

Well Schools Charity of the Year

Secondary Schools

Help us lead the fight against chest, heart and stroke conditions for local people in Northern Ireland by raising vital funds, and we will visit your school to deliver a tailored, fun and interactive health and wellbeing programme.



**Fundraise
£2000**



**Fundraise
£1000**



**Fundraise
£500**

A bespoke 'Well' Day for school staff, including comprehensive health checks, Well Mind (stress management workshop), and wellbeing-focused team building exercises.

3 x hour-long tailored interactive health talks, focusing on various health issues facing your students such as nutrition, smoking, and stress.

Promotional materials and resources to display around school during term of activities.

Additional resources for teacher follow-up lessons, and take-home resources for pupils and parents.

Choice of Well Mind (stress management workshop) or Health Checks for school staff.

2 x hour-long tailored interactive health talks, focusing on various health issues facing your students such as nutrition, smoking, and stress.

Promotional materials and resources to display around school during partnership.

Additional resources for teacher follow-up lessons, and take-home resources for pupils and parents.

Interactive Well Talk for school staff.

1 hour-long tailored interactive health talk, focusing on various health issues facing your students such as nutrition, smoking, and stress.

Fundraising ideas



For more information please contact:
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or call: 02890 320 184