



Testimonials:

Geoff McDonald founder of minds@work and ambassador for iSpace Wellbeing

"What I saw the children learning in their iSpace lessons at Cumnor House Sussex gives me hope for a better future".

Sir Anthony Seldon, Vice-Chancellor of The University of Buckingham, one of Britain's leading contemporary historians, educationalists, commentators, political authors and Chair of International Positive Education Network

"You are doing pioneering and very important work".

Headmaster of Copthorne Prep School Sussex

"As a Head for over 18 years, I remain more and more convinced that pupil wellbeing is without doubt, the most important part of education. The world is changing faster now than at any time in history and there are more and more pressures put on children now than ever before. Copthorne Prep School are delighted to be introducing the new iSpace Wellbeing Curriculum to help equip our pupils with an understanding of mental health and wellbeing; strategies to cope when things go wrong; who to talk to and how to ask for help when it is needed, and the resilience, determination, self-belief and confidence needed to flourish in this modern world of change! A happy, well-adjusted child will be successful, and iSpace is central to ensuring that all Copthorne children are happy and well-adjusted!"

Pioneering school teachers

"Please get the iSpace curriculum into my children's school too as it is an amazing resource"

"Brilliant staff wellbeing and curriculum training, the government should be funding this fantastic programme for all schools".

Head of Pre-Prep Great Ballard school

"This curriculum should be in every school".

Head of Pre-Prep Cumnor House Sussex

"I can't tell you how fantastic it is to have the iSpace tools at my fingertips everyday".

Parent

"As parents we were ready to seek outside support for our child but then iSpace Wellbeing was introduced at our school and our concerns disappeared".

Parent

"I completed a 6-week CBT course so I could support my child, but I learnt more skills and tools and feel more empowered following a 1-hour iSpace Wellbeing parent workshop".

Dr Sonya Collier Clinical Psychologist

"I think that iSpace is a fantastic concept. Having used the framework and toolkit with both of my children I have found it to be enjoyable and engaging and something I believe will be of great benefit to parents, teachers, healthcare professionals and children. The concept is beautifully designed and illustrated. This child friendly approach really captures the children's attention and eases them into conversation about their wellbeing. I believe this toolkit will do as it suggests which is to prepare children to live life ready!"

Hamish Elvidge Chair Matthew Elvidge Trust

"We were just blown away by the iSpace Wellbeing curriculum and the way that you have embedded the importance of wellbeing and mental health into every aspect of the childrens' school experience. You have created an amazing way of engaging young people in this hugely important subject, which will provide them all with such a strong foundation for their lives ahead".

Hope Virgo Mental Health Campaigner

"What Cumnor House is doing through the iSpace and #iWonder Curriculum is amazing. I would like to think that iSpace could have helped me. The iSpace lesson that I saw today on resilience certainly had things I would have found helpful and could have helped me bounce back".

Prof. Stein Child and Adolescent Psychiatrist

"Paula's work is so important as it helps children to keep 'their bricks' level instead of building up to the point where they become so heavy, they sink".

Articles:

'Wellbeing' in the British Boarding Schools Association magazine Summer 2018 edition

'Confidence building in schools' in the A+Education magazine Summer 2018 edition

'Healthy Mind and Body' in Angels and Urchins magazine Summer 2018

'Striking a happy medium' in the A+Education magazine Autumn 2018 edition

<https://www.midsussextimes.co.uk/news/education/cumnor-house-school-makes-supporting-child-mental-health-top-priority-1-8817696>

Further testimonials available on the website www.ispacewellbeing.com