



THE  
WELLBEING  
GENERATION

# The Wellbeing Gen

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Next Gen

<https://thewellbeinggeneration.org.uk/>



# Background

There is evidence of increasing anxiety and depression among young women aged 16 to 24 years in the UK, with nearly one-third (31%) reporting some evidence of depression or anxiety in 2017 to 2018; this is an increase from the previous year (26%) and the same period five years earlier (26%).

We at The Wellbeing Gen feel strongly about empowering the next generation and setting them up for success and we do this through our Next Gen Programme.

We have delivered our programme in the Oxfordshire area and are currently working the Amersham & Villages Community Board.

# Our work in Oxfordshire

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- Our work in Oxfordshire engaged 35 young people in programmes between April 2022 and December 2022. YP reported a 65% increase in all wellbeing measures and KPIs as a result of attending the programme.







# INNER GAME

Session Plan: 10 -12

**Finding Your Inner Game** – a programme addressing anxiety and supporting resilience delivered through sport.  
6 sessions of 1 hour each  
Improves young people’s levels of resilience and their abilities to deal with stressors and pressures in day to day lives  
Uses sport and physical activity to allow them to understand their natural responses to anxiety and in turn be better able to move in and out of their personal comfort zone with ease and flow.

Cultivating Problem Solving and Decision Making Skills – a programme addressing Cultivating problem solving and decision making, on managing exam stress, through sport we are able to support them to learn how to use the concept of problem solving in a safe and supportive way; to outline key methods of problem solving; to share some information about themselves/their plans to honour the needs of their future self.

# CULTIVATING PROBLEM SOLVING AND DECISION MAKING SKILLS

Session Plan: 18-25



The project is further structured into three levels of engagement: bronze, silver and gold.

- All levels are free, offered to young people on a first come, first served basis.
- Bronze: assembly talks, open to all. Proposed to reach up to 300 young people.
- Silver: open to 50% of total participants. It will include yoga sessions and a mindfulness programme, combining in person sessions and at least 50% online classes to ensure it is accessible to a wide range of young people.
- Gold: a coaching programme, which will be two groups of 8 young people. Recruitment will take place with the assistance of the Local Enterprise Partnership schools network and supported by the Community Board team. Topics include: forming positive habits, managing your mind, healthy boundaries, self-care, managing anxiety, and understanding identity.
- Total cost of programme: £8,555
- Contributory funding from Heart of Bucks: £1,750
- Community Board funding: £6,805



# Deliverables

- Improve well-being for YP by at least 50%
- The number of young people we aim to reach is 150 young people