

LARS WINDHORST FOUNDATION TO SUPPORT YOUNG PEOPLE AND FAMILIES DURING COVID-19

20 April 2020, London

The Lars Windhorst Foundation, established by the German entrepreneur to provide support and opportunities to disadvantaged young people, today announces a raft of practical initiatives to bring essential help to schools and families in response to the COVID-19 crisis.

In light of the move to remote schooling, the Foundation is to provide teaching material and equipment to both parents and schools while also delivering toys, supplies and resources for the children of key workers who are still attending school at this time. This effort is supported by Amazon.

In association with Light Education Training and their team of qualified psychotherapists, the Foundation is this month launching a programme to offer support and advice to families, teachers and school staff to help combat the significant impact this period will have on people's mental and emotional health.

Teaching staff and families will have access to well-being sessions facilitated by highly-experienced psychotherapists in child and family mental health. These sessions can offer advice and support, the opportunity to share experiences, and provide practical suggestions to release stress and anxiety such as body awareness and breathing techniques. One-to-one personal sessions are also available.

By supporting parents and teachers with these practical initiatives, the Foundation believes it can help young people and their families navigate through this difficult period.

The Foundation is working with a number of state schools across London to provide support during COVID-19, including the Future Zone Collaboration (a network of 21 primary and secondary schools in Islington), as well as the King Solomon Academy and Handsworth Primary School.

Full information on Foundation's COVID-19 response can be found at <http://larswindhorstfoundation.com/>

Lars Windhorst, Founder of the Foundation, said: "The Foundation has always been passionate about supporting young people and, during this difficult time, I believe it is more important than ever to focus on this. The Coronavirus crisis will cause significant disruption to young people and their families' lives, and schools are facing unprecedented problems. We hope that by offering this very practical support we can help minimise disruption to education and make this period easier for pupils, families and teachers."

Tim Mvula, Assistant Principal of the King Solomon Academy said: "We are delighted with the support we have received from the Lars Windhorst Foundation during this difficult period of readjustment. Like all schools, we've had completely to re-imagine the ways in which we can provide excellent education for all our pupils, be it remotely, or for the few key worker children that are still attending the school. Generous help from Lars Windhorst Foundation has meant that we can increase our impact during home learning tuition online and pupils on site have access to more variety of engaging resources."

Vanessa McHardy, Director of Light Education Training, said: “Parents, children and teachers are under unprecedented pressure, but we know that offering them safe spaces to share and in which to connect is vital. We thank the Lars Windhorst Foundation for their practical support in helping us grow and support our school communities.”

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Notes to Editors

The Lars Windhorst Foundation

The Lars Windhorst Foundation provides disadvantaged young people with experiences and opportunities that empower them to reach their full potential by providing single and multi-year grants to charities, social enterprises and other organisations and partnering with charities with relevant expertise to bring its own initiatives and projects to life.

The Foundation’s activity is focused around four key areas:

- Education: projects which seek to provide young people with opportunities to further themselves through education
- Enterprise and Leadership: projects which seek to provide young people with new skills critical for life success
- The Arts: projects which seek to open up access to the arts for young people and the wider public
- Healthcare: projects which seek to improve the health and well-being of society.

The Foundation was founded by the German entrepreneur, Lars Windhorst, in 2017. He passionately believes in supporting young people and giving them opportunities to thrive. Mr Windhorst is a strong advocate of the power of philanthropy to drive positive social change and started his foundation to help bring together charities and organisations to support this endeavour.

For more information, please visit <http://larswindhorstfoundation.com/>

Light Education Training

Light Education Training Ltd is an organisation that specialises in providing schools, families and corporations with practical ways to develop Life Skills for Mental Health and Well Being. It has developed award-winning programmes to facilitate school environments that help children to thrive, mentally, emotionally, physically, creatively and academically.

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