

WHO AM I?



Wellness Workshops



YOUR SCHOOL'S WELLBEING CHAMPION!

With a background in community health and over a decade as a family pastor, Lorraine (Lolly) brings pastoral care, practical tools, and deep empathy into school settings. She has a particular understanding of the needs of children from underserved areas and creates safe, inclusive spaces where students feel heard, respected, and empowered to care for their bodies and minds.

Her workshops are designed to support core PSHE outcomes, aligned with the Healthy Schools London and Healthy Schools Essex frameworks.

Lorraine creates safe, inclusive spaces where students feel heard, respected, and empowered to take care of their bodies, minds, and relationships.

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WHAT I OFFER

Wellness Workshops



ULTRA-PROCESSED FOODS & ME: WHAT'S REALLY IN MY SNACK?

This eye-opening session helps students understand what ultra-processed foods are, how to spot them on labels, and the impact they can have on energy, focus, and long-term health. We'll explore realistic food swaps and empower students to make more informed choices—without the guilt.

SELF-CARE ISN'T SELFISH: TOOLS FOR TEENAGE WELLBEING

This workshop gives students practical strategies to manage stress, protect their mental health, and build emotional resilience. From screen time to sleep, movement to mindfulness—it's all about finding small, everyday habits that help young people thrive.



FOOD, HORMONES & HOW YOU FEEL

A supportive workshop for girls exploring how hormones and food can influence mood, energy, and wellbeing—especially during puberty. We'll talk about balancing blood sugar, improving focus, and managing monthly changes with confidence and self-awareness.

FUEL FOR FOCUS: EATING WELL TO POWER YOUR DAY

This session explores how food choices affect energy, focus, memory, and mood—especially during school hours and exam season. Students will learn the importance of a strong breakfast, smart snack swaps, and simple ways to boost brain health through everyday nutrition.

