

## WHAT'S IT ABOUT?

The Resilience Project is a KS3 & KS4 pastoral and academic programme designed to refocus pupils whilst building resilience & self-esteem and encouraging positive life choices.

This 12 week programme is designed to support Year 9 & 10 pupils who are at risk of underachieving due to social and emotional difficulties.

### Included in the programme is:

- KS3 & KS4 English & maths (GCSE/FS)
- Careers & post-16 pathway support
- Bespoke PSHE programme which includes mental health awareness, building self-esteem, exam stress, online safety, healthy relationships, transitions, exploitation and radicalisation
  - Mentoring programme
  - Wellbeing workshops
    - Workplace visits
  - Enrichment opportunities
    - Guest speakers

The programme targets specific challenges faced by young people whilst focusing on how to make positive life choices in order to improve life chances both in school and the community.



**Profile of pupil: Year 9 & 10 / social & emotional difficulties / at risk of exploitation / at risk of underachieving**

For further details, please contact Louise Chapman at [lchapman@raedwaldtrust.org](mailto:lchapman@raedwaldtrust.org)

## HOW TO APPLY:

Referrals must be submitted by schools to

[referrals@raedwaldtrust.org](mailto:referrals@raedwaldtrust.org)

Referral forms are available from the Raedwald Trust website:

<https://www.raedwaldtrust.com/referrals-admissions/>

## COST:

The total cost for 5 half days per week for 12 weeks is £2,250 per pupil.

## WHERE:

At a range of venues across Ipswich.

[www.raedwaldtrust.org](http://www.raedwaldtrust.org)