



What we can offer your school...

Funded Counselling

A confidential service for students in Year 9 to Year 13 who identify as female. Our Inspire counsellors offer support with low mood, anxiety, self-esteem, body image and self harm.

Empowerment Groups

These groups are for young people who are passionate about mental health and wellbeing. From practising mindfulness to campaigning for meaningful change, there is something for all ages and abilities.

Training and Workshops

We can offer training and workshops to staff and students alike. Topics include: self harm, wellbeing ambassador training, county lines, substance misuse, self defence, online grooming and more.

Wellbeing Bags

We would like to offer all schools a free, ongoing supply of sanitary products. In the current cost of living crisis, it is crucial that young people who menstruate have access to these products.

The Fairy Prom Mother Project

We will be offering pop-up shops in schools to sell pre-loved and brand new prom dresses, all for £25 and under!



**School
Engagement
2023-24**

If you would like your school to access any of the above services, contact us at inspirecheshire@motherwellcheshirecio.com