

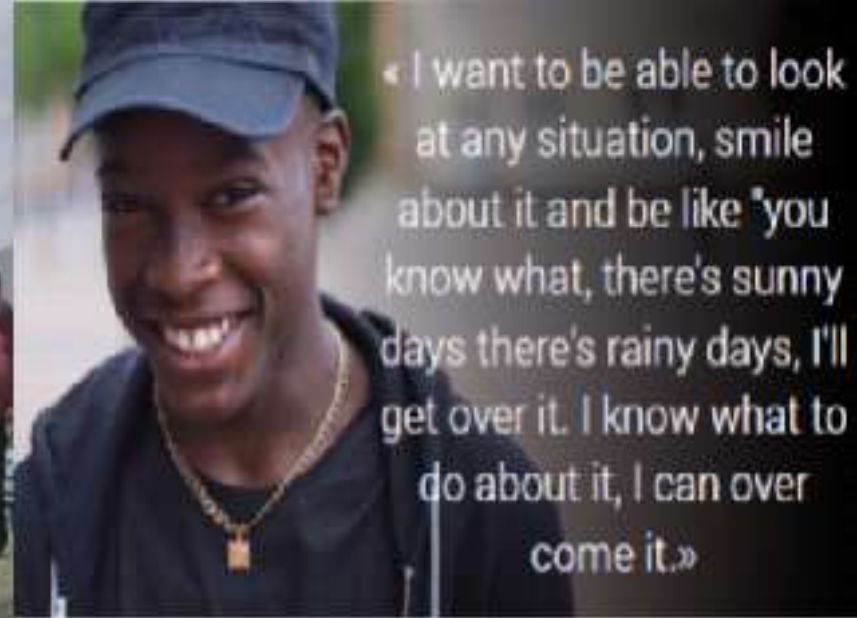
# HeadStart Newham

## Resilience Programme

MAY 2016

“NEWHAM HEADSTART IS TESTING AND EVALUATING AN EVIDENCE INFORMED SYSTEM WIDE APPROACH TO PROMOTING THE RESILIENCE OF VULNERABLE YOUNG PEOPLE IN THE BOROUGH IN ORDER TO IMPROVE MENTAL HEALTH AND BROADER OUTCOMES”

# Why HeadStart matters to Newham's young people



*"What I enjoyed the most is that everyone participated and got involved. It's helped me to communicate with other people."*

***Achievement Coach Supported Volunteering Secondary school participant***



**HEADSTART  
NEWHAM**



# CONTENT

## **1. *Overview of HeadStart Programme so far (Phase 2)***

- Where have we piloted HeadStart in Newham?
- What activities have we piloted?
- What have the outcomes been?

## **2. *Next Steps (Plan for Phase 3)***

- How has learning from Phase 2 informed planning for Phase 3?
- What are the timescales for this programme?

## **3. *Bounce Back Newham – Group session***

- Outline of workbook
  - What improvements can be made?
- 

# INTRODUCTION

- Big Lottery is investing £75 million in 12 local authorities with significant socio-economic deprivation from 2014-2020
- Newham was been selected as one of the local authorities to receive funding. We were granted £700k last year to pilot a range of projects to improve the emotional resilience and wellbeing of 10-16 year olds.
- Worked across 18 schools and multiple community over the last 12 months to pilot and evaluate different approaches to promoting emotional resilience in 10-16 year old pupils at risk of developing mental health difficulties,
- We have recently bid for further funding to roll-out our HeadStart Programme across Newham from Sep 2016-2020.

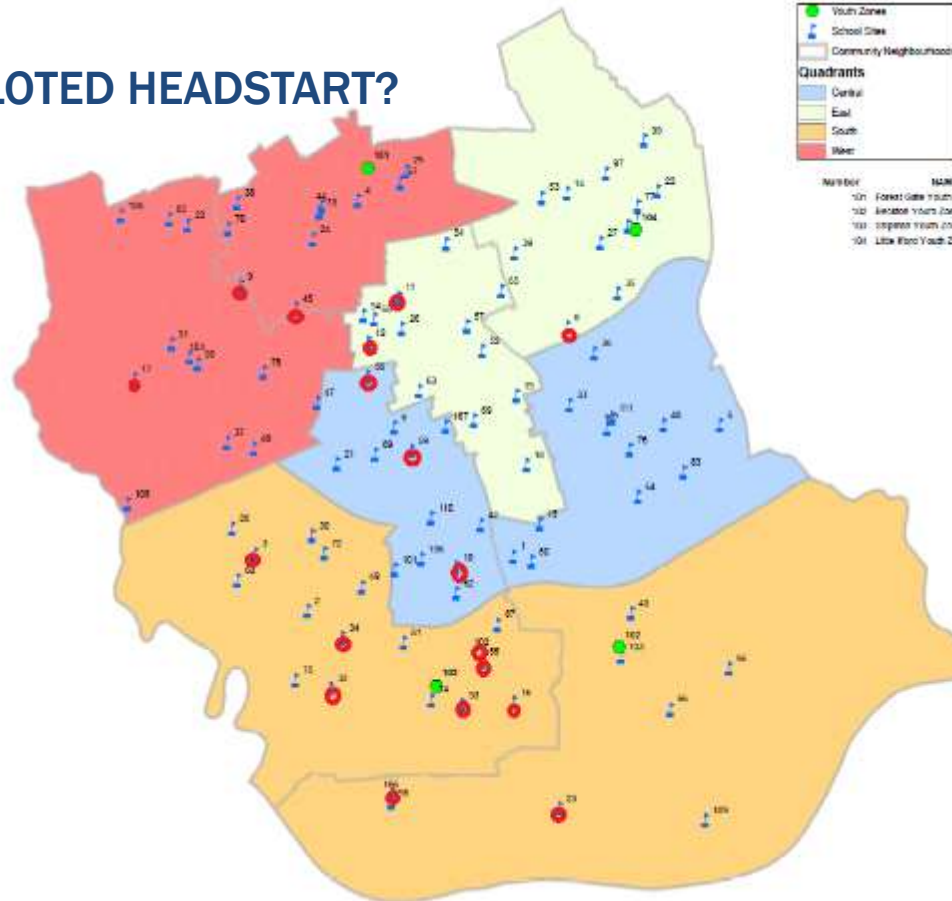
# HEDASTART PROGRAMME OBJECTIVES

Delivery of **evidence based approaches** which promote emotional resilience in 10-16 year olds at risk of developing mental health difficulties which leads to:

- Reduction in Mental Health disorder
- Improved school attainment + attendance
- Reduction in risky behaviours (improved social care and YOT outcomes)
- Reduction in NEET

# PILOT PROGRAMME (Phase 2)

WHERE HAVE WE PILOTED HEADSTART?



School	Number
Cumberland (S)	10
EastLea (S)	3
Oasis (S)	166
Plashet (S)	8
Royal Docks (S)	93
Sarah Bonnell (S)	9
St Angela's Ursuline Convent (S)	11
St Bonaventure's (S)	12
Calverton (P)	16
Carpenters (P)	17
Drew (P)	23
Hallsville (P)	32
Keir Hardie (P)	34
Park Primary (P)	45
Scott Wilkie (P)	55
Selwyn (P)	56
Southern Road (P)	59
Eleanor Smith (special school)	102
<b>Youth Zone</b>	<b>Number</b>
Forest Gate	101
Beckton	102
Shipman	103
Little Ilford	104

# What Activities have we piloted?



## Academic Resilience Approach

Training and support for school staff to increase their capacity to promote the resilience of their pupils



## EPEC 'Being a Parent' Peer Led Training Courses

Peer led training and support for parents of young people to increase their capacity to promote resilience



## Achievement Coach Supported volunteering

A supported volunteering programme to help young people engage in their local community



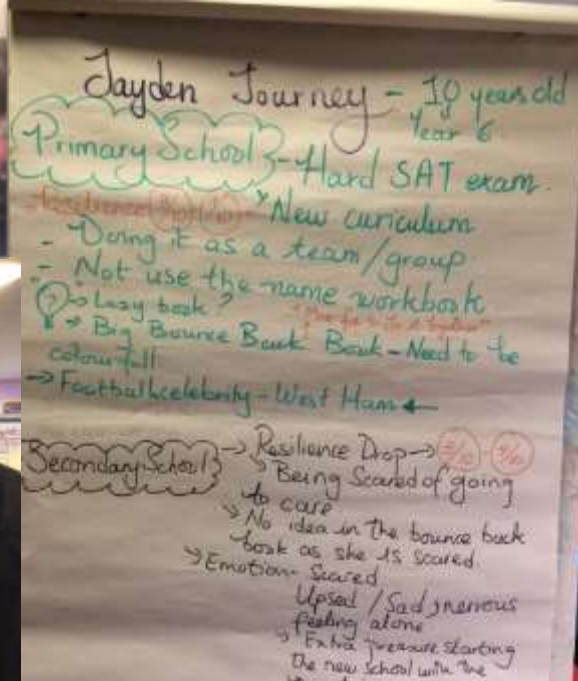
## 'Bounce Back Newham'

Resilience behaviour change workbook and online resource



## Newham More than Mentors Peer Mentoring

Peer Mentors trained and supported to increase their capacity to promote the resilience of their mentees



“HeadStart offers a much needed opportunity for a range of voluntary and community sector organisations to develop their capacity to work with vulnerable children and young people to improve their resilience and emotional wellbeing. It will help us to work more closely with local schools, and to build connected, borough-wide preventative provision for vulnerable children and young people.”

**Claire Helman, Chief Executive, Aston-Mansfield, Newham based VSO**



“I suppose what we get is a culture in this school which is tangibly different from what it was, and my hope is this is beginning of a significant shift in the way this school operates.”

**Irene Forster, Deputy Head from Sarah Bonnell**

“In Newham we have identified the need to transform the system to one which is led and informed by young people, is young people friendly and focuses on promoting emotional resilience and preventing the development of mental illness where possible. This will lead to a reduced demand for more intensive treatments and we hope improve emotional health and wider outcomes for our young people.”

**Meradin Peachey, Director of Public Health**

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# BOUNCE BACK

NEWHAM



**BE THE BEST YOU CAN BE!**


Visit our brand **new website!**  
**Boost your resilience and improve your well being** today, tomorrow and for the rest of your life.

[www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)



# BOUNCE BACK NEWHAM

In four groups, take some time to review the workbook and discuss the following questions:

- Does the workbook meet its objectives of helping young people to complete easy, shared and bold moves?
  - Does the workbook as a whole, and specifically the planner look like it will engage young people? What changes should be made?
  - What support should teachers and youth practitioners receive to enable them to successfully support pupils to complete the workbook?
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If you have any further questions about the HeadStart Programme please get in touch:

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