

Funding Update for The Brothers Trust - August 2023

The past few months have seen considerable activity within stem4's provision, not least through the initial phases of a new resilience and wellbeing programme for younger age groups to complement Head Ed and the wider resources which The Brothers Trust so generously support.

Combined Minds

Currently 67,501 downloads to date (3,070 downloads to date in 2023)

Scoping and creation of new content has commenced. This includes:

- Further instructions for parents and carers on how to use a Strengths Based Approach to support young people
- A further subsection breakdown with tasks of specific conditions. For example : the eating disorders section has now been broken into anorexia nervosa, bulimia nervosa and binge eating disorder. Anxiety based disorders are also divided further into phobias, including obsessive compulsive disorder, etc.
- There is a new section for post-traumatic stress disorder (PTSD)
- There is a new section on attention deficit hyperactivity disorder (ADHD)
- There is a new section of helping support suicidal thoughts
- Four Asking for Help videos have been created

We are also exploring with further user groups the benefits of including key transition points such as loss (bereavement) and change (new school, going to university etc).

We have also spoken to a number of clinicians in the NHS about their view of what the app can provide to their patient cohort given there are no specific parent support apps available. A number of compliance sections and an update to the app have also been added.

Head Ed

Currently 1956 subscribers to Head Ed (as of 31/7/23)

PSHE Association Quality Assurance

The process of obtaining quality assurance from the PSHE Association is progressing well and updates have now been completed and moved to a staging area ahead of overview by the PSHE Association for accreditation. This is an exciting step in increasing our reach and helping to educate many more young people and educators. Head Ed continues to be well received by education professionals as demonstrated by just two testimonials received.

Testimonials from Head Ed Subscribers:

I think it's brilliant (the material) and I want to confidently use it in assemblies with both the younger and older years. **Assistant Head, Senior Mental Health Lead** (25th April 2023)

Thank you so much. Such an amazing set of resources. **Associate, Assistant Head Teacher** (13th July 2023)



Quote from a Head Ed student user *'It helped me understand myself better. I didn't feel alone anymore.'*

