

# Explore

Issue 6

May 2010

## The Students Exploring Marriage Trust

### Rex and Regina

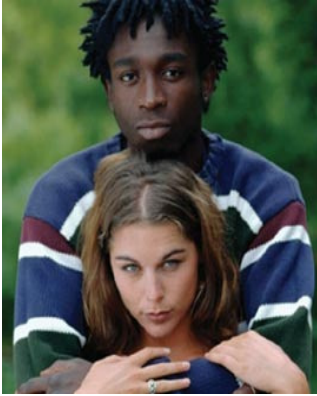


On Friday 7th May, Rex Chester, the Founder and Honorary President of Explore, received his MBE, awarded in the New Years Honours List “for services to young people through the charity Explore” from Her Majesty the Queen at Windsor Castle. Rex was accompanied to the investiture by his wife, Sarah, and his two granddaughters.

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## Setting sail in Poole



The Dorset LCAG has recently completed its first series of workshops at St Edward's School in Poole. The school is in a unique position being one of the few schools in the country established with support from both the Church of England and the Roman Catholic Church.

Explore was invited to deliver a series of 4 classroom-based workshops with Year 13 pupils, who will shortly leave school after completing their A-levels. Many of these 18 year old students have been in long-term relationships for some time and this brought real focus to the opportunity that Explore offered. The intimate smaller-scale discussions allowed many of the young people to really engage with the couples and produced in-depth discussions and greater understanding of the realities of marriage. The evaluations have been very positive and the School have already indicated that they want Explore to hold a half-day conference before the end of 2010

## Working at Wellington

*Marriage is based on trust, forgiveness and love and there are lots of different stages to relationships—*  
**Year 11 student at Wellington College**

Wellington College is a vibrant, co-educational independent school in Crowthorne described in the Good Schools Guide as "a serious player in the field of education". It is a school where pupils take responsibility for their learning process rather than relying on the teachers. The College has been pioneering a well-being course through its Personal, Social and Health Education fortnightly classes, known colloquially as the "happiness classes".

Within this setting, Berkshire Explore was invited to run a series of eight workshops for 160 Year 11 students in January & February. Working with the Head of Philosophy and Religion and his team of staff in the preceding term, the Explore methodology was embedded within their PSHE curriculum. The students' evaluations spoke for themselves with 94% rating the workshops as Good/Very Good.



## Explore meets the DCSF

In February, Explore met with senior officials of the Department of Children Schools and Families to discuss the effectiveness of the Explore methodology as a teaching method for Relationship Education. A very positive discussion was held and in response to a request from the DCSF, Explore has presented a case study on its work at Court Moor School for inclusion in their Sex and Relationship Education Guidance Paper which will be issued in September 2010 and circulated widely to all schools and relevant educationalists.

## A New Chairman for Explore Hampshire

Rex Chester announced last year that he would retire as Chairman of Explore Hampshire on his 75th Birthday—25th May 2010 - and so the search commenced to find his replacement. At its Committee Meeting on Monday 10th May, the appointment of Chris Ford as the new Chairman was approved.

Chris Ford was educated at John Ruskin Grammar School and Westminster College, Oxford where he gained a B.Ed. He is a very experienced and successful educationalist, having taught at Watford Grammar School and Wellingborough School before becoming Deputy Headmaster at Hydesville Tower School in the West Midlands. In 1993 Chris became Headmaster of Meoncross School, Stubbington, in Hampshire—a co-educational independent school. His experience as an educationalist and his leadership ability will serve him well in his new challenge. Chris is married with two adult children.

Everybody will be wishing Chris every success in his new challenge and Rex every best wish for his retirement.

## The 2010 Explore Lecture

Explore are pleased to announce that Dr Anthony Seldon, the Master of Wellington College will give the 2010 Explore Lecture on Monday 8th November 2010. .

Dr Seldon is a political historian and commentator on British political leadership. He is also the 13th Master of Wellington College, one of the UK's most famous and historic independent schools and was co-founder and first director of the Institute of Contemporary British History. Dr Seldon has written or edited some 25 books.

In 2006, Dr Seldon introduced Happiness Classes (or positive psychology) to Wellington College. He wanted pupils to focus emotions in a constructive and healthy way. The classes offer skills on how to manage relationships; physical and mental health as well as how to achieve ambitions.

*Sacrifice a bit of ME for a bit of WE—comment from a Year 11 student at Wellington College*

## Welcoming new Trustees

Three new Trustees have been co-opted to the Board of Explore's parent body—The Students Exploring Marriage Trust.

Amanda McNeil,, a leading property dispute lawyer, Bill Sedgwick, Head Teacher of Allderbrooke School in the West Midlands and Martin Westacott, the Chairman of Explore Berkshire are the three new trustees. There are now 10 Trustees responsible for the governance of the charity.

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**The Students Exploring Marriage Trust**

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**We are on the web**

**[www.theexploreexperience.co.uk](http://www.theexploreexperience.co.uk)**

**Would you like to support Explore?  
Join the Associate Membership Scheme**

The Associate Membership Scheme helps to fund the work of Explore and provides the opportunity for those supporters of the charity's work to be kept in touch with what is happening within Explore.

The Charity wants its supporters to feel part of an active organisation of passionate and committed people who can make an invaluable contribution to the life skills education of young people. Through the Associate Membership Scheme we can engage with our supporters more effectively.

For further information, contact Andrew Wileman on [andrew.explore@yahoo.com](mailto:andrew.explore@yahoo.com) or telephone 07890 513829