

GOOD
MENTAL
HEALTH
MATTERS

THE
FANTASTIC
FREDTM
EXPERIENCE

A mental health resource
that's all about prevention

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NHS



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What is **THE FANTASTIC FRED EXPERIENCE?**

THE **FANTASTIC FRED**[™] ExPERIENCE



The Fantastic FRED Experience is a free preventative and educational mental health resource for primary aged children delivered by a team of trained actors.

Specifically designed to inform, equip and build resilience, it delivers simple, memorable and practical ways that young children can look after their mental health and explains the link between our physical and mental health. It provides six interactive performances per day, each lasting 30 minutes. There are 2 age-specific versions of the performance for Key Stage 1 and 2.

The letters in FRED's name represent the areas of educational focus:

FOOD Eating the right foods

REST Getting enough sleep

EXERCISE Being active

DEVICES Managing time on digital devices

Part of the Good Mental Health Matters campaign, this exciting resource was launched by the NHS in Kent in March 2019 to help raise awareness of mental health among children in Kent, and equip children at a very early age to improve their lifelong emotional resilience.

HOW IT WORKS

Following the recent COVID-19 pandemic, we have adapted the Fantastic FRED Experience and will deliver the same memorable performance to pupils in your school hall or a large classroom.



ON THE DAY

- The event team arrive at approx. 8:30am to set up the stage and equipment, ready for a quick warm up and rehearsal at 9am.
- Performances start at 9:30am and last for 30 minutes each
- 6 performances can be scheduled throughout the day
- Children are given a Fantastic FRED wristband as a constant reminder of FRED along with a parent take home resource.

POST-EXPERIENCE

- The performances are supported by free online classroom lesson plans and resources designed to provide a foundation for the core mental health messages to continue being delivered by teachers after the live experience has visited your school
- A feedback survey will be sent to your school to allow us to continually review and refine the resource where needed.



What FRED NEEDS FROM YOUR SCHOOL

The Fantastic FRED event team will need to access your school from approx. 8:30am on the day of your event.

It is important that someone from your school is available on site to meet them at this time.

We'll need a large space, a hall or classroom, where we can put up our theatre set for the day.

It takes approximately 45 minutes to get our equipment ready and we aim to start the first performance at 9:30am.

Our event crew and performers will need access to toilet facilities in the school.

We also need you to confirm that you're able to provide all facilities and information required for the day of your event so if you've not yet filled in the online confirmation form following your booking, please do so [here](#).



PERFORMANCE SCHEDULE EXAMPLE

Performances start at 9:30am and last for 30 minutes each. We allow 45 minutes between each performance to provide time for the children to be assembled prior to the show and to leave the hall or classroom after the performance.

Detailed below is a suggested schedule, if this isn't suitable for your school, please let one of the event team know prior to your event day. Performance schedules are required to be confirmed 2 weeks in advance of your event.

PERFORMANCE TIME	YEAR GROUP/CLASS	NO. OF CHILDREN
9:30am	1A	60
10:15am	1B	59
11:00am	2A	60
11:45am	2B	53
12:30pm	Lunch Break	
1:30pm	3A	57
2:15pm	3B	57
3:00pm	Finish / Breakdown	

Frequently asked QUESTIONS

Here are some frequently asked questions – you can find more FAQs and further information at [goodmentalhealthmatters.com/for-primary-schools/faqs](https://www.goodmentalhealthmatters.com/for-primary-schools/faqs)

HOW WE ARE WORKING WITH COVID-19 RESTRICTIONS

Following the recent pandemic, we have made some changes to ensure we are adhering to all government guidelines. From bringing our own hand sanitiser to script and performance adjustments, FRED and the Professor will safely deliver their memorable mental health messages to your pupils.

If you have any concerns, please contact a member of the Fantastic FRED Team on 01892 750900.

HOW MUCH DOES THE FANTASTIC FRED EXPERIENCE COST?

Nothing! This resource is completely FREE to all Kent Primary Schools.

WHO HAS DEVELOPED THIS RESOURCE?

This resource has been developed by the NHS in Kent, with assistance from teachers, our children's mental health provider and Kent County Council educational psychologists.

WHAT CAN WE EXPECT TO HAPPEN IN THE LIVE PERFORMANCE?

Fantastic FRED and the professor will deliver a series of entertaining experiments and demonstrations in an interactive and memorable way. The performance will include facts and examples of why the human body is fantastic and practical tips on how to maintain good mental health. Adapted for both Key Stage 1 and 2 age groups, the performance is suitable for primary school children in Reception and Years 1 to 6.



WHAT IF WE NEED TO CANCEL OR POSTPONE OUR BOOKING?

We ask that any cancellations or postponements be made at least 28 days before your booked date. We will do our best to accommodate a new date for you, subject to availability.

CAN WE INVITE PARENTS TO ATTEND THE PERFORMANCES TOO?

We would welcome the chance for parents to also see a performance once all pupils have been through the experience or at the same time! This offer would be at the school's discretion due to the organisation required. We would be happy to discuss this with you during the booking process.

WILL A RISK ASSESSMENT BE REQUIRED?

A full risk assessment for The Fantastic FRED Experience will be provided by our team prior to your event. In addition to this you must adhere to your own school's policy regarding risk assessment requirements.

DOES THE FANTASTIC FRED EXPERIENCE HAVE ITS OWN INSURANCE COVER?

Yes, we will provide copies of all insurances including public liability prior to the event.

ARE THE PERFORMERS AND CREW DBS CHECKED?

Yes, all our performers and crew are professionals and DBS checked.

If you would like more information about The Fantastic FRED Experience or have any questions about your event booking, please call a member of the Fantastic FRED team on 01892 750900.

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