

## Background

The WAOG kindly awarded Fermanagh LPG funding in regard of the four WAOG priorities. At LPG meetings concerns were raised as to the growing needs within schools for early, preventative support around emotional regulation, confidence, resilience, friendships, and self-worth. Members describe increasing levels of anxiety, emotional overwhelm, and behavioural challenges presenting in both girls and boys with parents struggling to cope. After discussion with LPG members it was decided to roll out LEAD (Learning, Educate, Advise and Develop). This programme was coordinated by Mairead Taggart, Neighbourhood Renewal / WHSCT Health Improvement with the support and input of LPG members. Additional collaborative funding was also provided by WHSCT Health Improvement, Fermanagh & Omagh District Council and PCSP.

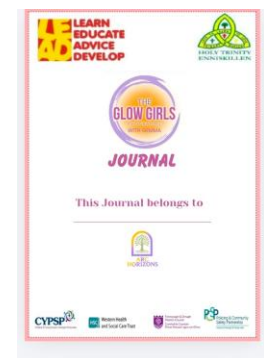
The school selected for the roll out of this programme was Holy Trinity, Enniskillen the feeder school for the Neighbourhood Renewal Area & situated within a Ward with one of the highest levels of need in the West.

## The Aims of the Lead Project

The LEAD Project is a **supportive and interactive programme** designed to help young people develop important life skills. It focuses on supporting **emotional and mental health**, building confidence, promoting positive behaviour, and providing early help to our young people.

A Celebration Day is planned for May 2026 to highlight the different aspects of emotional wellbeing & life skills each week covered from organisations which included:

- Glow Girls, 9D Warrior Boys (Emotional Regulation)
- WHSCT Community Food Nutrition Team (Eating healthy & on a budget)
- Bank of Ireland (Early Money Awareness & Financial Budgeting)
- PSNI/PCSP (Anti Bullying / online safety)
- Mindfulness & Relaxation



## How much did we do?

**Number of Attendees:** 87 pupils from Year 7

### How were the programme delivered?

- Sessions were delivered by **trained local professionals** with expertise in each topic drawn from LPG membership were possible.
- Each workshop lasted approximately **2 hours** and take place in the classroom.
- Pupils took part in group discussions and activities alongside their peers in a **safe and familiar school environment**.
- Each child was given a workbook which cover each of the week's programme so it could be shared at home encouraging that home/school link.

## How well did we do It?

### What did pupils learn about?

Through a range of engaging classroom activities, pupils learnt about:

- Building **self-confidence and resilience**
- Developing **positive friendships** and dealing with bullying
- Staying safe online with **internet safety guidance**
- Learning about **healthy eating and nutrition**
- Managing **anxiety and emotions**
- Gaining basic **financial skills** to support good money habits
- Practising **mindfulness techniques** to support calm and focus

### Why is this important?

The LEAD Project helps young people:

- Learn practical ways to look after their **mental and emotional wellbeing**
- Build confidence in dealing with everyday challenges
- Gain knowledge that supports healthy lifestyle choices
- Feel supported and listened to within their peer group

# What Did We Do?

Additional to the programme input of LPG members, Arc Horizons were funded to provide curriculum-aligned wellbeing workshops designed to support the emotional, social, and mental wellbeing of the P7 pupils in a safe, structured, and age-appropriate way being inclusive, trauma-aware, and interactive. Arc Horizons delivered three wellbeing programmes over six sessions including Glow Girls and 9D Warriors, and mixed-group wellbeing sessions. Each programme is built around practical tools that pupils can use both in school and at home, supporting long-term emotional regulation and positive coping strategies.

The pupils were introduced weekly to the Breathwork experience which is a guided audio journey that calms the nervous system, regulates and settles the physical body.

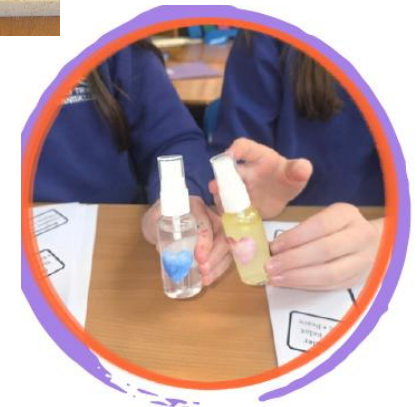


## The Role of 9D Breathwork

9D Breathwork is the final and crucial part of each session.

It allows children to:

- Physically feel calm (not just be told to calm down)
  - Release built-up stress and emotions
  - Improve focus and self-control
  - Experience deep relaxation in a safe environment
- This is often the moment where everything lands.



During sessions pupils were introduced to techniques such as Box Breath and 5 Finger 'Take 5 Breathing', even having the opportunity to make their own bespoke relaxation spray.

## Is anyone better off?

### **Child Benefit**

The creative interactive design and delivery of this programme worked well as the pupils had the opportunity to understand what they may be feeling in a safe environment. Pupils were able to build their own awareness and language to allow them to express emotions safely while connecting onto their own experiences and also to empathise with others. Importantly, this was six sessions of regulation – bringing calm to the body and mind which each pupil could take away with them and use when needed.

### **Adult Benefit**

This was an opportunity for the LPG members to come together and create something innovative together which increased creativity, trust and understanding. Members who participated now have strong bonds with the school and the teaching staff & hopefully opportunities for partnership working will continue.

## Recommendations moving forward

### **Based on the strength of feedback, we recommended that:**

- Further LEAD programmes are commissioned and wider rollout are explored
- Expanding this programme would support early intervention, improving outcomes for children, including strengthening emotional regulation and resilience hopefully lessening anxiety particularly for those pupils with challenges around their attendance.
- LPG members have the opportunity to bond through collaborative working such as this and put down strong community foundations through the schools involved.

# Snaps From the Six Week Programme

