



## Wellbeing and resilience grant available through iheart

02 Jul 2025

iheart is a registered charity that supports young people, parents, schools and educators by providing a range of specialised courses and programmes on mental health education, resilience and wellbeing.

iheart's wellbeing and resilience programme for young people has already reached countless young people aged 9-18 around the world.

Grant funding is now available for Ealing primary, special and high schools to develop a whole school approach to wellbeing and resilience for pupils and staff..

Interested schools should contact iheart by Friday 18 July 2025

### Criteria for grant funded work with iheart starting in September 2025

School will:

1. commit to a sustainable, whole school approach to wellbeing and resilience for pupils and staff.
2. participate in a nine hour foundation training for up to 25 staff with representatives from the following departments: Senior leadership, pastoral care, SEN team, Year 4, 5, 6 class teachers and teaching assistants. This can be delivered over a combination of INSET days and twilight sessions.
3. assign a minimum of 3 appropriate members of staff for the curriculum training which can be delivered in one full day or two half days.
4. pay 20% of the cost of these two trainings. The funder will cover the remaining 80%. This amounts to £1,200 for the school. In the event that this cost is completely unmanageable, we ask that the school contact iheart directly so that we can assess whether it may be eligible for an even greater charitable subsidy.
5. participate in an initial onboarding meeting online to ensure that the delivery of the trainings is set up for success.
6. sign a service level agreement following the meeting, which will outline and document everything that has been agreed prior to programme delivery.
7. undertake all monitoring and evaluation processes as required by iheart and the charity's funders.

### Feedback from Ealing schools

*"We've been running the iHeart Wellbeing & Resilience Curriculum with our pupils for a number of years, and it's made a big difference. The pupils are better at working together, resolving conflicts, and building strong relationships with their peers and teachers. Their self-esteem and coping skills have also improved a lot.*

*On top of that, we've had iHeart conduct INSETs and CPD sessions focused on staff resilience. Our staff feel more confident handling challenges, having tough conversations, and bouncing back from setbacks. It's created a common understanding of mental wellbeing that's been really valuable."*

View this clip of testimonials from some iheart work we did in Welldon Park. The school uses our full curriculum in Year 5 and looking to introduce the ignite programme into Year 4 and 6 sometime this term or next.

### Contact us

Debbie Fisher, Head of schools and lead trainer

- Email [debbie@iheartprinciples.com](mailto:debbie@iheartprinciples.com)
- Website [www.iheartprinciples.com](http://www.iheartprinciples.com)
- Phone 0747 8872288
- For a short overview of our work in schools visit our website: <https://iheartprinciples.com/>

### Was this page useful?

- Yes
- Neutral
- No

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