

## WHAT'S IT ABOUT?

**The Resilience Project is a KS4 pastoral and academic programme designed to refocus pupils whilst building resilience & self-esteem and encouraging positive life choices. The programme is designed to run alongside pupils' mainstream education.**

A termly small group academic & pastoral programme which runs alongside mainstream education, designed to support Year 11 pupils who are at risk of underachieving due to anxiety linked behaviours (SEMH – but presents as withdrawn, school refusal, high level anxiety).

### Included in the programme is:

- **Two full days per week (10 hours in total) of support at a Raedwald Trust site in Ipswich and Bury St Edmunds**
  - Additional enrichment and Arts day available
    - GCSE/Functional Skills English & maths
    - 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
    - Wellbeing workshops
    - Workplace visits
    - Enrichment opportunities

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 11 / social & emotional difficulties / at risk of exploitation / at risk of underachieving**

For further details, please contact Alice Crozier-Green [acrozier-green@raedwaldtrust.org](mailto:acrozier-green@raedwaldtrust.org) or Louise Chapman [lchapman@raedwaldtrust.org](mailto:lchapman@raedwaldtrust.org)

## HOW TO APPLY:

Referral forms are available from the Raedwald Trust website: <https://www.raedwaldtrust.co.uk/referrals-admissions/> and should be submitted by schools to: [referrals@raedwaldtrust.org](mailto:referrals@raedwaldtrust.org)

## COST:

The total cost for 2 full days per week is **£550** per pupil  
**(Pupils must attend for a minimum of one term)**

## WHERE:

At one of the Raedwald Trust sites in Ipswich and Bury St Edmunds

*\*Year 10 referrals will be considered\**

Third party provider/enrichment costs not included

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