



RESILIENCE EDUCATION ASSISTING CHANGE TO HAPPEN

WHAT IS REACH?

REACH (Resilience Education Assisting Change to Happen) is a dedicated youth work programme which **supports pupils, teachers and parents/guardians** within schools across Northern Ireland to **improve the emotional health and wellbeing outcomes** for our children and young people.

WHO DELIVERS REACH? WHO IS REACH FOR?

REACH is delivered within the school environment by a **professionally qualified youth work team** and provides programmes based on the needs of pupils and schools under the themes of; **Wellbeing for All, Early Support and Enhanced Support.**

The **target age range** for the REACH programme are pupils in **primary 3 and above** and will support those in **primary, secondary and special schools** across Northern Ireland.



REACH OFFERS SCHOOLS:

1. **Mental Health Check Ins** - Capacity training for teachers to develop Resilient Schools
2. **Taking Action** - Age appropriate, curriculum based programmes to enable pupils to reach their potential
3. **Building Confidence** - 1 to 1 support for pupils, based on assessed need
4. **Group Work** - Providing opportunities for pupils to gain confidence in their engagement and interaction with others; based on Egan's Social Inclusion Model of Practice
5. **Support for Parents & Guardians**

FOR FURTHER INFORMATION:

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