



ARE YOU....

FEELING FUNNY?

THE COMEDY TRUST ARE WORKING TO  
IMPROVE MENTAL HEALTH AND  
WELLBEING SCHOOLS ACROSS THE UK

[www.thecomedytrust.com](http://www.thecomedytrust.com) | 0151 702 5893

# CREATING HAPPIER, HEALTHIER STUDENTS

The Comedy Trust run a range of workshops and courses that aim to improve young people's mental health and wellbeing through the use of comedy, laughter and humour including:

## FEELING FUNNY: YOUTH WORKSHOPS

Choose between two hour workshops and our comprehensive six week Feeling Funny programmes that use humour and laughter as a tool to improve participants mental health and wellbeing. We do this by creating connections, enhancing relationships, encouraging conversation and creating empathy. We teach participants to use laughter to their advantage to improve their personal resilience, confidence and self-esteem. Feeling Funny sessions are the perfect remedy to tackle the high levels of stress and anxiety faced by students throughout their time in education.



### Participants will learn to:

- Develop personal resilience
- Enhance communication skills to discuss difficult topics
- Build relationships
- Teach participants key methods to cope with stressful situations
- Improve confidence and self-esteem



Take the key steps towards a happier, healthier school through our Feeling Funny programme which is the perfect remedy for students to tackle obstacles they may face. The workshops emphasise the importance of nurturing student's emotional and social well-being throughout their time at school. Sessions provide pupils the platform to develop and sustain the skills required to attain positive mental health and wellbeing.

## FEELING FUNNY YOUTH CLUB

- To continue our integral support of young people across the UK, all participants of our Feeling Funny programmes are invited to a monthly club that provides a safe environment for individuals to continue using humour. Laughter shared within these sessions help participants build new connections, friendships and encourage continuous communication amongst the group. Each month we strive to bring something new and exciting to sessions.





# ENHANCING THE SKILLS OF STUDENTS



Alongside our tailored mental health and wellbeing programmes  
The Comedy Trust deliver workshops that enable participants to  
enhance and improve their skills in the following areas:

## STAND OUT PROGRAMME

Our critically acclaimed Stand Out programme helps students realise their creative potential through a six week stand-up comedy course. Over 10,000 young people have taken part in a Stand Out course across the UK which has won approval from teachers and education professionals across the country.

### Workshops will:

- Increase confidence and self-esteem
- Develop communication and presentation skills
- Explore creativity and literacy skills
- Speaking and listening skills

The 6 week workshop programme runs 2 hours a week with a group of up to 20 pupils either as an out of school activity or within the national curriculum. The course is delivered by professional stand-up comedians and education practitioners and explores all aspects of comedy with an emphasis on creative thinking and writing. Not only does it encourage young people to think and learn creatively, but through the use of challenging activities and varied teaching methods the course promotes confidence, social skills and a positive sense of self-awareness.

## FUNDRAISING

In addition to our workshop programmes we offer fundraising opportunities for schools, colleges, charities and community organisations including:

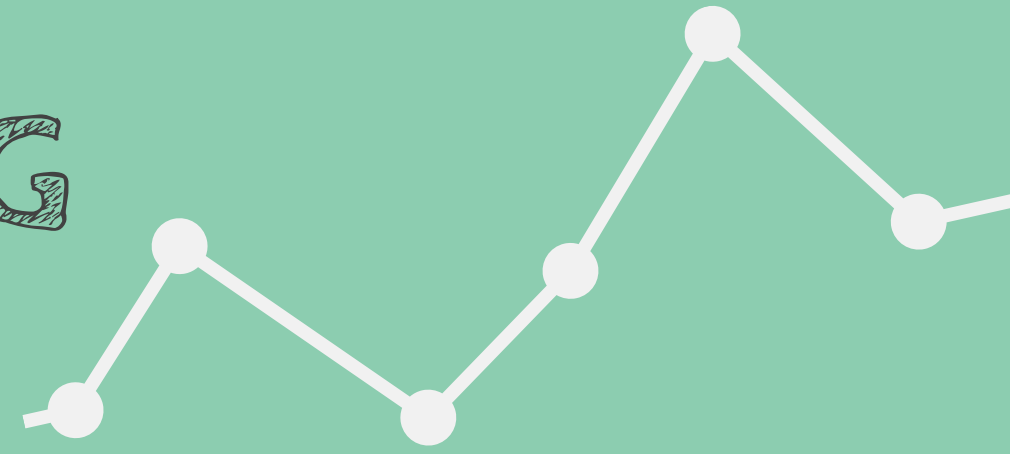
- **Comedy Course with Final:** Rewarding 6 week workshop and event programme for students and / or staff to take part. Think sponsored bike ride, with a twist.
- **Comedy Showcase:** Sit back, relax - we'll do the legwork of organising a comedy event to raise funds for your organisation. All you need to do is send the invite!



For more information on this offer please email  
[charlene@thecomedytrust.com](mailto:charlene@thecomedytrust.com)



# THE IMPORTANCE OF IMPROVING WELLBEING IN SCHOOLS



**Mental illness affects 1 in 4 people across the world and the impact of poor mental health and wellbeing in education is no exception**

## STUDENT IMPACT

Positive emotional health and well-being are a fundamental component in enabling students to flourish and succeed throughout their time in education and within their adult lives.

Young people face a range of emotions, stresses and obstacles as they grow which can contribute to poor mental health and well-being. It is essential to combat this by creating a caring and nurturing environment for learners to develop relationships, increase confidence and provide the tools and learning that tackle negative emotions faced,

**78%**  
of students  
experience poor  
mental health and  
wellbeing

**1 in 10**

young people have a  
diagnosable mental health  
problem

## SUICIDE

is the leading cause of death  
amongst young people across the  
UK

**98%**

of teachers have taught pupils  
with mental health issues. Only

**48%** have been given training  
and / or provided services to  
benefit mental health and  
wellbeing of students



**ANXIETY**  
**DEPRESSION**  
**BULLYING**  
**STRESS**  
**LACK OF**  
**CONFIDENCE &**  
**SELF-ESTEEM**

**70%**  
of children and adolescents  
who experience mental  
health problems have not  
had appropriate interventions  
at a sufficiently early age

**3 in 4**  
Teachers stated they would  
often worry about their pupils  
wellbeing in their free time

**50%**  
of teenagers stated they try  
to cope with their mental  
wellbeing issues alone



## PRICING

**1 HOUR SESSION:**

**£100**

**2 HOUR SESSION:**

**£125**

**6 WEEK PROGRAMME:**

**£900**

Please note that prices may vary dependant on location

FOR MORE INFORMATION OR TO BOOK OUR HEALTH AND  
WELLBEING PROGRAMMES PLEASE GET IN TOUCH

[charlene@thecomedytrust.com](mailto:charlene@thecomedytrust.com) | 0151 702 5893

