

Press Release 26th June 2020

Resilient Rutland funds Mental Health First Aid training for schools and community groups

Resilient Rutland is delighted to be funding Mental Health First Aid training for schools and community groups working with young people in Rutland. Over 200 people have already signed up for this fast-tracked online training taking place before the end of the summer term.

Morag Tyler, Project Manager comments: “Mental Health First Aid training has always been in our plan and we had originally scheduled this to start in December 2020. However, the current climate and associated feedback from parents and schools have advised us that there is very much an immediate need for this wide-reaching support”.

“The Mental Health First Aid (MHFA) accredited courses are the training chosen by Public Health England for those supporting children with their mental health and well-being. The sessions have recently been made available online and the training offered is the half day introductory course or the two-day session for those who require a more in depth understanding. The outcome will be improved support to children, increased staff confidence to cope with challenging questions surrounding mental health, and also enhanced staff well-being.”

“We are working very closely with training provider MindShift to deliver these courses at such short notice, and are pleased that this much needed support will benefit both schools and community groups.”

Booking is now closed for training this term but further training is planned for the Autumn.

- Ends -

Contact

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Background

Resilient Rutland was started as a project in 2014 as a direct response to feedback from young people in our county - their overwhelming concern was that of mental health and well-being.

Having worked closely with professional agencies, schools, the Local Authority and of course our young people, we have arrived at a joint commitment to implement a programme to champion mental health.

The project has received £484,700 of National Lottery funding from the Big Lottery Fund, which officially started on 29th Jan 2019 and will run for four years.

Additional details on the Resilient Rutland project can be found [here](#).

About Rutland First

The Resilient Rutland project will be led and overseen by [Rutland First](#), a Community Interest Company based in Rutland. Rutland First acted as Healthwatch Rutland from 2014 to April 2018, since when it has broadened its remit. The objectives of the company are to undertake and encourage a broad range of work and other activities relating to improving, promoting, and enhancing the wellbeing of the people of Rutland, and the immediate surrounding areas.

The National Lottery Community Fund

We are the largest community funder in the UK – we're proud to award money raised by National Lottery players to communities across England, Scotland, Wales and Northern Ireland. Since June 2004, we have made over 200,000 grants and awarded over £9 billion to projects that have benefited millions of people.

We are passionate about funding great ideas that matter to communities and make a difference to people's lives. At the heart of everything we do is the belief that when people are in the lead, communities thrive. Thanks to the support of National Lottery players, our funding is open to everyone. We're privileged to be able to work with the smallest of local groups right up to UK-wide charities, enabling people and communities to bring their ambitions to life.

More information can be found [here](#).