



What is Making Generation R?

Making Generation R, Resilience Through Inspiration is a campaign from Blesma, the charity for limbless veterans, and The Drive Project, the creative social enterprise. Together, Blesma and The Drive Project use Theatre professionals to train wounded veterans to deliver resilience workshops to 11-18 year olds across the UK based on their own stories of overcoming adversity.

Making Generation R reflects our ambition to help create a generation of resilient young people, and aims to raise awareness of the need to teach resilience differently. We have historically had great success in schools with our workshops and the renewed focus on education this year is because although the Government recently introduced teaching resilience as part of PSHE, teachers tell us that they often lack time, resources, or sometimes feel ill-equipped to deal with some of the more complicated problems their students might face. Through the Making Generation R campaign we want to help more young people to be more resilient when they face difficult situations. One of the most effective ways to encourage resilience is through inspiration from others that have overcome their own difficulties.

What we hope to achieve...

Young people today are more likely than any other generation to experience difficulties that negatively impact their wellbeing. Evidence from the NSPCC shows that young people are struggling more than ever with mental health, exam anxiety, insecurities driven by social media, bullying and family problems.

Learning to be resilient can make a big difference to struggling young people. Government research shows that resilience contributes to healthy behaviours, higher academic grades and better mental wellbeing. It helps to develop their self-esteem and self-confidence, whilst reducing anxiety.

NHS experts suggest that by systematically delivering practices and programmes which maximise resilience, it is possible to halve the number of people living with lifelong mental health problems in a generation. That's why the Making Generation R campaign supports injured veterans to take their inspiring stories about overcoming adversity to schools across the UK.

The free workshops inspire and motivate young people, while also giving injured veterans a purpose and positive role in their local communities. Over 20,000 young people have benefited from the free workshops but we know we can do much more. We want to reach a further 30,000 young people by the end of the academic year 2018/2019.