Leadership – 1 day
- Award in Leadership for Teachers – 4 days
- Excelling in Headship – 2 days

All our facilitators are experienced educational professionals themselves, and qualified facilitators. Our style of learning, based on Kolb's learning cycle, is action-based, participatory, and fun!

Our programmes are flexible in terms of timings and location. Programmes can be offered on weekdays, weekends, or as a series of 'twilight' sessions. This can take place with the school or we can source an appropriate external venue. We can provide promotional materials, manage online bookings, communicate direct with your staff around logistics and afterwards prepare a programme reaction report. The administrative impact on the school will be minimised.



Contact

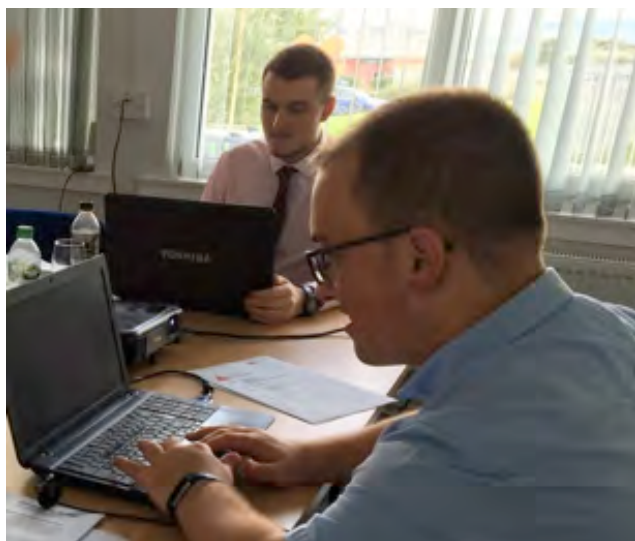
Address Social Enterprise Academy, Third Floor, Thorne House, 5 Rose St, Edinburgh EH2 2PT
Email david@socialenterprise.academy
Telephone 07887 515500

Values Into Action Scotland



VIAS vision is a Scotland where people with learning disabilities and/or autism have the same opportunities as everyone else and are supported to achieve these goals. VIAS enables organisations to support people to achieve maximum independence, choice, and control. We do this through offering quality improvement services.

VIAS want to make an impact on the educators of young people with learning disabilities and/or autism, to enable them to inspire individuals to live independent and fulfilled lives. People with learning disabilities and/or autism will be key to the delivery of this VIAS service for Teachers and Classroom Assistants, to enable them to learn about what can be achieved and show, by their lived experience that possibilities can become reality. VIAS deliver a range of workshops covering learning disability awareness, autism awareness, an introduction to systematic instruction, an introduction to travel training, working in partnership with parents, and how to produce easy read documents. VIAS deliver these sessions in person, or online via Microsoft Teams and/or zoom, offer telephone support and 1-2-1 consultancy. These workshops are co-delivered by VIAS Consultants with lived experience.



Contact

Website <http://https.uk//viascotland.org>

Address Hillington Business Centre, 15-17 Nasmyth Road South, Glasgow, G52 4RE

Email info@viascotland.org.uk

Telephone 0141 212 3395

The Wellbeing Academy



The Wellbeing Academy is a team of qualified counsellors, psychotherapists, life coaches, youth workers and trainers located in schools and venues throughout Scotland. Our team has 14 years' experience counselling over 2000 children and young people. Evaluation evidences that 98% left counselling feeling significantly better than at the start. We are committed to working with schools and parents for the benefit of children and young people struggling with the circumstances of their lives. We offer high quality wellbeing services that are also designed specifically for teaching staff and parents.

We specialise in providing one-to-one counselling for all ages. Our counsellors use play and creative therapies with primary school children, working with parents towards helping each child find ways to express their feeling and find the words to describe to the adults around them about their life and experiences.

Children and young people can talk about a range of issues with a trusted adult, within a relationship of agreed confidentiality. School Counselling can prevent mental health problems developing or becoming more serious. We offer strengths Based Counselling which is linked to Positive Psychology and focuses on what is going right in a young person's life.

The counsellor and client work together to find past and present successes and use these to address the challenges being faced and focus on improving health and wellbeing, social supports, self-concept, emotional resilience, spiritual outlook and personal potential.

The counsellor will build up trust empowering children and young people to become more confident individuals by helping them by eliminating risk factors and increasing protective factors.

Pupils have reported that attending school counselling positively impacted their studying and learning. School management reported improvements in attainment, attendance and behaviour.

Issues best suited for counselling are, anxiety/stress, neglect, bereavement/loss, parental separation, abuse (of any kind), low self-esteem, low mood, living in care, self-harm, sexuality/gender, parent in prison, mild eating disorders, chaotic family life, young carer, parental drug/alcohol abuse and bullying. Available for one-to-one delivery, through a series of 50 minute sessions.



Contact

Website www.thewellbeingacademy.co.uk
Address 1 Douglas street, Dunfermline, Fife, KY127EB
Email office@thewellbeingacademy.co.uk
Telephone 07876196212

Your Options Understood



Your Options Understood (Y.O.U) is a community interest company providing a range of services across Ayrshire and Glasgow. Services include Advocacy, Consultancy, Staff Training and Support and Advice with the Self-Directed Support process as well as this Y.O.U can also offer support with facilitating Person – Centred Plans for individuals with disabilities and long-term health conditions. Our services are delivered from a first-hand prospective of living with a disability and/or of working in the Social Care sector.

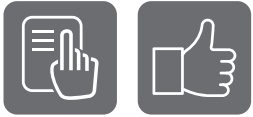
Y.O.U was established in 2015 and since then has developed strong connections within the Health and Social Care partnerships and within Schools. To date the organisation has delivered multiple training sessions around a variety of topics which have assisted in improving the knowledge, experiences and work practises of those who work in these environments and who support individuals with disabilities and long-term health conditions and their families. Y.O.U has also provided advocacy support and guidance for individuals with disabilities and long-term health conditions who have a range of support needs. This support has included assisting those who are in transition throughout their educational journey. The organisation has given these individuals a voice that would not otherwise be heard and has supported them in obtaining the support they require to live the life they want to lead and to achieve their goals and aspirations.



Contact

Website www.youroptionsunderstood.co.uk
Address 17D Caldon Road, Irvine KA12 0RG
Email youroptionsunderstood@gmail.com
Telephone 07938998091

EAST AYRSHIRE COUNCIL



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

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Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Giglets Education



Giglets Education is an award winning EdTech company based in Kilmarnock, East Ayrshire, Scotland. Our resource is being used by several hundred schools in Scotland to support pupils in developing a love of reading. Giglets is, at its heart, a growing online library designed to encourage independence and improve pupils' motivation to read.

Giglets teaching resources are formally aligned with curricula for nursery, primary school and early secondary school levels. Teachers, parents and pupils aged 3–14 enjoy teaching, reading and learning with Giglets.

Fenwick Primary School uses Giglets to add value to their reading and learning experience:

“It’s having access to such a wide variety of books access all ages and stages, as well as texts of a lower reading level but higher interest level, that makes Giglets excellent value for money. We would be unable to buy as many physical copies to share among our pupils. With Giglets, every pupil has their own copy to read and annotate.” Keira Finlayson, Headteacher, Fenwick Primary School in East Ayrshire

The Giglets library provides a personalised reading experience to suit a range of reading needs across 35 languages most commonly spoken by children in the UK. We like to keep our library fresh and evolving, adding new books all year round.

Pupils using Giglets enjoy investigating fantastic facts and meeting vivid new characters. The Giglets library contains hundreds of books, supported by audio storytelling, illustrations, animations and theme music. Interactive question sets help pupils demonstrate reading comprehension and tackle higher order thinking.

For teachers, the library is an effective tool to engage pupils in reading by guiding them through a rich world of words, characters and stories from faraway places. Professional development materials also support teachers in achieving best practice in reading.

Giglets is a safe online reading and learning environment that can be accessed at school and at home. Parents are able to encourage the development of their children’s literacy through shared reading experiences. Our unique resource enables parents and children access to the same materials at home that are available in school via an internet browser on computers and mobile devices.

We like Giglets to be as easy as possible to implement into your learning and teaching environment and so to enable a smooth transition, we will provide a 60-minute online or over-the-phone call with your school’s lead on Giglets, plus up to five other members of your team. We can also provide onsite twilight training sessions which last 1.5-2 hours for up to 30 of your staff.

Contact

Website <https://giglets.com/>

Address 44 Bank Street, Kilmarnock, East Ayrshire, KA1 1HA

Email businessdevelopmentscotland@actionforchildrenscotland.org.uk

Telephone +44 (0)1224 539002

RS Assessment from Hodder Education



RS★ASSESSMENT
FROM HODDER EDUCATION

RS Assessment from Hodder Education is a leading provider of a wide range of primary and KS3 assessments, from standardised literacy and numeracy tests to SEN tests designed to identify and address specific learning and behavioural difficulties.

Bringing together expertise and resources from Rising Stars (leading provider of assessments for primary schools) and Hodder Education (provider of rigorous tests to secondary schools for over 40 years), RS Assessment from Hodder Education offers everything schools need for meaningful and reliable assessment. We know no test or tool will understand pupils as well as their teachers. That's why everything we do serves to support their professional judgement.

Many schools find that using a recognised standardised assessment alongside their own judgement to assess ability and progress of their pupils is a very useful tool. We lead the way in developing standardised tests and have a state-of-the-art online reporting portal, MARK, which delivers very clear and wide-ranging individual, class and group reports for schools using our assessments.

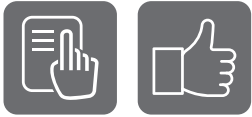
Our assessments are always evaluated independently, written by expert authors and designed to relieve teacher workload.

Whether you are looking for reliable tools to support teacher assessment, standardised tests to predict progress, online analysis, or just support and advice – we're here to help.

Contact

Website rsassessment.com
Email primary@bookpoint.co.uk
Telephone 01235 400 555

Over the Rainbow

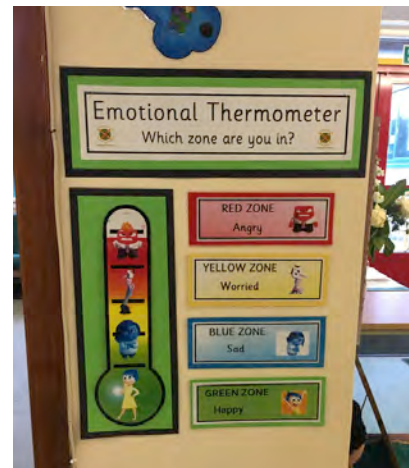


Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

Address Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255

Alpha Plus Training Ltd



Alpha Plus Training Ltd. specialises in the design and delivery of high-quality programmes for schools and education services. Programmes designed to improve children and young people's health and wellbeing are delivered by trainers who are highly experienced within Education Services and can be tailored to the school / sector's needs.

We offer innovative training and consultancy services supporting schools in their work to reduce the poverty led attainment gap amongst young people. We can offer courses to individual schools, clusters and on a whole authority basis. These programmes can be twilight sessions, in-service days or during the school days.

Establish procedures to measure impact of Scottish Attainment Challenge interventions
Alpha Plus can coach staff to better triangulate evidence, which indicates robust school improvement. This would involve assisting schools to establish baseline measurement procedures for Scottish Attainment Challenge and Pupil Equity Fund which will be used to measure the impact of work done with SIMD 1 and 2 students.

Evidencing the impact of your schools SAC and PEF interventions
We can coach schools to better prepare for Scottish Government inspections and local authority Validated Self Evaluations which include within its scope the impact of SAC and PEF interventions on SIMD 1 and 2 students. This would include working with senior staff to prepare a very concise scoping statement which would be used as part of school inspections and VSEs. We would also work to create appropriate pupil, staff, parent/carer and external partner self-evaluation questionnaires



Contact

Website www.alphaplustraining.com
Address Alpha Plus Training Limited 23 Spottiswoode Road Edinburgh EH9 1BJ
Email Kate@alphaplustraining.com
Telephone 07950595893



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Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Feeling Good for Schools Wellbeing Programme



Feeling Good

Recent inquiries into young people's mental health have found that academic achievement is being prioritised at the expense of wellbeing. Our proven six week Feeling Good For Schools programmes aimed at S1 and S2 pupils take a proactive, non-stigmatising approach to positive mental health by equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. We also recognise that teachers' own mental health is being affected by increased workloads, so our programmes come fully resourced, training is provided and our Schools Liaison Officer (a qualified and experienced teacher) is (virtually!) on hand to support throughout delivery.

Alongside weekly lessons, pupils listen to short audio tracks (ideally every day) that teach strategies to improve mental health, just like we'd attend exercise classes or join a sports team to improve our physical health. The audio tracks have been developed by our GP and Psychologist MDs and were adapted from an NHS-accredited mental health recovery programme that uses sports psychology (visualisation and learning and practising strategies). Pupils build resilience through overcoming the challenge of making daily listening to the tracks a habit (like brushing your teeth). There is a temptation to resist new habits because they take us out of our comfort zones but by practising something again and again, we become better at it and we start to see positive effects.

The weekly lessons build on the skills that are taught through the audio tracks and they can be delivered in e.g. PSHE, PE or Citizenship. Pupils can continue to listen to the audio tracks at home through our Feeling Good Teens app and school staff and parents/carers can access our proven NHS-approved adult app, Feeling Good, to support their own wellbeing.

Feeling Good for Schools programme has been developed and researched by the Foundation for Positive Mental Health, a Scottish charity, dedicated to improving mental health with training skills. Uniquely we use proven sports techniques to build mental strength and resilience, in a non-stigmatising, accessible fun approach.

Feeling Good For Schools programmes are 2 six week courses for S1 and S2 pupils for the whole class, equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. Programmes are fully resourced, teacher training is provided and our Schools Liaison Officer (a qualified and experienced teacher) supports delivery.

The programme involves pupils listening to short audio tracks, based on NHS audios, and weekly lessons (covering topics such as Emotions, Conflict Resolution, Social Media and Resilience) to build on these skills. Pupils, staff and parents/carers can also access our Feeling Good Apps.

Contact

Website feelinggood.app

Email rebecca@fpmh.org.uk

Love Learning Scotland



Love Learning Scotland is a charity which was founded to provide new and innovative ways to approach education and provide a pathway to inclusion and attainment for the most vulnerable in our society. We provide a holistic approach to engagement, inclusion, empowerment, education and employability through a partnership working approach with key organisations and agencies to ensure that our clients have access to the highest levels of support in all areas of our service delivery.

Our programmes take the form of working with the individual pupils within the school setting, their community and their home setting. The purpose of the programme is to ensure that all aspects of the individuals lives, and needs, are addressed. We firmly believe that for education and attainment to be maximised that all aspects must be incorporated.

Whatever the barrier for not engaging or achieving we can provide support; these barriers could include one of, or a cocktail of, behavioural problems, social and/or emotional needs, ASN, family relationships, violence, trauma and loss, literacy and numeracy, poor attendance, non-attendance, dyslexia, autism, poor mental health, etc.



Contact

Website	www.l-o-v-e.org.uk
Address	2 Candymill Lane, Hamilton, ML3 0FD
Email	info@l-o-v-e.org.uk
Telephone	01355 239 609
Facebook	@lovelearningfam9

Playback Learning Academy



We offer improvement consultancy services to head teachers and senior managers focused on school improvement planning. These include improvement planning and reporting, standards and qualities, preparation for inspections and the identification and delivery of staff development and career long professional learning.

Our services are designed to support school leaders to engage with key stakeholders, staff, parents and pupils in a rigorous process of self-evaluation leading to improved planning and practice impacting on children's learning. We have a wide variety of resources, consultancy and training sessions that can be tailored to meet individual school requirements. Playback consultancy services covers relevant and up to date resources including:

- How Well Do We Know Our School? an alternative to HGIOS 4
- How to improve children's and family's awareness of GIRFEC
- How to achieve a healthy and inclusive school ethos
- Effective school improvement planning
- Reviewing school improvement planning

Our range of improvement sessions for senior managers and staff focus on:

- How to achieve a healthy and inclusive school ethos
- Vision and Leadership
- Effective School Improvement Planning
- Developing Leadership
- Promoting Inclusion in School
- Inclusive Education
- Parental Support for Children's Learning
- How Well Do We Work with Parents?



Contact

Website playbacklearningacademy.com
Address 489 Lanark Road, Edinburgh, EH14 5DQ
Email administrator@playbackice.com
Telephone 0800 024 8925

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Action for Children will deliver Building Blocks, a 'real-world' learning programme which uses Lego© projects to: equip pupils with skills for school, life and work; and help them to recognise and develop their capabilities throughout individual learning journeys.

The programme will equip pupils of all abilities from Primary up to S4/5 with skills for school, life and work.

The programme promotes 'real-world' learning and embeds cross-cutting core skills which are essential for success in learning, life and work. Core skills provide a basis for learning throughout life, for working effectively and managing problems. Employers cite these skills as essential for the world-of-work and successful career pathways. They are:

- Communication – including verbal and written communication used in all personal/social, learning and working interactions.
- Numeracy – numbers and graphical information
- ICT – ability to use ICT safely to access, create and process information.
- Problem Solving – critical thinking, planning/organising and reviewing/evaluating
- Working with Others – developing skills needed to cooperate with others and achieve shared goals in learning, life and working situations

The programme will deliver career education providing opportunities for pupils to develop skills for learning in a variety of contexts covering school, life and work. STEM subjects are placed at the centre of learning in fun, innovative ways which bring these to life for pupils. This will help to re-engage pupils in learning and motivate them to develop skills with 'real world' relevance.

As a result pupils will systematically increase their employability skills and progressively develop career management skills from the earliest juncture.

Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)

The Articulate Cultural Trust



Our Innovations in Creativity and Enterprise (ICE) programme aims to inspire the next generation of entrepreneurs and innovators by exploring, developing, and sharing key ideas behind entrepreneurial thinking and innovation practices with young people and teachers.

Innovations in Creativity and Enterprise (ICE)

The ten-session programme comprises practical, participatory, and exploratory workshops that are themed and connected as follows:

1. Introduction (project, staff familiarisation and concept awareness)
2. Our brilliant ideas (creativity, innovation, and enterprise)
3. The problem and our solution (discovery, understanding and motivation)
4. The prototype and our model (modelling and testing)
5. Individual and team strengths (collaborating, building teams, connections, and values)
6. The business of being creative (organisation, time, resource, and team management)
7. Knowing our market (research, relationships, segmentation)
8. Planning to launch (price, brand, channels)
9. Pitching practice (confidence, clarity, courage)
10. Final event (reflection, evaluation, reporting – Arts Award portfolio preparation).



Contact

- Website** www.articulatehub.com/arts-award
Address 20 Eastwoodmains Road, Glasgow, G46 6QF
Email hello@articulatehub.com
Telephone 0141 416 4105 / 077 40 50 25 44

Auchinleck Community Development Initiative



Auchinleck Community Development Initiative (ACDI) is a community led anchor organisation with charitable status based in Auchinleck, with a specific aim of regenerating our local communities. Our activities include delivering Community Events, constructing and maintaining Community Gardens, managing a Social Enterprise and delivering a genuine Community Engagement & Connection Service. Our vision is for our area to be a healthy and happy place to live and play. Our mission is to advance the physical, social, economic and cultural development of the Auchinleck area by developing and delivering projects that will improve the social quality and economic value of our residents and communities.

S1 – S3 age group pupils will participate in workshops outlining the benefits of a work experience placement and how it can assist them in their transition from school to work by:

- Providing students with an opportunity to relate school studies with a workplace
- Giving students an insight into the diversity of employees in the workplace
- Preparing students for the demands and expectations of the working world
- Helping students make informed career decisions by assessing their aptitudes and interests, and exploring potential careers
- Improving students' maturity, confidence and self-reliance
- Providing a link between school and local community
- Providing students with appropriate knowledge, skills and attitudes concerning both paid and unpaid work

Delivered in 8 half day workshops over a 4 week period, participants will work towards their John Muir Discover Award (a non-competitive, inclusive and accessible scheme focused on wild places).



Contact

Website www.auchinleckcdi.co.uk
Address ACDI Office, The Boswell Centre, 18 Well Road, Auchinleck, KA18 2LA
Email stephen.mccarron@live.co.uk
Telephone 01290 428 482

Baldy Bane Theatre Company



Baldy Bane Theatre Company is a registered charity that creates and tours theatre in education projects and workshops. Since our inception 28 years ago, we have toured issue based theatre projects in every local authority area in Scotland for primary and secondary school audiences and adults in a wide variety of community venues.

Project Description:

We will be delivering forum theatre workshops in East Ayrshire to primary and secondary school pupils on the topics of Health & Wellbeing and Developing the Young Workforce. These workshops will be suitable for Second Level pupils (P5, P6 & P7) and Third/Fourth Level pupils (S1, S2 & S3). Each workshop will take place over a single 50 minute class period.

Forum theatre is a type of interactive drama in which the workshop facilitators will perform key dramatic scenes of characters behaving in a certain way, and then pause at the end of each scene to encourage the pupils to discuss the character's motivations, get involved in the drama and then suggest ways in which the characters could improve their behaviour to achieve a better outcome. This helps pupils to analyse their own behaviour and make positive decisions for themselves while reinforcing positive behaviours.

These workshops will support and promote health and wellbeing outcomes as described in the Curriculum for Excellence guidelines and Getting It Right For Every Child wellbeing indicators as set out in SHANNARI; Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included.



Contact

Website www.baldybane.org.uk
Address 13 Carment Drive, Shawlands, Glasgow G41 3PP.
Email office@baldybane.org.uk
Telephone 01416320193



Cazbro's Employability Skills sessions – whether in one-to-one, workshop or programme formats - are designed to support people in developing skills that can help participants gain and keep a job, progress in education or training and live more independent lives.

The interview skills sessions are designed to take the fear out of interviews. We equip people with the skills to feel confident and shine at interview. We show participants how to prepare for and handle tricky interview questions. We also do some myth-busting about group interview methods. We even help people look forward to the prospect!

The content of Cazbro's employability skills sessions reflect the expectations of employers and ensures participants are prepared and excited about entering today's modern workplace.

Cazbro programmes and workshops ensure people present with a fully rounded understanding of their skills, strengths, experience and potential and are able to articulate these in networking, interview and presentation situations.

Cazbro has provided employability skills services to, and on behalf of, many work programme and training organisations as well as in education settings. Cazbro has also been a consultant to City & Guilds, helping them to develop their suite of Employability Qualifications.



Contact

Website www.cazbro.co.uk

Email info@cazbro.com

Telephone 07803 172198



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Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505

Chameleon PDE



At Chameleon PDE we don't believe that Personal Development Education is "one size fits all", instead we provide flexible, up-to-date resources that enable teachers to confidently provide relevant health and wellbeing/personal development lessons helping students advance knowledge, skills and confidence required to successfully prepare them for further education or employment.

What we can do for you:

- Provide a wealth of lessons covering topics and themes that build on Curriculum for Excellence in earlier phases, which focus on moving students toward their academic, career, and life goals.
- Develop bespoke lessons to focus on particular needs of your student cohorts and in response to any forthcoming curriculum review.
- Regularly measure the impact of your teaching programme using our "How Are You?" survey modified to your requirements. This provides detailed information on students' attitudes, perceptions and behaviours, ensuring your setting's personal development programme is always student-led and based on pupil need.
- Provide accredited staff CPD for guidance leads, teachers and the wider team, to empower them to confidently tailor our resources to meet the needs of students. Our flexible, fully-editable materials put you in charge of delivering the content that's the best fit and effective for your pupils.



Contact

Website www.chameleonpde.com
Address Small cottage, Scalebyhill, Carlisle, CA6 4NB
Email info@chameleonpde.com
Telephone 07772 191210 / 07508 662284

The Conservation Volunteers



Our Mission: To Connect People and Green Spaces to Deliver Lasting Outcomes for Both. We bring people together to create, improve and care for green spaces. From local parks and community gardens to local nature reserves and Sites of Special Scientific Interest; from school grounds to waterways, wetlands and woodlands; we connect people to the green spaces that form a vital part of any healthy, happy community.

In East Ayrshire TCV are able to offer a wide range of Activity based learning and Developing the Young Workforce services. Our core offers are:

- School Green Gym programmes are outdoor sessions, managed by TCV, which take place in school grounds and local greenspace to encourage physical activity and improvements to local green spaces. The service is targeted at disengaged school pupils and pupils with low attainment and literacy/numeracy issues. The overall aim is to promote health and wellbeing of the pupils and encourage an interest and respect for the environment.
- The Employability in the Outdoor Award is a unique award as it is an outdoor-delivered introduction to the world of work for those who have low confidence/ skills and are unsure about how to gain and sustain employment.

TCV have additional delivery options which can be incorporated into our core delivery offers within schools. The bespoke and compatible delivery models are Rewild the Child, 5 Ways Well (mental health focussed Green Gym), School Green Gym Licence (allowing independent delivery after in house training) and Citizen Science. All are open to all primary, secondary or ASN schools within East Ayrshire (with exception of the Employability Award which is primarily aimed at Secondary pupils).



Contact

Website www.tcv.org.uk

Address The Conservation Volunteers Scotland, St Joseph's Academy, Grassyards, Kilmarnock, KA3 7SL

Email kilmarnock@tcv.org.uk

Telephone 01563 544304



Developing the Young Workforce. Working with Teachers to deliver The Curriculo Introduction to Skills for Work Programme

Working with Primary school teachers to develop their knowledge and understanding of Skills for Work and Career Management Skills. This offering from Curriculo encompasses a half day training programme for staff of pupils in P5-7 and the resources to deliver a programme for this cohort of pupils.

An Introduction to Skills for Work - Employability Skills Development for Primary Class Teachers & their pupils (CSL-ISFW)

- o Half day programme for up to 12 participants per cohort
- o Normally Face to Face delivery but this can be adapted to suit the current circumstances and training can be delivered through Google Meetings online
- o Contextualisation of Career Management Skills, HWB and Career Standards
- o Focuses on Developing the Young Workforce
- o How to utilise the Curriculo Resources for P5-7
- o As well as the Half day training, costs also cover the provision of the whole resource pack 1 per cohort. Additional resource packs are available to purchase as required
- o Resources are downloadable directly from the Curriculo site or can be provided on a USB thereby cutting down on printing and the carbon footprint of the school.

Teachers Comment on using the Introduction to Skills for Work Resources

“I feel this was really relevant to their age and stage in P7 as they move on with their transition. It really allowed some of my not so confident pupils to explore and discuss their own personal skills. I think it is excellent for raising their self-esteem. I would definitely use this again.”



Contact

Website curriculosolutions.com
Address 6 Lancaster Crescent Lane, Glasgow G12 0RS
Email karen.glen@curriculosolution.com
Telephone 07766 566909

East Ayrshire Carers Centre



East Ayrshire Carers Centre provides advice, information, support, training, respite, advocacy, and social & leisure activities to carers from the age of 5 living in East Ayrshire. A carer is anyone who cares, unpaid, for a family member or friend who struggles due to illness, disability, mental ill health, problematic substance use or addiction.

Alpha Venture Employability Project will provide work experience opportunities, training placements and volunteering options to young carers and young people who have disengaged with school, have poor school attendance or could potentially leave school with poor or no qualifications and fall within stage 2/3 of the East Ayrshire Employability Pipeline. We operate out of our Carer Centre's in Kilmarnock, Cumnock and Dalmellington and our Social Enterprise Ventures in Dalmellington and New Cumnock.

We will offer training/work placements to young people struggling in school at our centres in Kilmarnock, Cumnock and Dalmellington, this will include skills in business administration, customer service and general office duties. At our 2 social enterprise ventures Dalmellington House and the Wee Train Café in New Cumnock the young people will gain skills in hospitality, customer service and learn how to run a small business. Our Carers Cottage in Kilmarnock is where we hold social events for adult carers and young carer group sessions. This experience will give the young people skills and training opportunities in child care, youth work, event planning and office based learning. We will support young people on a long term training experience (12-24 weeks) with our organisation to achieve a Youth Achievement Award.

We will improve young people's confidence, resilience, health and wellbeing and improve their employability options helping them to explore their future aspirations.

We will provide in school or workplace training sessions in Food Hygiene, Money Management and Household Budgeting, Health and Safety in the Workplace, First Aid, CV completion, interview skills and techniques.



Contact

Address 20 The Foregate, Kilmarnock, KA1 1LU, Tel: 01563 571533
39 Barrhill Road, Cumnock, KA18 1PG, Tel: 01290426404
1 Townhead, Dalmellington, KA6 7QZ Tel: 012920550696

Email admin@eastayrshirecarers.org.uk

EAST AYRSHIRE COUNCIL

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Activities Available:

- Natural Leaders
- Rural Skills for Work
- Work Experience
 - o An opportunity to shadow and assist one of our teams including Ranger Service, Estates, Urban Farm and visitor services at Dean Castle Country Park. This will allow pupils to gain practical experience and understanding of the day to day working of a country park.



Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748

Feeling Good for Schools Wellbeing Programme



Feeling Good

Recent inquiries into young people's mental health have found that academic achievement is being prioritised at the expense of wellbeing. Our proven six week Feeling Good For Schools programmes aimed at S1 and S2 pupils take a proactive, non-stigmatising approach to positive mental health by equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. We also recognise that teachers' own mental health is being affected by increased workloads, so our programmes come fully resourced, training is provided and our Schools Liaison Officer (a qualified and experienced teacher) is (virtually!) on hand to support throughout delivery.

Alongside weekly lessons, pupils listen to short audio tracks (ideally every day) that teach strategies to improve mental health, just like we'd attend exercise classes or join a sports team to improve our physical health. The audio tracks have been developed by our GP and Psychologist MDs and were adapted from an NHS-accredited mental health recovery programme that uses sports psychology (visualisation and learning and practising strategies). Pupils build resilience through overcoming the challenge of making daily listening to the tracks a habit (like brushing your teeth). There is a temptation to resist new habits because they take us out of our comfort zones but by practising something again and again, we become better at it and we start to see positive effects.

The weekly lessons build on the skills that are taught through the audio tracks and they can be delivered in e.g. PSHE, PE or Citizenship. Pupils can continue to listen to the audio tracks at home through our Feeling Good Teens app and school staff and parents/carers can access our proven NHS-approved adult app, Feeling Good, to support their own wellbeing.

Feeling Good for Schools programme has been developed and researched by the Foundation for Positive Mental Health, a Scottish charity, dedicated to improving mental health with training skills. Uniquely we use proven sports techniques to build mental strength and resilience, in a non-stigmatising, accessible fun approach.

Feeling Good For Schools programmes are 2 six week courses for S1 and S2 pupils for the whole class, equipping pupils with skills to cope with life's challenges rather than reacting to mental health issues that have already arisen. Programmes are fully resourced, teacher training is provided and our Schools Liaison Officer (a qualified and experienced teacher) supports delivery.

The programme involves pupils listening to short audio tracks, based on NHS audios, and weekly lessons (covering topics such as Emotions, Conflict Resolution, Social Media and Resilience) to build on these skills. Pupils, staff and parents/carers can also access our Feeling Good Apps.

Contact

Website feelinggood.app
Email rebecca@fpmh.org.uk

Full Colour Coaching



Full Colour Coaching provides evidence-based coaching and wellbeing services to young people, parents, and staff, to proactively build positive mental health, confidence, and resilience, enhancing overall wellbeing. Angie is a PE teacher of 15 years, accredited ICF, ACC Coach, certified in Applied Positive Psychology and Positive Education.

Professional Coaching Services:

- Professional one-to-one and group coaching empowering young people to enhance their mental health and wellbeing, resilience, self-efficacy, and reduce anxieties, to maximise their potential.
- Professional one-to-one coaching empowering staff and parents/guardians to support their own wellbeing and reduce stress and anxieties.

Coach Training Services:

- Professional coach training for staff and parents/guardians to learn key coaching skills to enhance relationships and support the wellbeing and attainment of young people, and the wellbeing of colleagues.

Wellbeing Workshops and Training Services:

- Wellbeing workshops for students, parents and staff, based on the application of the science of Positive Psychology, building resilience, emotional intelligence and enhancing mental health and wellbeing, supporting students to flourish.
- Certified Positive Educator training for staff to learn the wellbeing science and principles of Positive Psychology.



Contact

Website www.fullcolourcoach.com
Email angie@fullcolourcoach.com
Telephone 07793713927

The Gifted Kind



The Gifted Kind's training, learning and development programmes specialise in the creation of mindful places to learn and work. We take responsibility for breathing confidence and energy into leaders, teams, educators, children and parents. By gifting individuals with mindful skills, intentions and behaviours to thrive and be happy.

Our workshops and training sessions incorporate personal performance, team and leadership coaching; positive mental wellbeing; mindfulness; meditation; nature; nurture; self-care and self-development activity. Throughout, we remain focused on creating children, young people and adults capable of unlocking their greatest potential and investing more in their individuality.

At the heart of our mission to encourage and stimulate an individual's time for personal growth, we leave behind emotionally-intelligent, adaptable, curious individuals that think in the present and act for the future. We raise attainment by instilling a lifelong love for mental health and fitness, whilst empowering sustainable leadership, self-determined communities and ambitious children.

We believe in Scotland's children. Our focus is to awaken the gifted kind in you.



Contact

Website www.thegiftedkind.com

Address Marathon House, Olympic Business Park, Drybridge Road, Dundonald, KA2 9AE

Email info@thegiftedkind.com or genna@thegiftedkind.com

Telephone 07903 242 952

EAST AYRSHIRE COUNCIL

Glasgow Music Studios



glasgow music studios ltd.
Improving futures through music

Glasgow Music Studios is a music school which aims to Improve Futures Through Music. We have worked within both main stream and asn schools over the last 8 years providing Jam Music Projects' for pupils. The Jam Project involves; learning instruments, writing music, recording and performing live. Our workshops run at Glasgow Music Studios and also as out-reach for your school.

We have recording studios, rehearsal spaces and teaching rooms as well as a dj and electronic music production suite. We can also bring equipment and tutors to your school to run the Jam project. The Jam Project is an award-winning program – 'Community Initiative 2017.'

We are an SQA centre delivering employability skills within the creative industries and can provide taster sessions.

We have over 40 tutors with extensive experience in music, production and co-ordinators to make sure your school's Jam Project runs smoothly.



Contact

Website www.glasgowmusicstudios.co.uk
Address 5-9 Osborne Street Glasgow G1 5QN
Email info@glasgowmusicstudios.co.uk
Telephone 0141 552 0907

Grant Murray Architects Ltd



Grant Murray Architects Ltd (GMA) have been extensively involved in designing social housing over the last thirty five years, during which, they have actively encouraged young people to participate in the construction industry. This could be taking on a trade apprenticeship; such as a joiner or electrician, or studying at university to achieve a professional qualification; such as an architect, civil engineer or quantity surveyor. GMA have also engaged with local schools to arrange:

- Construction site visits for young people of various ages.
- Professionals coming into the schools to have class discussion.
- Mentoring programmes for young people, with work experience in an architect's office.

During GMA's existence, they have actively pursued a vision of designing special needs and sheltered housing accommodation for many Housing Associations throughout west and central Scotland. As a company we have also promoted and adopted sustainable design principles to reduce carbon omissions in all our housing, including 'Passivhaus' certified projects.

The challenge now is to combine all three aspects to help tackle homelessness in Ayrshire, create a future for disenfranchised young people and build sustainable housing that contributes to achieving carbon reduction targets.

The young people will:

- benefit from learning new skills; leading to apprenticeships in their chosen discipline or trade, or serving as the foundation for further training that could involve a period of time at college or university. This could be part-time or sponsored full time education.
- be able to be involved in all aspects of construction project. The process will be open and transparent with decision making being taken by all affected parties. This will offer leadership qualities to the young people.
- Gain an enormous sense of achievement by contributing to projects that have a visible and tangible legacy, both to their local built environment and community wellbeing.

Contact

Website www.grantmurray.co.uk
Address 30 Bell Street, Glasgow, G1 1LG
Email agrant@grantmurray.co.uk
Telephone 0141 553 1999



Hansel is a leading social care provider, based in the West of Scotland, offering a range of services to people living with disabilities. Since our beginnings 50 years ago we have been at the forefront of innovation in developing supports for people with learning disabilities. We continue to grow and evolve with the active participation of the people we work for and in partnership with others who share our commitment to providing the best services possible.

We support young people and adults with disabilities and related barriers to gain new skills and access to training to support progression into employment or self-employment.

Hansel has on-site at its base in Symington, Ayrshire, well established work placement facilities which can offer a more supportive introduction to the work environment for more vulnerable young people. These facilities are part of the Supported Business Units based at Hansel, employing people with disabilities and providing laundry, horticulture, landscaping and hospitality services. Our programmes of workshops include: confidence building/improving self-esteem, health and wellbeing, resilience, working as part of a team, communication skills, job search skills, work preparation skills, interview skills and independent travel skills (if appropriate).

The programmes meet an unmet demand for more 'user friendly' employability and self-employment support for young people with a disability. It provides progression routes towards more formal employability programmes, paid employment and improved community engagement. We have in place a well-established delivery structure that includes the Head of Hansel 3e (Employability, Education & Enterprise), Senior Employability staff including Employment & Education Coordinators all of whom have substantial experience in delivering funded programmes to meet agreed outcomes. Our systems include support and monitoring processes in which delivery staff will receive regular 1:1 meetings with a manager where issues are discussed, progress monitored and support is provided.



Contact

Website	www.hansel.org.uk
Address	Broadmeadows Estate, Symington, South Ayrshire KA1 5PU
Email	Carol.Montgomery@hansel.org.uk
Telephone	01563 830340



The Young Gallery programme delivers artist-led creative arts projects in schools and nurseries across Scotland. These are designed to inspire and empower the children taking part, many of whom may have had extremely limited access to artistic or creative processes in the past.

What makes the project unique is the professionally curated exhibitions taking place at the end of each programme, giving children the chance to see their work given pride of place in community settings or in a gallery space.

All The Young Gallery projects can have specific themes or activities which focus learning on particular subjects/themes, art forms, or practical activities. The various projects and specific content are co-designed in partnership with the schools and potential themes, include, equality (exploring sectarianism, racism, bigotry, community cohesion), the environment (exploring the natural and built environment in their community, sustainability, environmental design), relationships (exploring friendships, bullying). Through the use of creative mediums the workshops are designed to engage and immerse children and young people in the themes, encouraging them to formulate and contribute their own ideas, and discussing this as part of a group.

Through our Young Gallery approach we know that:-

- 94% of children taking part in Young Gallery projects had increased confidence
- 96% of children taking part in projects had increased communication skills
- 100% of children taking part in project had increased creative / arts skills



Contact

Website www.impactarts.co.uk

Address **Jenny Coxon, Programme Manager** 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

Includem



Includem is a specialist Scottish charity established in 2000, providing intensive, personalised, relationship-based support to vulnerable children, young people and their families. We provide crisis support for pupils, their families and school staff with access to our free helpline 24/7, 365 days a year.

Our model of support has been proven to transform the lives of thousands of young people; by building trusting relationships and gradually changing the way they look at their own lives and their behaviour patterns. We have been dedicated to delivering the best services possible to young people and families and we continue to be regarded by the Care Inspectorate as sector-leading. We believe that no child or young person is beyond help and with a responsive and consistent support at the time of most need, we help to rebuild relationships and deliver positive, sustainable outcomes.

Overview of Developing the Young Workforce across East Ayrshire

We will provide one-to-one home and community-based support sessions for parents/carers and their child several times per week. This will be delivered over seven days and continue during holiday periods, with support being delivered outwith the school day wherever possible. We will provide specialist support targeting unique needs through structured discussions, coaching conversations and practical help for families. This will be delivered by skilled workers who will form strong relationships with each family to ensure sustained engagement, even from those most "difficult to reach". Support for referring teachers, including overall service management and evaluation will also be delivered.

To support the development of the young workforce across East Ayrshire, our service will work to understand the underlying reasons they have chosen to disengage with learning. We will directly address these issues and support young people to develop career aspirations and the basic skills to start them on their journey to reach their goals.

Contact

Website www.includem.org

Address Includem – Glasgow Head Office,
Unit 6000, Academy Office Park, Gower Street, Glasgow G51 1PR

Email enquiries@includem.co.uk

Telephone 0141 427 0523

The Lennox Partnership



The Lennox Partnership (TLP) is a not for profit Social Enterprise created in 1988 to support the regeneration of areas suffering from industrial decline. The organisation has evolved over the years, now delivering a range of services across a number of Local Authority areas to improve our participant's lives.

Our service proposal is to deliver one to one support for a group of 35 young people, who are at risk of disengaging from education early, selected from each of the eight East Ayrshire high schools. The frequency of support sessions will be agreed between our Case Worker, the young person and the school. We anticipate that in most cases these will be fortnightly.

Each of the 35 young people will experience Assessment and Action planning followed by relevant interventions.

The Action Plan identifies what support the young person requires to develop both soft skills and employability skills. Interventions could include:

- What motivates me, what do I really want, goal setting?
- How do I currently feel about me and how will this change?
- How to improve my self-Image and confidence
- School and work – What's in it for me?
- Tools I need for starting work
- Developing self-awareness
- How to approach employers



Contact

Website www.thelennoxpartnership.org
Address 82-84 Glasgow Street, Ardrossan KA22 8EH
Email info@thelennoxpartnership.org
Telephone 01294 608 952

Mark Brown Programmes



The award winning Best of You Programmes are aimed at young people both in and out of education, who require assistance in achieving and exploring their unique potential. The Best of You Programme runs throughout the UK in Primary Schools, Secondary Schools, ASN establishments, Criminal Justice Services and Social work services. The Programme has over a decade of experience in working with challenging and vulnerable groups and their families.

The programme focuses on the key areas of confidence, motivation, inspiration and aspiration. By taking part in the programme, it aims to

- Inspire participants to release their potential through finding meaning and purpose in all that they do
- Highly develop participants life and learning skills e.g. engage in meaningful conversation, establish and maintain meaningful relationships, maintain a positive attitude in the face of adversity
- Identify creative solutions to problems and resolve conflict situations.
- Inspire each participant to uncover their value base, talents and passions and celebrate their uniqueness, towards positively shaping and directing their education and employment future.
- Motivate participants to believe in themselves and their abilities, encourage them to take responsibility over their own lives.

The Programme

The programme is delivered over three stages.

Stage 1. Consultation with school/orgainsation to explore hopes and aspirations for the programme, nomination of the group (up to 12 people and can include staff) short intro session with group.

Stage 2. Five day programme, delivered from Mon- Fri approx. 2.5 hours per day concluding with certified graduation on final day. The week will include workshops building on confidence, motivation, self belief, good mental health and will also include one of the Best of You programmes world class guest speakers. This may include Craig Mathieson, 1st Scot to lead an expedition to the South Pole or Mollie Hughes, Youngest Female in history to summit Everest.

Stage 3. Follow up with group to ensure sustainability and review with partner to ensure all expectations were met.

Contact

Website

www.mbprogrammes.co.uk

Email

mark@mbprogrammes.co.uk

Telephone

07514406980

Facebook, Twitter, Instagram

Mark Brown Programmes Ltd

EAST AYRSHIRE COUNCIL

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

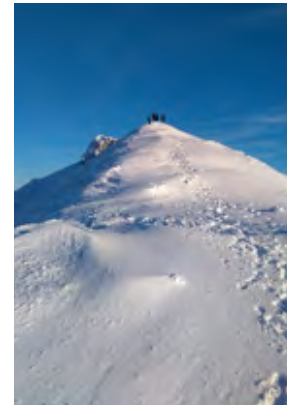
Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact
Email dave@metrooutdoors.co.uk
Telephone 07752 857 847

Mind Marvels



Mind Marvels support young people with their emotional health and wellbeing with calming strategies and practical tools. Our sessions are based on the NHS 5 Steps to Mental Wellbeing (Learn, Move, Connect, Mindful and Be Kind). Mind Marvels encourages young people to feel more confident, build resilience and learn emotional skills for life.

Mind Marvels was created by Karen Gibb. Karen is a fully qualified teacher and taught young people with social, emotional and behavioural needs and pupils with severe and complex additional support needs, including autism and ADHD.

Mind Marvels aim to give young people a range of tools, including mindfulness, relaxation, affirmations and breathing strategies to understand and regulate their own emotions. Our virtual and face to face sessions are carefully embedded within the Curriculum for Excellence Health and Wellbeing outcomes. Mind Marvels can help young people with varying abilities and different age groups from nursery age upwards. We deliver sessions within educational establishments, community clubs and much more. Sessions are flexible and can work within classrooms, nurture groups, families, and as one to ones. The aim of Mind Marvels sessions is to build an 'emotional toolkit' so young people can thrive with confidence at life's many challenges now and in the future.



Contact

Website www.mindmarvels.co.uk
Address The Old Nursery, 2 Station Road, Glassford, ML10 6WQ
Email karen@mindmarvels.co.uk
Telephone 07422533551

The Outward Bound Trust



The Outward Bound Trust is an educational charity that inspires young people to defy their limitations.

Limitations on young people – whether real or perceived – come in all shapes and sizes. But we use the power of learning and adventures in the wild to defeat them all.

Partnering with schools, colleges and youth groups, we help teach young people the most important lesson they could ever learn: to believe in themselves. It's the superpower that transforms their behaviour throughout school, work and beyond.

Our tailored outdoor learning courses deliver an alternative education, giving young people the confidence to tackle the real world head on. We take them away from the everyday life into our world. We give them life-changing experiences they won't get from home or inside the classroom.

Contact

Website www.outwardbound.org.uk

Address The Outward Bound Trust, Hackthorpe Hall, Hackthorpe, Penrith, Cumbria, CA10 2HX

Email enquiries@outwardbound.org.uk

Telephone 01931 740 000

Playback Learning Academy



Playback offers a range of SCQF Awards credit rated by the Scottish Qualification Authority comparable to National Levels 2, 3, 4 and 5. The awards will support practitioners involved in the delivery of personal and social development, skills for employment, transitional planning and health and wellbeing and senior managers involved in curricular planning in the senior phase.

These include:

Moving on -Transition in Action Awards SCQF Levels 2, 3 and 4

Offering 10 units with 24 credits available, focused on self-evaluation, personal and social development, rights, wellbeing, citizenship, volunteering and work experience, life skills and employability skills.

Essential Skills for Employment Awards SCQF Level 3 & 4

Offering 10 units with 27 credits available, focused on self-evaluation, developing confidence, wellbeing, work experience, life skills, ICT, personal communication, preparing for employment, recognising career pathways and skills required.

Waste in the Circular Economy Award SCQF Level 5

This waste management award provides learners with the opportunity to develop their values, attitudes and skills towards achieving a circular economy and protecting our environment.

Our awards embrace Curriculum for Excellence values and principles, support schools to celebrate the wider achievement of learners (aged 12 – 18 years) and is compliant with INSIGHT Data Base (Scotland).



Contact

Website playbacklearningacademy.com
Address 489 Lanark Road, Edinburgh, EH14 5DQ
Email administrator@playbackice.com
Telephone 0800 024 8925

The Prince's Foundation



From developing life skills and crafts expertise to inspiring schoolchildren to grow food and sharing advanced knowledge and experience of building sustainable communities.

We offer a number of programmes, ranging in duration from one day to 26 days across the academic year which aim to link directly with specific industry sectors and have been developed to fill an acknowledged skills gap. Some programmes are linked to SQA certification while others aim to develop unique vocational skill:

RHS – RHS Level 1 This programme is certificated by the Royal Horticultural Society and pupils will gain 6 credits on successful completion of the course. The programme is a mix of practical skills and theory designed to ensure they are prepared for a career in horticulture.

Future Textiles – Workshops cover complex sewing and textile skills including sewing, pattern drafting, and woven and knitted textiles day workshops to pupils aged 12 to 18.

Traditional Crafts – Working alongside skilled craftsmen, pupils will have a unique opportunity to explore a wide range of building craft skills.

Hospitality - Our purpose built training kitchen is designed to give pupils and young people an opportunity to learn the practical skills required in working as a professional chef. Pupils gain understanding of food provenance and the impact of food miles.

Farming - Workshops focus on hands on, engaging, farm-to-fork experiences, handling and feeding the animals that are all in purpose built shelters at Valentin's Education Farm. Programmes directly relate to the current skills shortage in farming and rural industries.

Industrial Cadets – Bronze Industrial Cadets Accreditation -Dumfries House residential specialist experiences give young people a unique hands-on learning experience, helping to bridge the gap between school curriculum, further/higher education and the real world of work.



Contact

Website www.dumfries-house.org.uk

Email education@dumfries-house.org.uk

Telephone 01290429918

Scottish Sports Futures



Scottish Sports Futures (SSF), changing lives through sport. SSF use the power of sport and physical activity to engage with vulnerable and disadvantaged young people in Scotland and empower them to be confident, healthy and happy. We work to develop people, improve health and wellbeing and strengthen communities.

Chance:2:Be

SSF's "Chance:2:Be" is a personal development programme that uses sport and physical activity as a hook. Designed for pupils aged 14+ who require a more intensive intervention, Chance:2:Be targets those at risk of being excluded from mainstream education, or who struggle in a traditional learning environment.

The programme will upskill and empower young people to be confident about reaching a destination they feel positive about. Its person-centred approach avoids being prescriptive with bespoke elements that give young people flexibility and control to ensure content is relevant and meaningful to their own personal goals.

Chance:2:Be can be delivered in 1, 4- or 6-day blocks, offering:

- Practical skills development and goal setting
- Relationship and team building – day trips and activity sessions
- Personal development plans
- Production of a CV
- Peer support
- Improved employability potential
- Pathways and routes to further education and training
- Optional formal accreditations at a suitable level for the group such as–
Hi5 Awards (SCQF level 2),
Community Achievement Awards (SCQF levels 4-7),
SSF ETC modules (SCQF levels 4-5, including Communication, Goal Setting)

As well as improving their life skills SSF will offer on-going guidance and support to ensure they can take advantage of the opportunities available to them and feel supported to do so.



Contact

Website www.ssf.org.uk

Address Scottish Sports Futures, The Legacy Hub, 301 Springfield Road, Glasgow, G40 3LJ

Email Jim.Boyd@ssf.org.uk

Telephone 0141 218 4640

Sinclair Wellbeing and Training Solutions Ltd



Sinclair Wellbeing and Training Solutions Ltd are based in Ayrshire. We design and deliver relevant, innovative, engaging and bespoke training courses for those facing multiple challenges for progressing forward. Wellbeing is at the core of our work and mindfulness is a thread running through our delivery. We are experienced in designing and delivering motivational wellbeing and employability solutions for both young people in schools and adults, including the hardest to help.

Sinclair Wellbeing and Training offer East Ayrshire Council our Moving Towards Work with Work Experience programme. The programme covers:

- Increasing confidence and motivation
- Learning about the importance of health and wellbeing
- Learning about employer expectations
- Learning what makes someone 'employable'
- Understanding the jobs market and how to apply for jobs
- Job interview tips and tricks – including body language techniques
- Money advice
- Work experience placement.

On completion participants will be able to:

- Job search effectively
- Complete a CV
- Complete an Action Plan
- Feel an increased sense of wellbeing and confidence in moving towards work.



Contact

Website www.sinclairwellbeingsolutions.co.uk

Address 2 Dunure Drive, Kilmarnock KA3 7DY

Email info@sinclairwellbeingsolutions.co.uk

Telephone 07795169370

EAST AYRSHIRE COUNCIL

Software Training Scotland



Software Training Scotland
creating learning opportunities for all

Software Training Scotland is a provider of high quality digital learning and SQA qualifications. We provide our services from our learning centre in Inverclyde and on location, across Scotland, supplying all staff and equipment.

We offer Digital Music Making workshops that combine digital music making, song-writing and sound production into a stimulating learning experience that aims to have far reaching positive effects and outcomes for both staff and primary and secondary age children. Our services provide an engaging, immersive learning experience where young people use technology in a creative way.

We also offer workshops that provide young people with essential digital skills that improve their life chances by making them equipped to get the best from their education, prepare them for employment in the modern workplace, and give them skills to protect themselves from the wide range of existing and emerging cyber-risks. As growing up with digital technology has both benefits and dangers for young people, our courses teach safe and effective navigation online, and effective and productive use of digital information including: digital learning, website building, e-portfolios and blogging, online safety, behaviour and privacy on social media, differentiating between reliable and unreliable information.



Contact

Website www.softwretrainingscotland.co.uk

Address **Paul Brooks**, Scarlow House Business Centre, 2 Scarlow Street, Port Glasgow PA14 5EY

Email info@softwretrainingscotland.co.uk

Telephone 01475 603 797

Waterside Wellbeing



Waterside Wellbeing operates from two centres within East Ayrshire presenting outdoor learning by means of Equine and Small Animal Assisted Activity Therapy. We are a small, family run business, which is dedicated to promoting positive attitudes towards health and educational attainment offering quality rather than quantity in the services that we provide.

Waterside Wellbeing has developed over the last 15 years from our long-established Approved Riding School tailoring towards a more therapeutic approach to the benefits that Equines and other animals can offer. The ponies and small animals that we use have all been trained to allow for fun, safe interaction ensuring an unforgettable and worthwhile experience whilst staging opportunities to acquire life-enhancing and employability skills.

Our team are all experienced and qualified to deliver the high professional standard required to share knowledge and specialised techniques. The salubrious nature of our service is particularly beneficial for children and young people who may experience complex and additional support needs.

Both centres are maintained and inspected to ensure that visitors feel relaxed - offering idyllic settings, bespoke sensory trails, therapeutic gardens, animal activity enclosures and indoor space in the event of inclement weather.



Contact

Address The Harmony Centre, Berryhill Bing, Auchinleck KA18 2NB

Email joyfulecho3@aol.co.uk

Telephone 07850 227 524

Achieve More Scotland



Achieve More Scotland is an award-winning registered Scottish Charitable Incorporated Organisation - SC041463 which delivers programmes of school and community-based activity that focus on engaging children and young people from socially deprived areas and involving them in physical activity with the aim of improving health and well-being, soft skills and diverting them from negative lifestyle choices whilst promoting positive destinations, all with the aim of developing active citizens who contribute in positive ways to their schools, communities and beyond.

We will provide community-based physical activity programmes in the evening which will be targeted at children and young people, P1 – P7 and S1 – S3, living in East Ayrshire. These will, in line with National Improvement Framework priorities, improve the physical and mental health and wellbeing, confidence and self-esteem and participation levels in sport and physical activity of young people in each school catchment area. Activities will be free, openly accessible and delivered locally by trained coaches and volunteers. Sessions will bring children and young people together from different age groups, communities, ethnic backgrounds to tackle the issues that exist in their community and to assist them in developing the skills which will contribute to improvements in academic achievement. The service will enhance pupil learning and create positive experiences through the improvement of physical and mental health and well-being of school pupils, with identified benefits to learning, behaviour, attendance and academic achievement.

Established in 2009, we are The Guardian Small/Medium Charity of the Year 2014, Scottish Community Charity Champions 2015 and 2016. We are an Investors in Young People Gold Standard organisation with a team of over 100 full-time, part-time and sessional staff. All team members are PVG checked and have undergone a wide range of training and professional development link to the roles that they undertake. Each Project has a dedicated Service Manager who will act as a ongoing point of contact with partners to ensure that programmes are created and delivered as required and to the highest standards.

Achieve More Scotland is currently active (on a daily basis) in 28 primary schools and 40 community sites across Glasgow & North Lanarkshire, delivering sport and physical activity sessions as part of the wider Scottish Attainment Challenge and Pupil Equity Fund service provision. We have been delivering community-based provision for 10 years.

Contact

Website	www.achievemorescotland.co.uk
Address	Room 323 Edinburgh House, 20 Princes Square, East Kilbride, G74 1LJ
Email	robert@achievemorescotland.co.uk
Telephone	0141 558 4300, 0141 370 3660, 07842 886036
Facebook	https://www.facebook.com/AchieveMoreScotland
Twitter	@AchieveMoreScot
Instagram	https://www.instagram.com/achievemorescotland/

Action for Children



Action for Children is a UK charity delivering a diverse range of services across Scotland for the most vulnerable children, young people and families. Our services include youth justice, family support, employability and evidence based wellbeing programmes. Our skilled staff build trusting relationships with pupils and families in order to gain engagement, and improve their wellbeing, resilience, outcomes and life chances.

Action for Children will deliver Roots of Empathy (ROE). ROE is an evidence based social and emotional wellbeing programme. The programme is evidenced by robust international research and evaluation including randomised control tests. Action for Children is the sole provider of ROE in Scotland, operating under exclusive licence to ROE Canada.

ROE is aimed at primary pupils and, where appropriate, S1/2 pupils within a Nurture Class. The programme is delivered to a whole class over a full school year. A trained ROE Instructor provides classroom learning, with guided observation of a volunteer parent and baby. The programme is delivered over 27 sessions (approx. 40 minutes each) based around nine ROE learning themes which reflect the Curriculum for Excellence.

Contact

Website	www.actionforchildren.org.uk
Address	17 Newton Place, Glasgow, G3 7PY (please contact for all initial enquiries) Local Office: 43B John Finnie Street, Kilmarnock, KA1 1BH
Email	businessdevelopmentscotland@actionforchildrenscotland.org.uk
Telephone	0141 550 9010 (Scotland Head Office)



Over 18,000 young people across Scotland are expelled from school each year as a result of factors ranging from poverty, lack of academic engagement and bullying to social deprivation and poor mental health.

Connect @ Centrestage is available to young people of secondary school age and champions a strengths-based approach for those struggling to 'fit in' to the school environment, delivering the supports that lead to increased attainment and engagement. With the arts at the heart of all we deliver, we build relationships and a bespoke programme of activities to ensure that each young person is supported to feel happy, safe and included in an environment that develops their strengths and unlocks their potential.

Activities are offered during school hours, after school, during weekends and over school holiday periods, with wider support also provided to families when required.

Progression to work experience, volunteering, further education, qualifications and employment is offered through involvement with extended Centrestage services, WorkingRite and wider partners. Festival of Fun provides a series of themed Performing Arts workshops within Primary classes to groups of all sizes and backgrounds, bespoke to the requirements of the school. At the culmination of each programme of music theatre, dance, acting and singing, a #funfoodfolk event is held within the school or at Centrestage by arrangement, to which families and friends are invited to celebrate the achievements of the young people.

Eat And Train (EAT) with Centrestage delivers a 12 week healthy eating and basic cookery skills course within Primary or Secondary schools delivered by our qualified community chefs.

The programme can be delivered to young people or to young people and their parents together, providing an exceptional platform for allowing families to come together in school, to work together and build positive relationships and skills together.

The final Celebration week sees the participants prepare a meal for family and friends to enjoy, before they receive their Level 1 or 2 Food Hygiene and Basic Cookery certificates, regardless of their age.



Contact

Email andrew.swanson@centrestagemt.org.uk

Telephone 01563 551505



Deskit is an online leading office laminating solutions specialist, delivering essential supplies for Scottish schools. Classroom projects and certificates are made easy with recyclable laminating pouches, available for schools, nurseries, and childcare providers. With a range of sizes available, Deskit makes it easy to prepare for the term ahead.

A3 to A5 laminates are available with smaller sizes, thicknesses and the choice of a gloss or matt finish depending on your preference. Our solutions make it easy to clearly protect and present your work. Laminated pouches have been useful in the pandemic, with the gloss surface being hygienic and easy to wipe down, millions of pouches have supplied across UK & Europe during the pandemic for clear Covid-19 signage throughout various facilities including the school environment.

Deskit's solutions are priced competitively with the option to buy multi-packs so you can stock up your stationery cupboard affordably. You can be assured that all products are recyclable and offer a supreme quality finish so they are highly recommended and approved by teachers. We commit ourselves to support the education sector with our competitive prices, with UK stock availability, flexible payment and a fast turnaround on your order.

Part of the same group, check out our sister brand Edukit for craft and foam mats.



Contact

Website <https://www.deskit.co.uk/>

Address Davilex Group Ltd, The Atkins Building, Lower Bond Street, Hinckley, Leicestershire, LE10 1QU

Email sales@deskit.co.uk

Telephone 01455 413040

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

Activities Available:

- Sports Coaching
- East Ayrshire Youth Theatre
- Popcorn Film Club
- Performing Arts Summer School



Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748



Edukit provides schools, nursery settings and childcare providers with access to safe and affordable craft materials that positively impact children’s creativity whilst keeping them entertained. Ideal for Early Years activities, it’s easy to see why Scottish teachers and childcare providers value the quality of arts, crafts, and playtime props available.

Edukit offers a range of craft kits and supplies; teachers can choose a pre-made kit with a theme such as the Spring or Festive which is perfect for groups of pupils. Alternatively, you can stock up the school stationery cupboard with bulk supplies such as glitter, pipe cleaners, foam and felt sheets, pompoms, craft paper, feathers, googly eyes and more.

EVA foam mats are also available in a choice of vibrant and neutral colours to stimulate the children and provide a hygienic base for their play. These offer a fantastic grip so you can avoid any slips or falls in the classroom. The mats come with their own handy storage bags for convenience.

Edukit’s products come highly recommended and approved by 1000s teachers. The entire range of products is CE/UKCA certified against harmful chemicals. We commit ourselves to support the education sector with our competitive prices, with UK stock availability, flexible payment and a fast turnaround on your order.

Part of the same group, check out our sister brand Deskit for your laminating sheets.



Contact

Website <https://edukit.co.uk/>

Address Davilex Group Ltd, The Atkins Building, Lower Bond Street, Hinckley,
Leicestershire, LE10 1QU

Email sales@edukit.co.uk

Telephone 01455 413030

Glasgow Music Studios



glasgow music studios ltd.
Improving futures through music

Glasgow Music Studios is a music school which aims to Improve Futures Through Music. We have worked within both main stream and asn schools over the last 8 years providing Jam Music Projects' for pupils. The Jam Project involves; learning instruments, writing music, recording and performing live. Our workshops run at Glasgow Music Studios and also as out-reach for your school.

We have recording studios, rehearsal spaces and teaching rooms as well as a dj and electronic music production suite. We can also bring equipment and tutors to your school to run the Jam project. The Jam Project is an award-winning program – 'Community Initiative 2017.'

We are an SQA centre delivering employability skills within the creative industries and can provide taster sessions.

We have over 40 tutors with extensive experience in music, production and co-ordinators to make sure your school's Jam Project runs smoothly.



Contact

Website www.glasgowmusicstudios.co.uk
Address 5-9 Osborne Street Glasgow G1 5QN
Email info@glasgowmusicstudios.co.uk
Telephone 0141 552 0907



The Young Gallery programme delivers artist-led creative arts projects in schools and nurseries across Scotland. These are designed to inspire and empower the children taking part, many of whom may have had extremely limited access to artistic or creative processes in the past.

What makes the project unique is the professionally curated exhibitions taking place at the end of each programme, giving children the chance to see their work given pride of place in community settings or in a gallery space.

All The Young Gallery projects can have specific themes or activities which focus learning on particular subjects/themes, art forms, or practical activities. The various projects and specific content are co-designed in partnership with the schools and potential themes, include, equality (exploring sectarianism, racism, bigotry, community cohesion), the environment (exploring the natural and built environment in their community, sustainability, environmental design), relationships (exploring friendships, bullying). Through the use of creative mediums the workshops are designed to engage and immerse children and young people in the themes, encouraging them to formulate and contribute their own ideas, and discussing this as part of a group.

Through our Young Gallery approach we know that:-

- 94% of children taking part in Young Gallery projects had increased confidence
- 96% of children taking part in projects had increased communication skills
- 100% of children taking part in project had increased creative / arts skills



Contact

Website www.impactarts.co.uk

Address **Jenny Coxon, Programme Manager** 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

Over the Rainbow

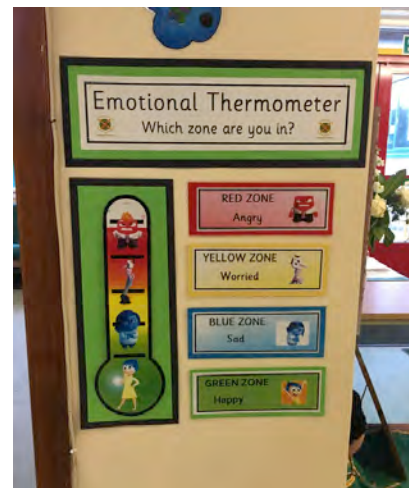
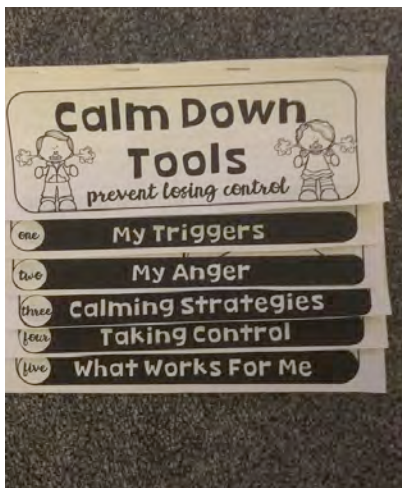


Schools are a fundamental part of an integrated system for tackling children and young people's mental health, particularly in relation to early identification, intervention and prevention. 'Over the Rainbow' places wellbeing at the heart of education by supporting staff to promote pupils' emotional wellbeing and good mental health by building resilience and developing skills in self-awareness, self-regulation, motivation, empathy and social skills.

Sessions are highly interactive and involve a range of approaches to encourage and promote mental wellbeing including the use of circle time, storytelling, relaxation and mindfulness techniques, games and crafts. Pupil inputs focus on the development of children's emotional literacy and mental wellbeing within a variety of contexts: whole class, small group and on a one-to-one basis. Staff CPD sessions highlight the importance of emotional literacy, the impact of adverse childhood experiences on learning and introduce a range of classroom strategies that encourage the development of pupils' emotional literacy skills and resilience.

'Over the Rainbow' was established in 2012 to meet the needs of local schools faced with an ever-increasing number of issues concerning emotional wellbeing and mental health of pupils. The founder, Francine Robertson, is passionate about supporting pupils to be the best that they can be and about educating our youngsters about mental health and empowering each and every one of them to develop the self-awareness and the self-help skills to be able to cope with life when it becomes challenging, as it invariably does.

Francine taught in primary schools across Ayrshire for many years before becoming a lecturer in Education at the University of the West of Scotland where she was co-ordinator of School and Professional Studies for both the BEd(Hons) and the PGDE(P) programmes of Initial Teacher Education.



Contact

Website Francine Robertson, The Homestead, Holmside, Cumnock KA8 1AP
Email francinerobertson1@gmail.com
Telephone 01290 424255

The Prince's Foundation



From developing life skills and crafts expertise to inspiring schoolchildren to grow food and sharing advanced knowledge and experience of building sustainable communities.

Our Out of School Clubs provide regulated clubs which offer a safe environment for children outside of school hours. Clubs often include the provision of food together with education activities and a social element. A range of after school and holiday clubs are offered on the Estate including:

- Growing Together Cooking Together
- Chicken and Egg
- Reach for the Stars

All programmes will improve attainment by providing the children with a stimulating learning environment and a curriculum rich in hands-on experiential learning opportunities which are adaptable to the learning needs of the children in attendance. Much of the activity at Dumfries house takes place outdoors giving the participants the opportunity to access and gain an appreciation of nature and the world around them. Spending time in an outdoor environment has been shown to improve health and mental wellbeing on a number of levels for participants. Clubs can be adapted to involve parents learning alongside their children.



Contact

Website www.dumfries-house.org.uk
Email education@dumfries-house.org.uk
Telephone 01290429918

Waterside Wellbeing



Waterside Wellbeing operates from two centres within East Ayrshire presenting outdoor learning by means of Equine and Small Animal Assisted Activity Therapy. We are a small, family run business, which is dedicated to promoting positive attitudes towards health and educational attainment offering quality rather than quantity in the services that we provide.

Waterside Wellbeing has developed over the last 15 years from our long-established Approved Riding School tailoring towards a more therapeutic approach to the benefits that Equines and other animals can offer. The ponies and small animals that we use have all been trained to allow for fun, safe interaction ensuring an unforgettable and worthwhile experience whilst staging opportunities to acquire life-enhancing and employability skills.

Our team are all experienced and qualified to deliver the high professional standard required to share knowledge and specialised techniques. The salubrious nature of our service is particularly beneficial for children and young people who may experience complex and additional support needs.

Both centres are maintained and inspected to ensure that visitors feel relaxed - offering idyllic settings, bespoke sensory trails, therapeutic gardens, animal activity enclosures and indoor space in the event of inclement weather.



Contact

Address The Harmony Centre, Berryhill Bing, Auchinleck KA18 2NB

Email joyfulecho3@aol.co.uk

Telephone 07850 227 524



Equipping young people for life, since 1971. For nearly 50 years, the Abernethy Trust has been providing exceptional residential opportunities for primary schools, high schools and colleges from all over the UK, supporting attainment through outdoor learning. From the beginning, the Christian impetus to serve others has sustained the work of Abernethy over the years.

Situated in wild yet accessible locations across Scotland, our four adventure centres and bunkhouse can accommodate between 23 and 85 people (or less!) and our size means we can have a flexible approach to bookings and programming.

Even better, as a not-for-profit, we can keep our pricing competitive, offering excellent value for money. Full board accommodation, bedding and outdoor clothing (if required) is included!

From our teams, to our locations and our personal touches, we are confident that your school will have an amazing time with us. With a staff team motivated by their Christian faith we aim to create the very best experiences for each and every guest, working with you to meet your learning objectives through the outdoor environment.



Contact

Website www.abernethy.org.uk

Address Abernethy Ardeonaig, Perthshire, FK21 8SY • Abernethy Ardgour, Ardnamurchan, PH33 7AD • Abernethy Barcaple, Dumfries & Galloway, DG7 2AP • Abernethy Nethybridge, Cairngorms, PH25 3ED • Abernethy Glen Kin (bunkhouse), Argyll, PA23 8RD

Email lesley.pearson@abernethy.org.uk

Telephone 0131 336 3588

Articulate Language Camps



Articulate is an Ayrshire-based innovative language school which was established in 2012. We work with schools across the UK and abroad to engage children and young people with foreign language learning out of the classroom.

We partner with Lapwing Lodge Outdoor Centre, Paisley, to deliver our foreign language residential programmes and they can last from 2-5 days. Schools choose from our extensive list of activities which focus on closing the poverty related attainment gap and look particularly at health and well-being and literacy outcomes. Some examples include field sports, adventure activities, teamwork, leadership challenges and the creation of digital media.

We offer a supportive residential experience with an average mentor to pupil ratio of 1:6, allowing for constant personalised tuition, support and tailored feedback. Our team has a wealth of experience when it comes to managing pupils on residential stays with great pastoral care skills and we support accompanying teachers throughout the stay, including overnight.



Contact

Address Kara Reichhart, 25 Ailsa View, Stewarton KA3 5HF
Email info@articulate-lc.com
Telephone 07791 698 945

CANI Coaching



CANI Coaching specialises in assisting schools or organisations to maximise on the potential of pupils/young people, employees and community members at all levels in order to achieve, develop and grow.

We nurture existing individual skills and talents as well as developing skills for empowerment, effectiveness and success. We support Schools to create a value centred caring culture which nurtures the achievement of the pupil and staff community, organisational vision and purpose with the up most integrity. CANI programmes incorporate the very best in accelerated learning and NLP techniques combined with ancient universal life principles. Our programmes are highly interactive with brief lecture sessions, interactive exercises and skills practice.

CANI Leaders Residential - The CANI Leaders programme takes participants through seven highly effective steps to success in school life. This programme has been designed to create a simple system that pupils can use to lead themselves towards personal effectiveness, achievement and attainment. Our programme creates the conditions for each individual to become more independent through a values base and principal centred approach. This enables pupils to develop greater self-awareness by bringing their personal values into focus, creating positive and sustainable relationships with peers, staff and family members by having self-worth, respect for others, managing change, dealing with conflicting situations, developing resilience to learning, increasing confidence and self-belief through continual self-evaluation towards self-improvement.

Outcomes

- a better understanding of identity and values
- a clearer and stronger sense of purpose, vision and belonging
- relationship development, and greater independence
- higher aspirations for the future
- increased confidence and motivation, increased self-belief and higher self-esteem and resilience
- Leadership development
- Positive Role models

Contact

Website www.canicoaching.co.uk
Address 1 Sullivan Way, Cumnock, East Ayrshire, KA18 1UH
Email derek@canicoaching.co.uk
Telephone **07407262677**



Established in January 2007, Cazbro offers training, coaching and personal development in one-to-one, group, workshop and course formats. Flexibility is key, allowing you to create programmes tailored to suit your requirements. These can be classroom based, outdoor or residential.

Our residential programmes and outdoor sessions, as well as the health and wellbeing aspects, will broaden horizons and be used to promote environmental responsibility and conservation, and raise awareness of local facilities, resources and places of interest, instilling the value of these sites and services.

Get in touch for a list of activities and options. <https://www.cazbro.co.uk/contact>

- Programmes are accredited and are delivered by experienced, qualified, professional trainers and instructors.
- Programmes are modular allowing you to choose the best combination for your group.

Cazbro works with a wide range of organisations, local authorities, charities and individuals. We have a proven track record of results and success—and after participation in our programmes, so do our clients!



Contact

Website www.cazbro.co.uk

Email info@cazbro.com

Telephone 07803 172198

East Ayrshire Leisure



The Treehouse Centre is a brand new residential centre for overnight or week-long stays for conservation holidays, schools or community groups. A perfect base for exploring the outdoors, the centre sleeps up to 36 in bedrooms of 4 and includes one fully accessible room. The facility also includes an education area for workshops and an auditorium.

Situated in Dean Castle Country Park, the Treehouse Centre has 80 hectares of beautiful landscape on its doorstep. Look out for tawny owls, kingfishers, bats, foxes and butterflies along our 10km of paths and trails, meet the rare breed farm animals at our City Farm and explore 600 years of history in the ancient Castle. Further afield, the Centre offers a range of activities in Ayrshire's glorious countryside. Whether it's walking through open moorland or shaded river gorges, mountain biking or kayaking, we will tailor your visit to provide an exciting and memorable trip for your group.

Go wild with your class or club and create memories of a lifetime. Our tailor made activities tie in with the outcomes of the Curriculum for Excellence, making sure the children and young people get the most from their trip. Residential experiences offer unique opportunities to extend the potential of our children and young people. We learn in context and through experience and place. Therefore, we need to offer different and challenging experiences to stimulate their learning and development. Learning beyond the classroom, in all its forms, can make a huge contribution to young people's lives.

The activities that we offer during your stay at the Treehouse Centre are divided into 6 themes. Pick and choose the themes that you'd like to do and select your activities, creating an individual experience for your group - Outdoor Learning, Outdoor Science, Outdoor Adventure, Art in the Outdoors, Sports or Travel Back in Time.



Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

Website www.metrooutdoors.co.uk/contact

Email dave@metrooutdoors.co.uk

Telephone 07752 857 847

The Outward Bound Trust



The Outward Bound Trust is an educational charity that inspires young people to defy their limitations.

Limitations on young people – whether real or perceived – come in all shapes and sizes. But we use the power of learning and adventures in the wild to defeat them all.

Partnering with schools, colleges and youth groups, we help teach young people the most important lesson they could ever learn: to believe in themselves. It's the superpower that transforms their behaviour throughout school, work and beyond.

Our tailored outdoor learning courses deliver an alternative education, giving young people the confidence to tackle the real world head on. We take them away from the everyday life into our world. We give them life-changing experiences they won't get from home or inside the classroom.

Contact

Website www.outwardbound.org.uk

Address The Outward Bound Trust, Hackthorpe Hall, Hackthorpe, Penrith, Cumbria, CA10 2HX

Email enquiries@outwardbound.org.uk

Telephone 01931 740 000

The Prince's Foundation



From developing life skills and crafts expertise to inspiring schoolchildren to grow food and sharing advanced knowledge and experience of building sustainable communities.

The Outdoor Residential Centre is a high standard, single level, bunkhouse that caters up to a maximum of 50 people. With two identical wings with sleeping accommodation, for 25 on each side, and a main communal section that houses the dining and more social elements. The first bedroom in each wing is a wheelchair accessible room with its own en-suite walk in shower room and toilet facilities. The rest of the bedrooms are all bunk accommodation. The main communal room houses our dining tables, relaxation area, office and kitchen. All meals are provided within the cost of your stay and will be fully inclusive of all dietary requirements.

All of our activities can be scaled up or down depending on ability and age. We are also spoiled by our incredible surroundings and realise the benefits of learning outside in nature can have a positive impact on health and wellbeing for many of our visitors. Spending time outdoors will leave a student feeling refreshed, content, happy and more alert.

As well as developing leadership skills and confidence, social interaction is promoted through alternative activities, away from digital engagement. This allows students to bond on a more meaningful level. Students also learn about sharing responsibility. So not only do our activities have an active approach to improving health, wellbeing and fitness, they all develop key life skills that students can take away and put in to practice in every aspect of their day to day lives.



Contact

Website www.dumfries-house.org.uk
Email education@dumfries-house.org.uk
Telephone 01290429918

The Articulate Cultural Trust



Our Innovations in Creative and Cultural Enterprise (ICCE) service focuses on creating an industry-prepared workforce through training and growing youth employment opportunities for young people interested in a career in the creative industries.

Innovations in Creative and Cultural Enterprise (ICCE)

We work with young people on a one to one basis through a bespoke and individualised programme that has three elements: well-being to work; personal growth and development; professional skills, knowledge and attitudes.

The project comprises four experiential learning 'modules' that are focussed upon:

- PERSONAL DEVELOPMENT & MENTORING - establish a personal development plan
- TRAINING & EDUCATION - bespoke courses that support individuals into training
- PLACEMENTS & WORK EXPERIENCE - provision of volunteering and work placement
- CULTURAL & SOCIAL ENTERPRISE - support for innovation and enterprise concepts.

The project concludes with reflection, evaluation and Arts Award portfolio preparation.



Contact

- Website** www.articulatehub.com/arts-award
Address 20 Eastwoodmains Road, Glasgow, G46 6QF
Email hello@articulatehub.com
Telephone 0141 416 4105 / 077 40 50 25 44



Barnardo's work with schools and families is relational, attachment aware and trauma-informed. When children and young people feel safe, they are better able to engage and reach their full personal and academic potential.

We hold the UK licence for PATHS® (Promoting Alternative Thinking Strategies) an evidence-based social and emotional learning developmental programme aimed at 4-11 year olds that teaches pro-social skills, emotion understanding, social problem solving and self-control. It covers five domains of social and emotional development: Self Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision-Making. The lessons are delivered by class teachers and supported by a certified PATHS® Coach.

PATHS® Materials

Barnardo's will provide you with the license to deliver The PATHS® Programme for Schools (UK Version). Your local PATHS® coach will keep you up-to-date with newly developed materials (e.g. UK biographies, supplementary activities) through the PATHS® UK website.

PATHS® Training

Through Barnardo's, schools will be provided with two days of official PATHS® Training delivered by PATHS® Education Worldwide trainers. Training is reviewed regularly to ensure you are receiving the most up-to-date information on the curriculum, and you will have the opportunity to sign up to the official PATHS® newsletter.

PATHS® Coaching

The Coaching & Implementation Plan developed by Barnardo's has proven evidence in effectiveness, and will be provided to your school by your PATHS® coach. The PATHS® coach receives ongoing technical assistance and support from the PATHS® UK Manager to ensure the support you are receiving is of the same high standard as PATHS® implementation by Barnardo's elsewhere in the UK. The PATHS® UK team are supported closely by the programme developers at PATHS®.

Contact

Website	www.barnardos.org.uk
Address	Office base: 3 Grange Place, Kilmarnock, KA1 2AB Administration hub: 39-41a Main Street, Kilwinning, KA13 6AN
Email	linda.nisbet@barnardos.org.uk (Children's Services Manager) SouthWestScotlandServices@barnardos.org.uk (referrals and administration)
Telephone	01294 556208

Chameleon PDE



At Chameleon PDE we recognise that all young people need appropriate and relevant health and wellbeing/ personal development education regardless of circumstance, ability, setting or phase that will help them develop the knowledge, skills and confidence required to successfully prepare them for their next steps, whatever these may be.

What we can do for you:

- Senior Phase and beyond: Provide unique and comprehensive personal development lessons aimed at senior phase students. This group are at a pivotal moment in their education or training and a strong focus on how to meet challenges and make decisions can help the transition to university or work more successful.
- Special schools and other specialist settings: Some young people need additional help and support to reach their potential and we work closely with staff in special educational needs settings and pupil referral units to develop materials that meet the needs of these groups.
- Home educated students: Our teaching resources for secondary school pupils already include home learning materials. If required these can be further developed into resources for home educators.
- Produce bespoke lesson plans, gain access to our 'How Are you?' pupil survey (see Lot 13), and provide accredited training for staff.



Contact

Website www.chameleonpde.com
Address Small cottage, Scalebyhill, Carlisle, CA6 4NB
Email info@chameleonpde.com
Telephone 07772 191210 / 07508 662284

Comedy & Confidence



Comedy and Confidence is the only SCQF accredited confidence qualification in Scotland. We specialise in tailor-made workshops and courses that provide SQA qualifications. Founded by award winning comedian Anna Devitt. For people and businesses who love positive mind sets and creative learning! We believe that everyone should have a giggle while learning new transferable skills.

The Comedy & Confidence Award is an SCQF Level 3, 4, 5 & 6 and is accredited by SCQA & SCQF. Comedy & Confidence™ The DirectDevitt Comedy Award offers the opportunity to learn how to use Comedy in presentations, public speaking and includes Laughter Yoga Therapy Techniques for daily coping mechanism.

During the course attendees get to deliver chosen comedy styles and learn the body language, emotion and vocal techniques behind the style. This course offers hands on experience of public speaking & using comedy while learning transferable skills within communication and confidence techniques. An approved Tutor will lead a series of candidate centred activities, to build on prior knowledge and skills development throughout the course.

By the end of this Group Award course candidates will have skills and abilities in the following:

- Public Speaking
- Communication Skills
- Comedy Writing
- Performance Skills
- Self-confidence
- Self and Peer Evaluation.



Contact

- Email** enquiries@comedyandconfidence.org
Telephone 0141 473 4042
Facebook Comedy & Confidence
Twitter @ComedyandConf
Linkedin Anna Devitt



Digital Training Courses To support Individual or team PDPs

Curriculo Solutions offer a series of short digital learning courses to support East Ayrshire Council People Development Strategy. These short digital courses can be used to supplement face to face training within the council or as standalone self-directed training made available for staff.

These digital courses are accessible via the Curriculo Learning Management System or can be licenced for use on East Ayrshire Council's own platform.

In addition the programmes can be supported by Curriculo Trainers online workshops via Google Meetings or equivalent platform.

Our programmes cover a series of topics from leadership skills to commercial skills and are independently priced. The price will also vary depending on the number of anticipated users.

Topics covered by our programmes include:

Leadership and Management

Communication Skills

Career Management Skills

Cultural Awareness

Negotiation Skills

Professional Selling Skills

Coaching Skills

Decision Making and Problem Solving

Interview Skills (Interviewee skills)

The Science of Team Working

Key Account Management



Contact

Website curriculosolutions.com

Address 6 Lancaster Crescent Lane, Glasgow G12 0RS

Email karen.glen@curriculosolution.com

Telephone 07766 566909



Deskit is an online leading office laminating solutions specialist, delivering essential supplies for Scottish schools. Classroom projects and certificates are made easy with recyclable laminating pouches, available for schools, nurseries, and childcare providers. With a range of sizes available, Deskit makes it easy to prepare for the term ahead.

A3 to A5 laminates are available with smaller sizes, thicknesses and the choice of a gloss or matt finish depending on your preference. Our solutions make it easy to clearly protect and present your work. Laminated pouches have been useful in the pandemic, with the gloss surface being hygienic and easy to wipe down, millions of pouches have supplied across UK & Europe during the pandemic for clear Covid-19 signage throughout various facilities including the school environment.

Deskit's solutions are priced competitively with the option to buy multi-packs so you can stock up your stationery cupboard affordably. You can be assured that all products are recyclable and offer a supreme quality finish so they are highly recommended and approved by teachers. We commit ourselves to support the education sector with our competitive prices, with UK stock availability, flexible payment and a fast turnaround on your order.

Part of the same group, check out our sister brand Edukit for craft and foam mats.



Contact

Website <https://www.deskit.co.uk/>

Address Davilex Group Ltd, The Atkins Building, Lower Bond Street, Hinckley, Leicestershire, LE10 1QU

Email sales@deskit.co.uk

Telephone 01455 413040

East Ayrshire Leisure



East Ayrshire Leisure is a Scottish Charitable Incorporated Organisation. On 1st July 2013 East Ayrshire Leisure assumed responsibility for the operation and management of a range of cultural, countryside and sports facilities and services, comprising of a country park and Core Path Network, libraries, museums, collections, arts venues and town halls provides sports, heritage, arts and countryside development programmes, health and fitness and outdoor learning, sports facilities and pitches. As a charitable organisation East Ayrshire Leisure's main purpose is to deliver inspiring cultural, countryside, community and sport services and experiences to support East Ayrshire's communities' aspirations in a way that has a focus on ensuring equality of opportunity and access for all.

International Exchange Programme

This is a unique opportunity for young people to take part in an international volunteering programme hosted by one of our partner organisations in Estonia, Austria and other countries across Europe.

Groups will travel abroad with an experienced volunteer mentor from Countryside Services and will meet up with a host organisation to take part in a conservation volunteering programme. The activities will involve working alongside young people from the local community, fostering new relationships and partnerships amongst young people.

This programme includes all travel, insurance, accommodation and food

Contact

Website www.eastayrshireleisure.com
Email anneke.freel@east-ayrshireleisure.com
Telephone 01563 554748



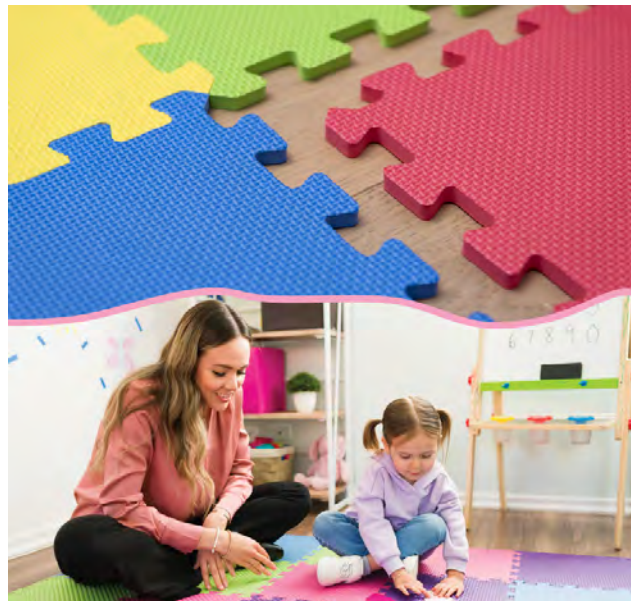
Edukit provides schools, nursery settings and childcare providers with access to safe and affordable craft materials that positively impact children’s creativity whilst keeping them entertained. Ideal for Early Years activities, it’s easy to see why Scottish teachers and childcare providers value the quality of arts, crafts, and playtime props available.

Edukit offers a range of craft kits and supplies; teachers can choose a pre-made kit with a theme such as the Spring or Festive which is perfect for groups of pupils. Alternatively, you can stock up the school stationery cupboard with bulk supplies such as glitter, pipe cleaners, foam and felt sheets, pompoms, craft paper, feathers, googly eyes and more.

EVA foam mats are also available in a choice of vibrant and neutral colours to stimulate the children and provide a hygienic base for their play. These offer a fantastic grip so you can avoid any slips or falls in the classroom. The mats come with their own handy storage bags for convenience.

Edukit’s products come highly recommended and approved by 1000s teachers. The entire range of products is CE/UKCA certified against harmful chemicals. We commit ourselves to support the education sector with our competitive prices, with UK stock availability, flexible payment and a fast turnaround on your order.

Part of the same group, check out our sister brand Deskit for your laminating sheets.



Contact

Website <https://edukit.co.uk/>

Address Davilex Group Ltd, The Atkins Building, Lower Bond Street, Hinckley,
Leicestershire, LE10 1QU

Email sales@edukit.co.uk

Telephone 01455 413030

Five Minute Box (UK) Ltd



Five Minute Literacy Box and The Number Box are multisensory interventions providing early support or catch up for English and Maths, while highlighting potential signs of Dyslexia and Dyscalculia. For over 15 years Five Minute Boxes have been used to raise attainment in schools throughout Scotland and around the world.

Around 20% of children in every primary school class will struggle to keep up with classroom learning in Literacy and Mathematics. Failing to recognise these children, and to support them early, results in more widespread difficulties and the need for greater depth of intervention as they get older. It is crucial to spot these 20% of children before the attainment gap widens and their self-esteem begins to crumble.

Five Minute Literacy Box and The Number Box help every child move forward at their own pace of learning in Literacy or Maths. The evidence-based activities and accompanying resources, in handy suitcases, are all you need to support basic English and Mathematics skills in short, regular sessions. Children love managing the resources themselves and taking ownership of their learning. Every child has the chance to learn self-help strategies with the multi-sensory teaching approach. This avoids learned helplessness, and over-reliance on adult support later. Five Minute Box interventions are perfect for any child at risk of educational disadvantage.



Contact

Website www.fiveminutebox.co.uk
Address 31 Elmfield Ave, London. N8 8QG
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Telephone 01442 878629



The Young Gallery programme delivers artist-led creative arts projects in schools and nurseries across Scotland. These are designed to inspire and empower the children taking part, many of whom may have had extremely limited access to artistic or creative processes in the past.

What makes the project unique is the professionally curated exhibitions taking place at the end of each programme, giving children the chance to see their work given pride of place in community settings or in a gallery space.

All The Young Gallery projects can have specific themes or activities which focus learning on particular subjects/themes, art forms, or practical activities. The various projects and specific content are co-designed in partnership with the schools and potential themes, include, equality (exploring sectarianism, racism, bigotry, community cohesion), the environment (exploring the natural and built environment in their community, sustainability, environmental design), relationships (exploring friendships, bullying). Through the use of creative mediums the workshops are designed to engage and immerse children and young people in the themes, encouraging them to formulate and contribute their own ideas, and discussing this as part of a group.

Through our Young Gallery approach we know that:-

- 94% of children taking part in Young Gallery projects had increased confidence
- 96% of children taking part in projects had increased communication skills
- 100% of children taking part in project had increased creative / arts skills



Contact

Website www.impactarts.co.uk

Address **Jenny Coxon, Programme Manager** 60 Bank St, Irvine KA12 0LP

Email jenny@impactarts.co.uk

Telephone 01294 273051

Le Petit Monde



At Le Petit Monde, we believe in the natural and attractive powers of stories and puppetry to make language learning a fun thing to do. We have therefore developed story and puppetry based experiences for pupils to engage with the French language. We can also support teachers delivering creative lessons.

Le Petit Monde invites P1-4 children into the world of Lapin, the French speaking stubborn little rabbit, and his garden friends through puppet shows - from playlet to full high quality theatre production - workshops and bilingual picture book Lapin is Hungry readings.

We also work with P5-7 pupils through creative story making sessions, which can involve puppet manipulation and acting out.

Our work is designed to encourage every pupil in engaging with the French language and culture through creative, memorable and fun, small group experiences.

Research shows that children who creatively engage in learning can develop confidence, resilience and a stronger self-esteem.

In this view and inspired by social constructivist theories, we are developing a creative and play-based language learning resource pack to support teachers in delivering their own story and puppetry based lessons.

Thus, Le Petit Monde unleashes everyone's imagination and creativity through its Frenchness...



Photo: Andy Catlin

Contact

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Address 1/6 Bonnington Avenue EH6 5QH Edinburgh
Email info@lepetitmonde.co.uk
Telephone 07910045743

Metro Outdoors



metroOutdoors ^{Ltd}
engage inspire educate

Founded by Outward Bound Instructors, when The Outward Bound Trust Metro centre in Glasgow closed in 2014, Metro Outdoors has continued to deliver peripatetic outdoor education with schools and youth groups across central Scotland.

As a small not for profit outdoor learning provider, 'Metro' has some significant strengths;

- Metro Outdoors was started to ensure that those people who found access to outdoor education and adventure difficult had somewhere to go
- Metro has a pool of associate staff who have many years of proven delivery experience.
- Metro provides bespoke courses designed to match the values of the organisation and needs of the service users and achieve specific learning outcomes; from skills and behaviours to support young people's transition to the workplace to improving leadership skills in targeted groups.

We are able to offer courses of varying length dependent on the outcomes of the programme; single day; non-residential multi-day programmes; residential experiences; expeditions and Duke of Edinburgh Award, all tailored to meet the needs of each group. The principles outlined in the Curriculum for Excellence are fundamental to our programmes. In the short time we have been operating, we have built a valuable reputation as a respected partner organisation.

We recognise that each person learns at their own pace, so our programmes are tailored to suit individual ability, experience and curriculum phase. Metro Outdoors will only charge direct costs associated with the delivery of the course and will not profit from our work. Our goal is to make outdoor education accessible to all.



Contact

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Email dave@metrooutdoors.co.uk
Telephone 07752 857 847

Mindfulness in Schools Project



Our charity, Mindfulness in Schools Project, is the most established provider of mindfulness training for schools, delivering world-leading curricula for classroom-based mindfulness. Our materials are based on rigorous research in clinical psychology and neuroscience, written by teachers for teachers, and used successfully in a wide range of educational contexts.

There is a growing body of research which points towards the benefits of mindfulness both for young people and those who care for them. This includes: Recognising worry, managing difficulties, appreciating what is going well and flourishing. Mindfulness can improve the capacity to concentrate, memory and ability to plan. Mindfulness can help to develop a greater awareness of relationships and how to manage them, as well as offering a richer understanding of things like self-esteem and optimism.

MiSP's curricula include:

An introduction to mindfulness for teachers, delivered over eight weeks via group sessions of approximately 90 minutes per week. If you are interested in teaching mindfulness to your pupils, you will need to complete Teach Paws b (for 7-11s), Teach .breathe (for 9-14s) and Teach .b (for 11-18s) - Our Teach courses consist of real-time lessons, pedagogy sessions, discussion groups and opportunities to practise guiding mindfulness lessons.



Contact

Website www.mindfulnessinschools.org
Address Bank House, Bank Street, Tonbridge, Kent TN9 1BL
Email enquiries@mindfulnessinschools.org

Playback Learning Academy



Playback's primary school model offers a progressive health and wellbeing curricular pathway to improve outcomes in children's wellbeing and learning including:

This is Me (GIRFEC) A Wellbeing Digital Survey

Our wellbeing assessment model collects rich, robust data directly from children providing schools with crucial information to assess children's needs, plan interventions and monitor impact.

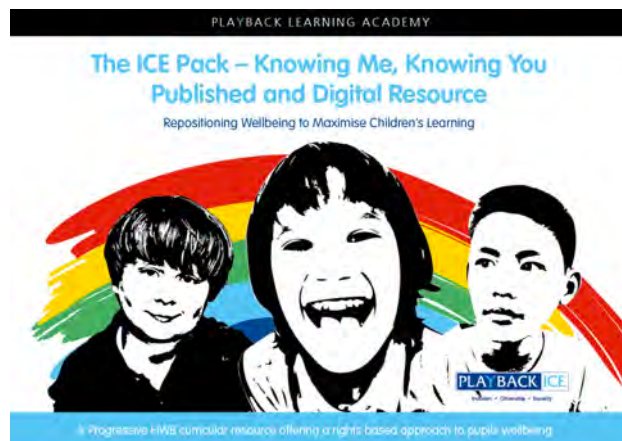
Knowing Me, Knowing You A HWB Progressive Curricular Resource 3 – 12 years

This provides teachers with a ready made resource focused on learners' wellbeing and skills development. The resource themes include: What do I feel, need, want, think, value and choose to do and say over 139 prepared lessons. The digital resource offers additional supporting materials including classroom planners and 108 pupil activities in PDF and Word Formats

Knowing Me

This wellbeing and skills development self-assessment resource will help staff to measure the progress pupils have made throughout their primary experience in relation to the knowledge, understanding, and skills that they will need to manage their life now and in the future. Pupils will be able to evidence and measure their progress in relation to; the 4 capacities, feelings, manners, relationships, behaviour, learning and physical self.

All the resources are adaptable and have associated staff CPD opportunities.



Contact

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Address 489 Lanark Road, Edinburgh, EH14 5DQ
Email administrator@playbackice.com
Telephone 0800 024 8925

Rainbow Educational Resources Ltd

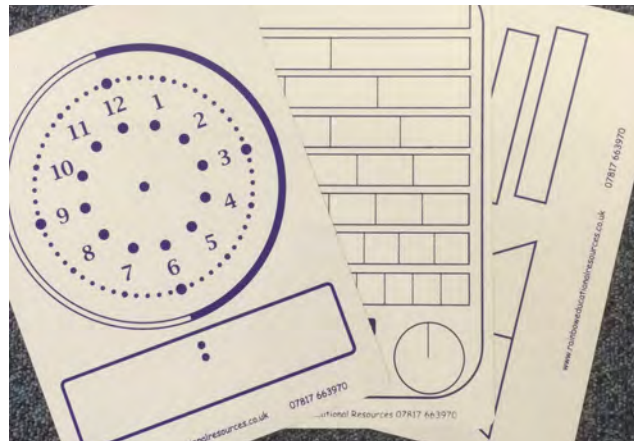


Rainbow Educational is a Scottish company which has been working with teachers over the last 12 years to produce durable and professional resources linked to Curriculum for Excellence. We design , manufacture, source and supply bespoke resources and deliver CPD covering numeracy, literacy, STEAM and modern languages.

Our resources have been designed in consultation with teachers to augment teaching approaches such as SEAL, Maths Recovery, Number Talks and First Steps. Our number lines, numerals, 5 and 10 frames, arrays, pair-wise and 5-wise cards are made from doflex. This material is durable and sanitisable ,which in the present climate has become a priority.

Aligned to the Number Talks teaching approach , our flip books will help your early / first level pupils develop Number Sense and specifically, with decomposition of numbers 1-10 .The flip-books are linked to the Sherry Parrish text book “Number Talks-Whole Number Computation”.

Our dry wipe boards cover numeracy, literacy and science. Rainbow are the main distributor for Scholastic in Scotland who are responsible for the PM range. To help embed our resources Rainbow can offer training in a wide range of curriculum areas including numeracy , literacy , modern languages 1 plus 2 and STEAM.



Contact

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Email kalitza@btinternet.com
Telephone 07817 663970

Values Into Action Scotland



VIAS vision is a Scotland where people with learning disabilities and/or autism have the same opportunities as everyone else and are supported to achieve these goals. VIAS enables organisations to support people to achieve maximum independence, choice, and control. We do this through offering quality improvement services.

Our proposal under Miscellaneous Services is to host an event to showcase and celebrate the achievements of all those who will have taken part in our programme. It will also be an event to knowledge share, disseminate good practice and influence educators, policy and decision makers, other pupils, and families from within East Ayrshire and beyond. VIAS will celebrate all the outcomes from the five programmes (Pupil Workshops/Parental Support and Learning/Educational Leadership/Community Engagement/Mentoring), we feel it would be a good opportunity to bring all the learning and individual achievement together.

Our plan would be to host a major event in East Ayrshire that is part conference/part showcase/part celebration and part graduation. It would be planned, designed, and delivered by the pupils who will have taken part in our programmes, alongside parents and families, with our support. It will have keynote addresses, seminars, workshops, taster events, campaign launch alongside music, drama, and a series of pop-up events. It would be modern, edgy, and not the usual style of conference. We at VIAS have significant experience of running these types of events via our Young Scotland's Got Talent events that we have been delivering since 2010.



Contact

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Email info@viascotland.org.uk

Telephone 0141 212 3395

Waterside Wellbeing



Waterside Wellbeing operates from two centres within East Ayrshire presenting outdoor learning by means of Equine and Small Animal Assisted Activity Therapy. We are a small, family run business, which is dedicated to promoting positive attitudes towards health and educational attainment offering quality rather than quantity in the services that we provide.

Waterside Wellbeing has developed over the last 15 years from our long-established Approved Riding School tailoring towards a more therapeutic approach to the benefits that Equines and other animals can offer. The ponies and small animals that we use have all been trained to allow for fun, safe interaction ensuring an unforgettable and worthwhile experience whilst staging opportunities to acquire life-enhancing and employability skills.

Our team are all experienced and qualified to deliver the high professional standard required to share knowledge and specialised techniques. The salubrious nature of our service is particularly beneficial for children and young people who may experience complex and additional support needs.

Both centres are maintained and inspected to ensure that visitors feel relaxed - offering idyllic settings, bespoke sensory trails, therapeutic gardens, animal activity enclosures and indoor space in the event of inclement weather.



Contact

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