

Press release – for immediate publication

Children on free school meals to receive free ‘HappySelf Journal’ to boost mental health thanks to government funding

- *Journals designed to support the mental health and happiness of children to be distributed to children on free school meals*
- *The HappySelf Journal introduces science-backed principles shown to boost happiness and wellbeing into a child friendly daily journaling format*
- *Funding comes from the £40m government boost for companies addressing the disruption caused by Covid-19, awarded by Innovate UK*

Kent, UK, 18th June 2020 – Kent-based mental health start-up, The HappySelf Journal, has been selected by Innovate UK, the UK’s innovation agency, to receive funding from a designated £40m fund competition designed to boost economic recovery from the impact of COVID-19.

The start-up is run by founders Francesca Geens and her husband Nazz Ahammad, and was chosen to receive a slice of the funding from over 8,600 UK applications reviewed by Innovate UK. The funding will pay for several thousand of its journals to be distributed to help support the mental health of the children who receive free school meals.

The competition aims to fast-track the development of innovations borne out of the coronavirus crisis, while supporting the UK’s next generation of cutting-edge start-ups.

The HappySelf Journal promotes happiness and wellbeing through simple science-backed practices such as gratitude, kindness, mindfulness within a daily journaling format. The daily practice helps children build positive habits shown to boost their mental wellbeing, happiness, resilience and mindset.

The UK government recognised the company’s outstanding track record of positive change through its innovative product and this grant will enable the business to distribute several thousand of journals for free to support the mental wellbeing of those children who would otherwise be least likely to have access to this type of resource.

Companies applied in April to the special fast-track competition, with funds being part of the £1.25bn coronavirus package first announced by the Chancellor Rishi Sunak to help UK businesses driving innovation and development.

Francesca Geens, founder and creator of The HappySelf Journal, said: *‘We are on a mission to create happier future generations by promoting positive habits in childhood and are so delighted that this grant will allow us to help bolster the mental health and happiness of thousands of children and their families who receive free school meals’*

Nazz Ahammad, co-founder, said: *‘We have seen the positive benefits and transformational change that the journal has had on over 100,000 children around the world and are happy that we can make our journals more accessible to the children that need them most in these unprecedented times.’*

Schools across the UK are invited to apply for journals at <https://happyselfjournal.com/schools>

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Press contacts:

Martin Campbell on 07802 634 695 or martin@beaconstrategic.com

Francesca Geens, Creator and Founder, The HappySelf Journal, f@happyselfjournal.com

Notes for Editors

- Images of the cofounders and of the HappySelf Journal are available on request.
- Schools wishing to get in touch should contact hello@happyselfjournal.com
- An extensive number of customer reviews of the HappySelf Journal [can be seen here.](#)
- The HappySelf Journal is a limited company and can be found at <https://happyselfjournal.com/>