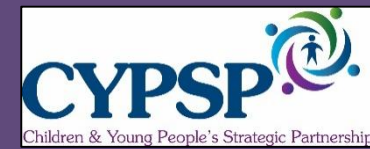


Omagh Locality Planning Group: Western Area Outcome Group Funded Programme Learn, Educate, Advice & Develop (LEAD), March 2026



Background

The WAOG kindly awarded Omagh 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 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.

The post-primary schools selected for the roll out of this programme was Sacred Heart College, Omagh and Drumreagh Integrated College the feeder schools for the Neighbourhood Renewal Area & situated within Wards with high levels of need in the West.



How much did we do?

Number of Pupils: 80

Different aspects of emotional wellbeing & life skills which correspond with the WAOG priorities were covered in 1 of the 6 workshops where pupils spent 15 minutes with organisations which included:

- Arc Horizons (Emotional Regulation)
- WHSCT Community Food Nutrition Team (Eating healthy & on a budget)
- Money Ready (Early Money Awareness & Financial Budgeting)
- PSNI/PCSP (Anti Bullying / online safety)
- RELATE (Mindfulness & Relaxation)
- ASCERT (VAPING)
- Western Digital Safeguarding Steering Group (Online Bullying / Digital Safeguarding)

How well did we do it?

What did pupils learn about?

Through a range of engaging 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



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 schools 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.

Photographs From The LEAD Programme In the Two Schools

