Life Education
Wessex & Thames Valley
Helping children make healthy choices

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17/6/26

Highcliffe and Walkford Parish Council

Dear Councillors

We are writing to request that you kindly consider Life Education Wessex & Thames Valley (LEW&TV) for a grant towards our work of providing health and wellbeing workshops to approximately 600 children at Highcliffe St Mark Primary School on the 11/11/26 for 6 days.

Background

LEW&TV is a local not for profit children's charity delivering vital workshops in primary schools for children aged 3 to 11. We are linked to the national charity Coram, the leading children's charity for Health & Drug education in the UK.

Our mission is to empower children and young people to make safe, healthy, and informed life choices. We focus on the development of the whole person, promoting physical, emotional, and social well-being.

Costs and funding

The cost to deliver our project into schools is £550 per day; schools contribute approximately 70% of the cost, so we need to fundraise for the shortfall. We will be delivering workshops to the school for 6 days, which equates to a shortfall of **£870.** We do not expect your Council to contribute the whole of the difference, but obviously that would be fantastic if you were able. Nevertheless, any contribution you could make would make a real difference to outcomes for local children and families.

Subsidising the cost to the school means that we can reach more children with our message of healthy living.

We receive no direct government funding so we hope that you will be able to help us change these outcomes for our children. With your donation, we can give more children the opportunity to benefit from our 'skills for life' programme, helping to keep them safe, healthy, happy and achieving their very best.

100% of staff agreed that the workshops were well delivered
100% of staff agreed that the workshops met children's needs
100% of staff would recommend Coram Life Education & SCARF to another school

We believe that early intervention education lays the foundations to key life skills for lifelong learning, behaviour, and social & emotional health thus reducing gaps in inequality.

The need

- 41%of boys and 35% of girls aged 10-11 were either overweight or obese (5)
- 31% of pupils reported that they had been offered drugs (2)
- 9% of children aged 8-15 have ever used e-cigarettes or vaping devices (1)
- 20% of children aged 8-16 were identified as having a probable mental disorder (4)
- 28% of 8-11 year olds who go online say they have seen something worrying or nasty (3)

1. Health Survey for England 2021
2. Smoking, drinking and drug use amount young people in England 2022
3. OFCOM Media use and attitude report 2024
4. Mental Health of children and young people in England 2023
5. Office of health improvement and disparities 2021/2022

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Our work

We deliver workshops with highly trained educators in schools around these current topics:

1. **Physical Health and Wellbeing**: *drug education, nutrition, exercise, personal health choices*
2. **Mental Wellbeing**: *'5 ways to wellbeing', resilience, self-worth and positive mental attitude*
3. **Online Behaviours**: *online safety, digital literacy and managing on and offline behaviours*
4. **Relationship Education**: *bullying, tolerance, diversity, personal boundaries and healthy relationships with their peers and the wider community.*

Research shows that **children who have better health and emotional well-being do better in life.**

Quotes from children

- *"I cannot choose a favourite part. I liked it all so much".*
- *"We all have different talents, and everyone is special".*
- *"I think it is really important to learn about not having too much screen time".*
- *"Happiness is good".*
- *"I listened to some of the suggestions for mental health."*
- *"I know I can make my own decisions and to stand up for what I think."*
- *"It will help me to say no; make my own decisions; be more resilient; be more assertive and have more confidence in myself."*
- *"We learnt how to look after our body, stay healthy and help people."*







"I know firsthand how important this work is from the little ones in Reception who are figuring out what makes them who they are, helping them with their emotions and self-regulating, all the way up to year 6 where they are learning about health and drug education. In this ever-changing world this work is so important to help educate these young minds. Life Education Wessex & Thames Valley make a huge difference in the community, and it wouldn't be possible without their fundingraising efforts." **Erin Kennedy OBE, Trustee for Life Education Wessex & Thames Valley, Para Olympian & World Champion**

We look forward to hearing from you and hope that ***you will be able to help your local children make healthy choices.***

Yours sincerely,

John Clements
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For further details visit:
www.lifeeducationwessex.org.uk
or click
Annual Accounts 2024-25
Accounts Overview 2024-25
Outcomes Evaluation 2023-24.

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