

Careers, Employability and Key Skills

Focus Events

At Newbridge Learning Community, we place Social, Emotional and Mental Health (SEMH) and personal development at the heart of school life. Our programmes help pupils develop resilience, make safe choices, and prepare for life beyond school.

Mind & Wellbeing



We support pupils' mental health through:

- Workshops and drop-in sessions on anxiety, stress, and coping strategies
- Mindfulness and emotional regulation activities
- Awareness campaigns to reduce stigma around mental health



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Focus Events

Fearless by Design - Tom Blackledge



At Newbridge Learning Community, pupils had the opportunity to take part in Tom Blackledge's "Fearless by Design" session, exploring resilience, discipline, and personal growth.

This interactive session focused on:

- Stoicism and growth mindset - developing mental strength and learning from challenges
- Discipline in MMA and life - understanding how consistent effort leads to success
- Facing fears and taking action - practical strategies to step out of comfort zones

Pupils engaged in a Q&A about Tom's journey, gaining first-hand insights into overcoming obstacles, goal-setting, and building confidence.

The session inspired pupils to apply resilience and courage in their own lives, both in and out of the classroom.





Wellbeing Day - Focus Events - Inspiring Mental Health Awareness



Wellbeing Day at Newbridge Learning Community

Pupils were inspired by Ian Prescott, who shared his brave, personal stories and practical strategies for managing stress.

Powerful Lessons and Metaphors

Through compelling metaphors and real-life examples, Ian showed how talking about worries can “unload the heavy backpack” of anxiety, depression, and stress.

Pupils Empowered and Equipped

Students left feeling empowered, more confident to share their concerns, and equipped with practical strategies to support their mental health and wellbeing.