

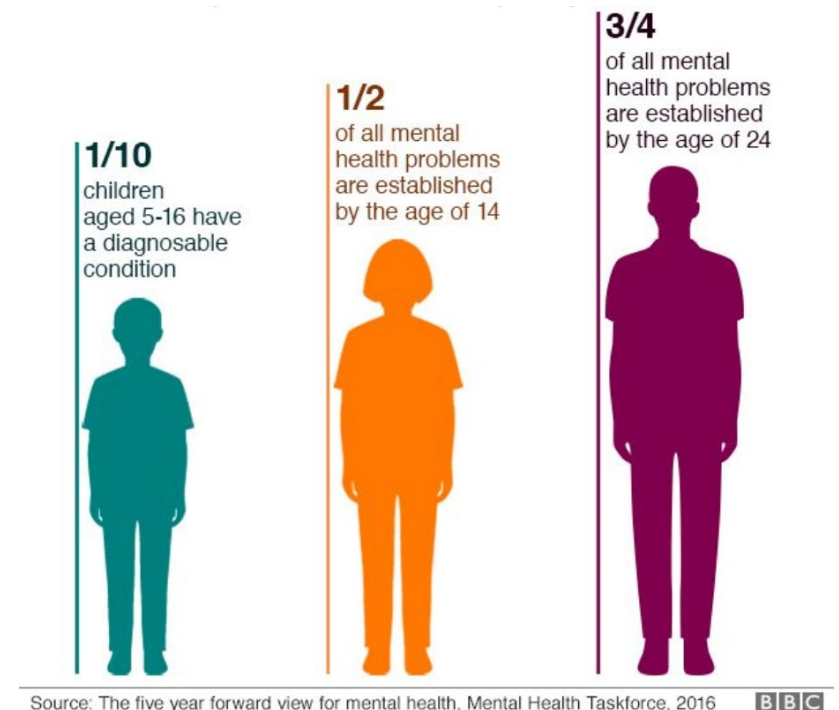
# CHELSEA FC

**EFDN CONFERENCE – CHELSEA CHAMPIONS**

27 MARCH 2019

# 'THERE IS NO HEALTH WITHOUT MENTAL HEALTH'

GOV.UK



Source: The five year forward view for mental health, Mental Health Taskforce, 2016

BBC

# CHELSEA CHAMPIONS PROGRAMME

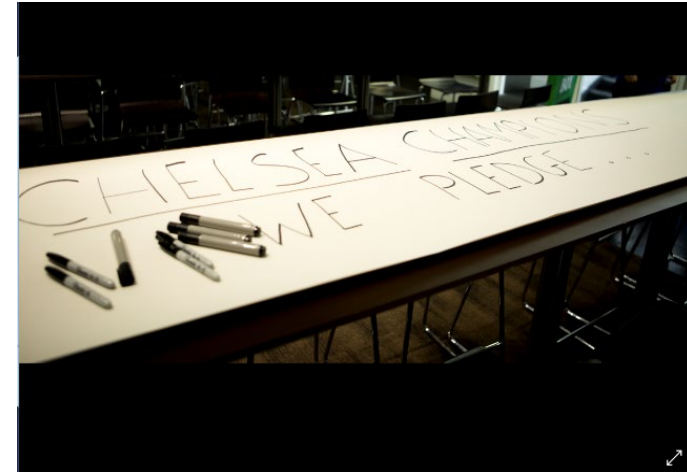


The Chelsea Champions Programme is a Premier League funded project  
5 full time members of staff are based within 5 Secondary Schools; **Chelsea Academy, Pimlico Academy, Fulham Trust Academy, Thomas Bennett Community College and Clacton Coastal Academy.**

The programme aims to:

**Develop initiatives and interventions to improve young people's emotional well-being and resilience.**

Increase access and support to CFCF'S core funded programmes.



# CHELSEA CHAMPIONS PROGRAMME

Aim of the Chelsea Champion's:



- To embed themselves within school life, accessing all variances of student.
- Work collaboratively with pastoral and behavioural leads in each school.
- Identify initiatives that help build capacity in young people, ensuring that the correct young person is paired with the right activity to improve emotional well being.
- Be the central point of contact for all CFCF's programmes and enhance relationships with local authority, youth services and mental health teams.
- Provide an open door policy for young people and support them to overcome personal barriers at home, in the community or at school.
- A Chelsea Champion is to be a trusted adult that students can approach and receive support, guidance and advice from at any given time throughout their education.

# CHELSEA CHAMPIONS PROGRAMME



Through the use of MSc (MSc Mental Health and Wellbeing in Education) research and practice, the Chelsea Champions Programme embeds a range of Positive Psychology Interventions to support the diverse needs of young people.

<u>Core Programmes</u>	<u>Wellbeing Delivery</u>
Premier League Women and Girls	1:1 or Group Mentoring
Futsal Academy	Peer Mentoring Programmes
Premier League Enterprise	Family Focused Sessions
Premier League Primary Stars	Leadership/Volunteering
Premier League Kicks	Youth Voice Panel
Premier League Disability Programme	Community Sessions
Multi Sports	Healthy Schools Initiatives
	Healthy Internet Initiatives
	School Inclusion Projects

# AGENDA – BREAK OUT SESSION



- *Ice Breaker*
- *Chelsea Champion Presentation*

## *Carousel Sessions: Student Led*

- *Scholars Programme/Social Media Impact – MOTD Event*
- *Mentoring Initiatives/Emotional Wellbeing/Resilience Schemes/Outcomes/Strategies*
- *Youth Voice/Core Funded Programmes/CFCF Engagement*



