HOPE'S PLACE

Mental & emotional wellbeing

THERAPEUTIC COURSES FOR SCHOOLS

Newsletter March 2026

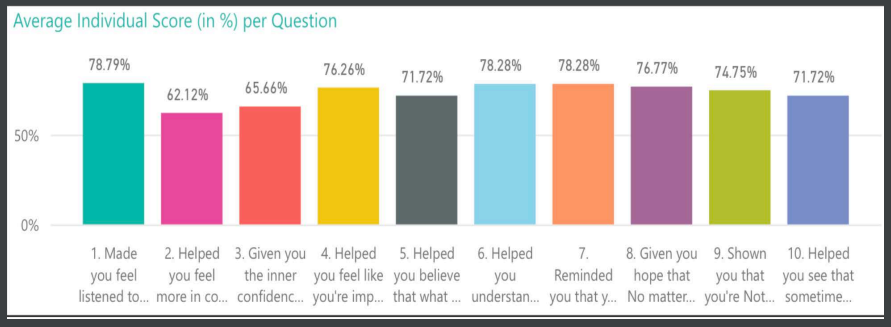
Boys' courses up and running!

We're delighted to announce that Hope's Place has resumed our boys' courses, with our new facilitator, Ali Baker, already in two schools, and, as we thought would happen, demand has outstripped availability. The new course, called "Futures - Now and Then", is an attractive offer to schools and we're very pleased to have recruited Ali, who in his other work is Chair and Director of Rugby for Bristol Schools Rugby Union.



Consistently Encouraging Feedback

We are grateful to 180 degrees Consulting, from the University of Bristol, who have provided for us a 'dashboard', giving detailed analysis of our feedback from the youngsters who have attended our courses. Some of the output is shown below, showing, for example, that almost 80% of them reported having felt listened to and understood, with similar scores for other measures. These results were consistent across all our schools and facilitators.



Recent Quotes from Students

'Anna made me feel like I wasn't wrong to feel like I felt, and that it's OK not to be OK but we can't let it ruin and take over our life.'
'I learned I wasn't alone with things - others feel the same'
'I want to remember what I learned about healthy relationships'
'Understanding that no matter how different we are we are all valuable'