

Steps and Stories: The Bright Paths Newsletter

Welcome to the first edition of Steps and Stories!

Each edition, we'll share what we've been working on, updates from our partner schools, and different ways you can get involved in our work. You'll also receive access to free resources and tools to support children's emotional well-being - at school, at home, and in the community. This month's free tool is a printable colour chart to help open up conversations about identifying feelings. Read on to get your hands on yours.

Mission and impact

Around 1 in 5 children in the UK experience challenges with their emotional wellbeing, and in 2023–24, the average wait to access specialist support was 392 days.

Bright Paths provides accessible emotional well-being support for children and young people. We partner with schools to deliver early, tailored mentoring that helps build confidence and resilience.

Since 2021, Bright Paths has partnered with over 30 schools, directly supporting more than 500 children. We've been reflecting on the difference this work is making, and the results so far from our partner schools have been brilliant:

- 92.7% of students felt our support made a difference
- 91% showed significant emotional improvement
- 97% made progress toward their SMART goals
- 848+ referrals across partner schools so far

We're working to expand our network of partner schools and increase the number of children we're able to support – especially those who may be neurodivergent or beginning to show signs of emotional or mental health difficulties.



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Recent highlights

New school offer launched

We've launched a new, flexible mentoring offer for schools. This package makes it easier for schools to access early support for children who may be struggling. If you work in education or know someone who does, please feel free to get in touch.

Funding news

We're pleased to share that, thanks to generous support from the ASDA Foundation's Young Futures Fund and the Postcode Places Trust, we're expanding our reach this summer.

Funding from the Postcode Places Trust, made possible by players of People's Postcode Lottery, will allow us to reach more children across Bedfordshire, particularly those who may not be able to access the support they need through other services.

Summer wellbeing workshops

We're delighted to have received funding from the Asda Foundation's Young Futures Fund to run summer wellbeing workshops for neurodiverse teenagers.

The sessions will be focusing on:

- Understanding neurodiversity and identity
- Managing anxiety, masking, and burnout
- Emotional regulation and sensory strategies
- Building confidence and communication skills

The workshops will take place across the Bedfordshire area and are open to teenagers with or without a formal diagnosis. If you know a young person who might benefit, or if you're interested in supporting the sessions, we'd love to hear from you.

We are currently looking for DBS-checked volunteers to help run the workshops. If you have time to offer and would like to get involved, please do get in touch. We're delighted to welcome our new volunteers Natalea, Millie and Megan to the Bright Paths team.



Team spotlight

We're delighted to welcome our new volunteers Natalea, Millie and Megan to the Bright Paths team.

- Natalea, a business graduate, is volunteering as a social media content creator. She's combining her interest in marketing and her passion for volunteering to support our social media outreach.
- Millie will begin a Master's degree in Cognitive Psychology and Neurophysiology this autumn. She hopes to one day contribute to research on ADHD and autism in girls, and is passionate about raising awareness and helping children access support early.
- Megan, a Politics graduate, is passionate about improving mental health services in the UK for people of all ages, and is keen to use her advocacy role to boost BrightPaths's outreach.

Together, they're helping us to expand our network and bring greater awareness to our mission.



How you can get involved

There are lots of ways to support our work – whether you're an educator, young person or part of a community group. We're always looking for new volunteers and people to help share what we do.

Youth panel and participation





We are developing a Youth Panel for 16–24 year olds with lived experience of challenges accessing support, navigating school, or managing their wellbeing. This is a great opportunity to gain experience in a non-profit setting and help shape our future projects and services.

Volunteer roles - coming soon

We'll soon be opening new opportunities for local volunteers. If you're interested in supporting children in your community, please do get in touch - we'd love to hear from you.

Help spread the word

If you know a school, educator, carer or young person who may benefit from our support, or want to help us grow our network, please share our details.

 support@brightpaths.org.uk  01234 958493  [Contact us](#)  [Support us](#)

This month's free tool: Feelings colour chart




This month's free tool is a printable feelings colour chart that helps children put their emotions into words. It also includes guidance for parents and carers to start helpful conversations at home.

Sometimes, identifying a feeling is the first step to managing it.

 [\[Download the Feelings Colour Chart\]](#)

Stay connected

Thank you for reading the first edition of Steps and Stories! To keep receiving monthly updates, free tools, and ways to support children's wellbeing, make sure you're subscribed, and feel free to share this newsletter with a friend or colleague.

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