



Bounce Forward 



# Highfurlong School



# Hannah Gorman

## Bounce Forward Lead



# What is Bounce Forward?



10-week universal, resilience programme that has been delivered in every primary school and SEN school in Blackpool in partnership with Blackpool HeadStart.




We've worked alongside HeadStart for the past 3 years to be a part of their Resilience Revolution and we have encouraged strong co-production links with their YPEG group.



The main aim of the programme is to give children and young people practical strategies they can use to cope when times get tough.

HEADSTART:  
BLACKPOOL

Resilience is the ability to  
**Bounce Forward** from tough times





# Our sessions link to...

## Resilience Framework

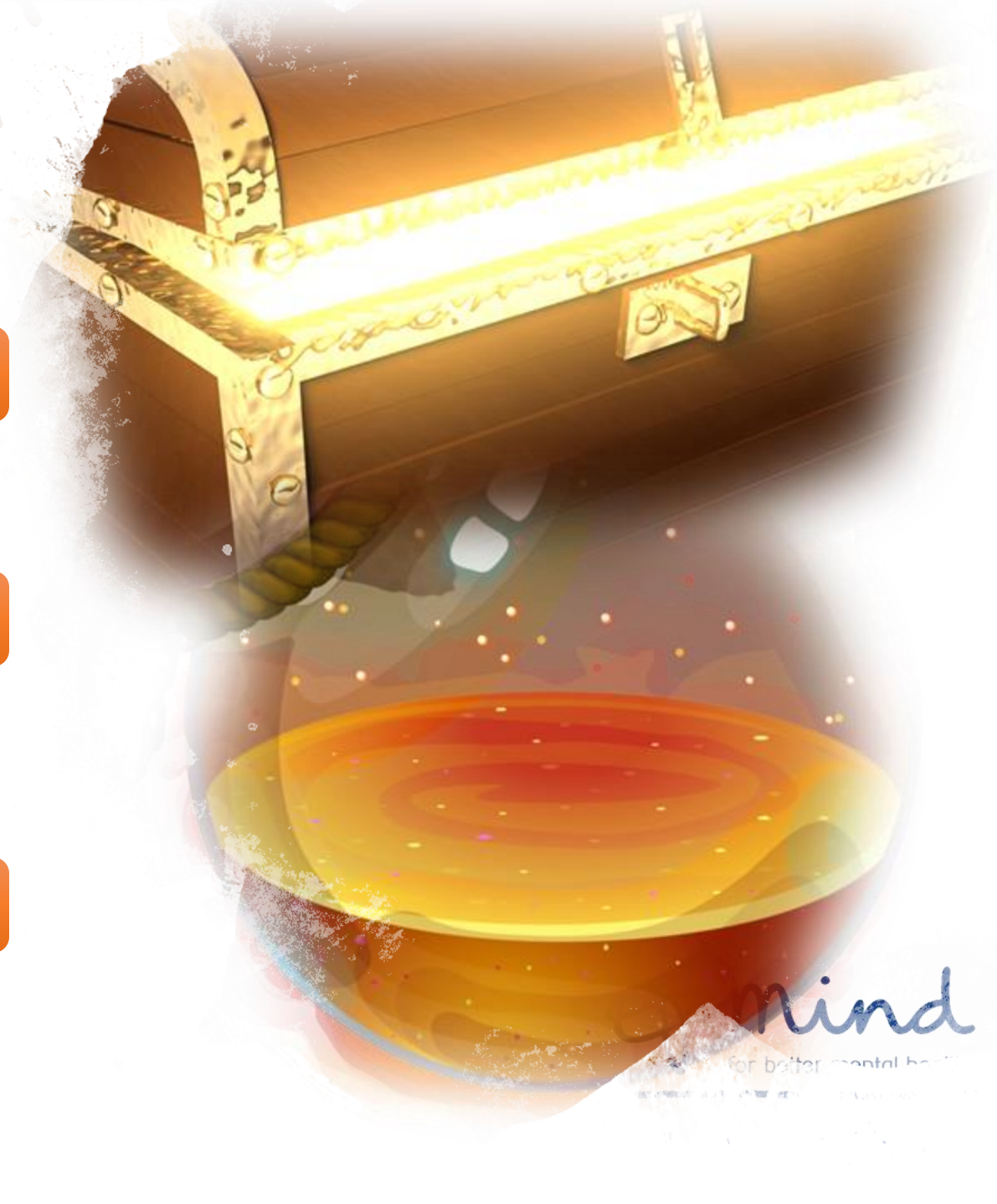
- The framework is embedded to all the sessions.
- Focus on resilient moves and a build-up of resilient moves in their own resilience records.

## 'Ordinary Magic'

- The framework is split up into 5 'potions' that we can work on throughout the 10-weeks.
- Ordinary Magic – that we can all do it, it's within us – we just need to learn how and it makes us feel so good.

## Curriculum

- Fully curriculum linked – coded document which links to new Ofsted Framework, new PSHE objectives that become statutory next September and SMSC (spiritual, moral, social and cultural development).



# RESILIENCE FRAMEWORK

## Basics

-  Good Housing
-  Money to live
-  Being safe
-  Transport and getting to places
-  Healthy diet
-  Exercise and fresh air
-  Enough sleep
-  Play and hobbies
-  Not being judged

## Belonging

-  Find somewhere you feel like you belong
-  Find your place in the world
-  Spend time with good people and in good places
-  Keep relationships going
-  More healthy relationships the better
-  Take what you can from relationships where there is some hope
-  Get together with people you can rely on
-  Responsibilities & obligations. For example: looking after your brother/sister or going to school
-  Focus on good times and places
-  Understand what has happened in your life
-  Predict a good experience of someone or something new
-  Make friends and mix with other people

## Learning

-  Make school or college work as well as possible
-  Engage mentors
-  Plan out your future
-  Organise yourself
-  Highlight achievements
-  Develop life skills

## Coping

-  Understand right from wrong
-  Be brave
-  Solving problems
-  Focus on the good things in life. Put on your Positivity Glasses!
-  Find time for your interests
-  Calming down and making yourself feel better
-  Remember tomorrow is another day
-  Lean on others when necessary
-  LOL Have a laugh

## Core self

-  Instil a sense of hope
-  Understand other people's feelings
-  Know and understand yourself
-  Take responsibility for yourself
-  Find time for your talents
-  There is existing help and solutions for problems, use them

## Noble truths



Accepting



Conserving



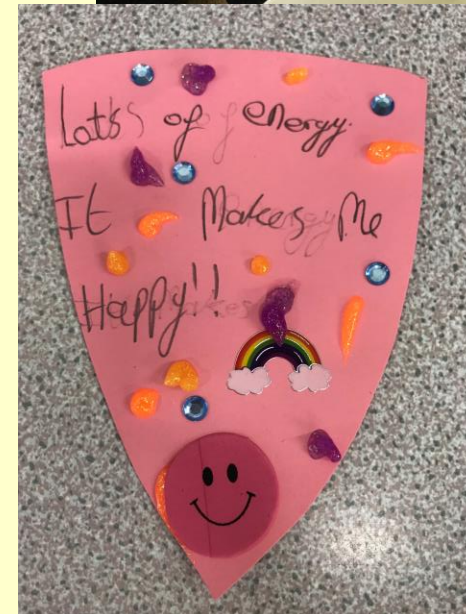
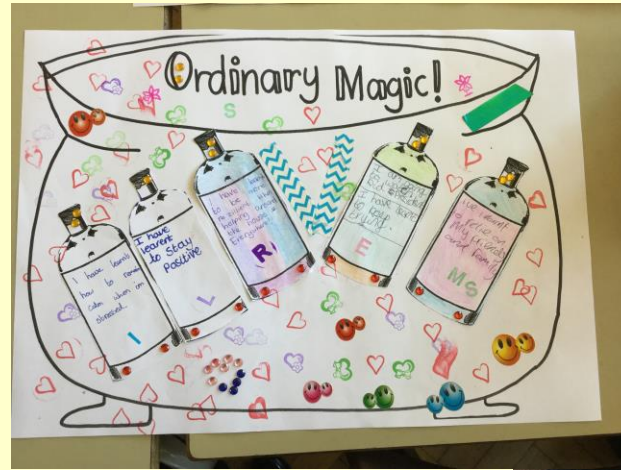
Commitment



Enlisting

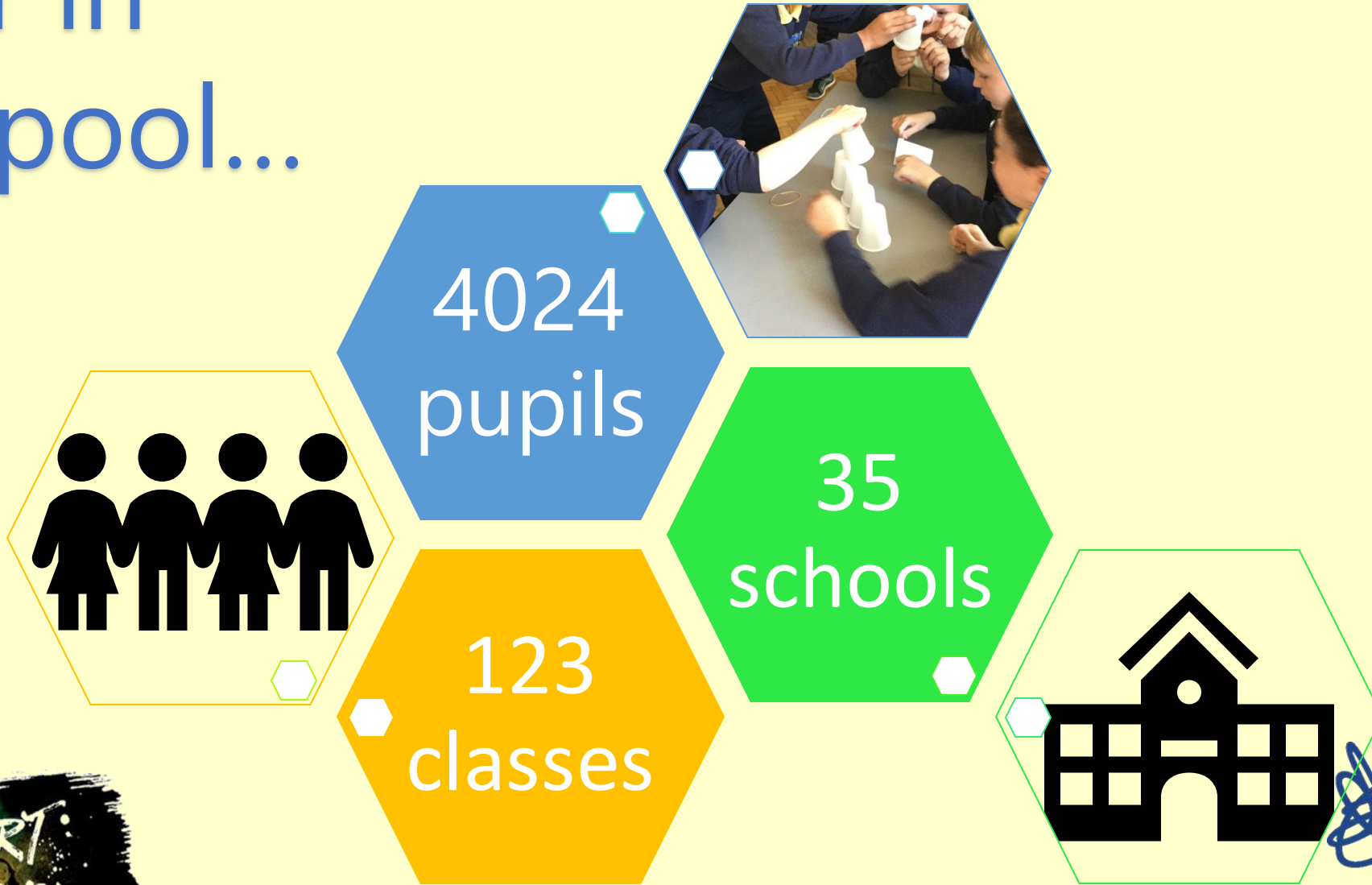


Ordinary Magic  
Basics  
Strengths  
Life Goals  
Ordinary Heroes  
Think Good, Feel Good  
Positivity Glasses  
Problem Solving





# So far in Blackpool...



# BOUNCE FORWARD



Since the beginning of the programme, young people in Year 5 completed surveys before and after taking part in Bounce Forward.

- **Over 2,000** young people completed a wellbeing questionnaire

Young people reported significant improvement in their wellbeing:

- More than half of the young people (**56%**) rated their wellbeing higher after the Bounce Forward sessions and the average increase was **5%**.

- **Over 800** young people completed a resilience survey

Young people reported significant improvement in various areas of their resilience after participating in Bounce Forward, including:

- **Family connection** - having a trusted adult at home, who believes and cares about the young person. **41%** of the young people rated their family connections better and the average increase in scores was **2%**.
- **Participation in home and school life** - playing a meaningful role in decision making. About half of the young people (**49%**) reported improvement in their participation in home and school life and the average increase in scores was **3%**.
- **Self-esteem** - being confident in own abilities to do things, i.e. solve problems. About half of the young people (**48%**) reported improvement in their self-esteem and the average increase in scores was **3%**.
- **Goals and aspirations** - having plans and believing in a positive future. About one third of young people (**34%**) reported improvement in their goals and future aspirations and the average increase in scores was **3%**.

# Successes



- Experienced coaches
- Preventative approach
- Positive feedback
- Showcases/ embedding
- Co-productive work

# Challenges



- Engagement
- Self-Delivery (Y3 school and sustainability)
- Outcome measures



# Bounce Forward Activity

Catherine Jordan

Annie Tyas

Jenn Marsh





# Today:

Learn how to use their strengths when solving problems.

Be able to think creatively and apply ideas to real life situations.

Use persistence when solving problems.

Understand that asking others for help can help during tough times.



Which potion do you think we need for today's session which is all about having hope and keeping positive in tough times?





# What is good teamwork and poor teamwork?





# Cup Towers

1. You only have 10 cups.

2. You cannot touch the cups with your hands.



0:46:06

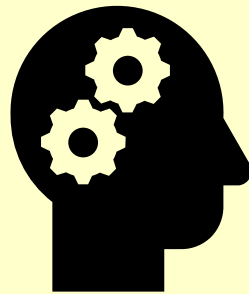
$$2766 = 2 \times 3 \times 461$$

ACE

MMDCCLXVI

101011001110

How does this activity today keep us resilient  
– have a think over break about which  
resilient moves you have made?



# Refreshment break

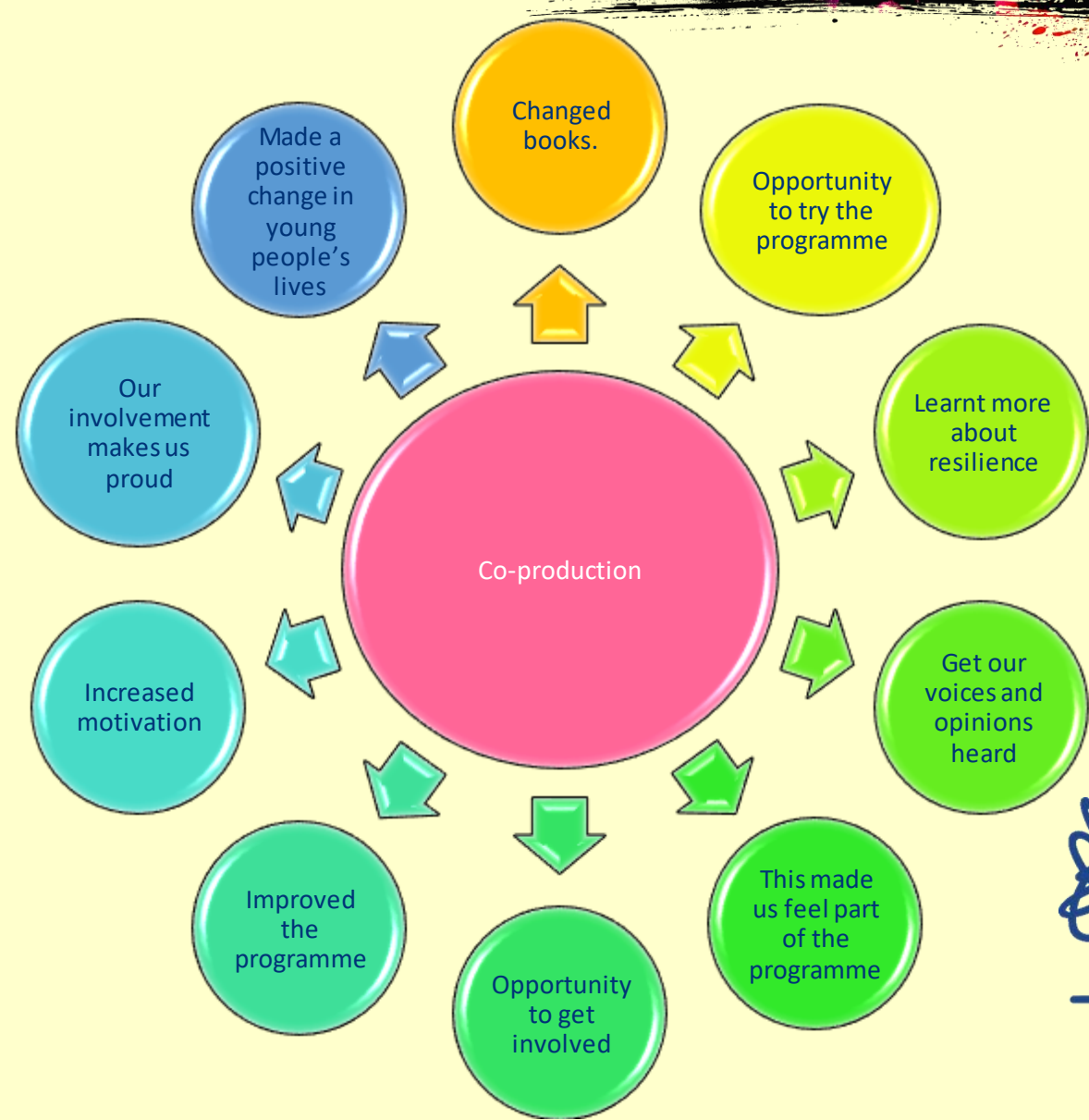
10 mins



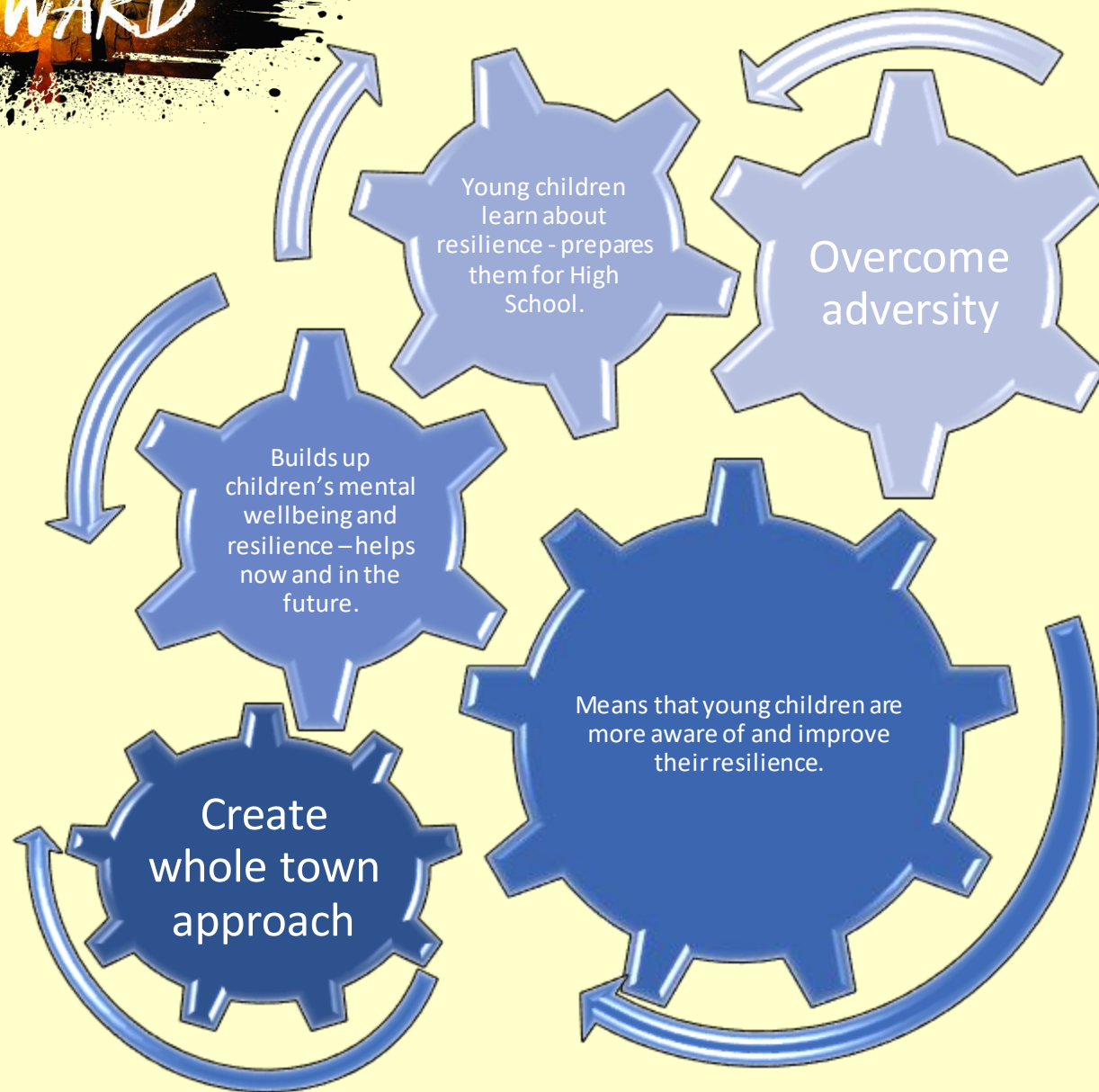


# Young People's Executive Group (YPEG)





# IMPORTANCE OF BOUNCE FORWARD



HEADSTART:  
BLACKPOOL





Teacher packs

Sponsorship and/or  
Funding from the  
council

Children to pass on  
their resilience to  
others

Deliver the  
programme to  
businesses so that  
they can see the  
benefit and will fund  
it

It needs to be a  
priority for  
schools/buying  
programme

Upskilling teachers  
about how to deliver  
the programme

Help children to use  
strategies for coping





# Tommy McIlravey

Lancashire Mind CEO

# Sarah Jeffrey

Head of Services



# HEADSTART ON A PAGE

## FRIEND FOR LIFE



Facilitating adult friends to offer a lifelong friendship for our children (in care) aged 10, 11 and 12 to have fun, go on adventures and be there for them through thick and thin, on the good days and the not so good days.

## COMMUNICATION FRIENDLY SPACES



Speech Bubble are working alongside Educational Diversity to build communication friendly classrooms, so all young people are able to engage fully in learning.

## SELF HARM SUPPORT



Short term support for young people who self-harm and their families, ensuring they have the help they need in the community.

## ACADEMIC RESILIENCE APPROACH



ARA is a whole school approach to resilience. An ARA facilitator will facilitate school led discussions, involving SLT, staff, students and parents, which results in an action plan to become a more resilient school where everyone can thrive. The implementation is supported by the facilitator working with the school's champion. Bespoke training for schools and communities of practice across Blackpool schools are part of the offer.

## YOUTH ENGAGEMENT



The Youth Engagement Team develop and facilitate co-production opportunities for young people, both in school and the community. The aim of co-production is to enable young people to be active participants in solutions and change. Young people have reported that being involved in co-production promotes feelings of achievement, a sense of belonging and purpose, confidence and aspiration.

## PEER MENTORING



Supporting secondary schools to embed the resilience framework into their peer mentoring programmes, offering training to mentors and schools staff.

## MOVING ON UP



Where needed resilience coaches work alongside young people, parents and carers and school during year 6 until the young person is settled in year 7.

## BACK ON TRACK



A resilience coach will work alongside young people, schools, foster carers and social workers to support our children (in care) to remain in mainstream education where appropriate.

## BOUNCE FORWARD



A whole class 10 week resilience course for all young people in year 5, building knowledge and developing young people's expertise in resilience practice for themselves, friends, family and school community.

## TRAINING



Empowering The Revolution - comprehensive training for all stakeholders in the Resilience Revolution; Resilient Therapy for Pastoral Staff, Workforce Resilience, Resilience Get Togethers and the Academic Resilience Approach.

An Ounce of Prevention is  
Worth a Pound of Cure  
- Benjamin Franklin -



# The context.....

- ★ 50% of mental health conditions develop before the age of 14
- ★ 7 in every 10 young people with a mental health condition haven't received sufficient help at an early age
- ★ On average, 3 children in every classroom have a diagnosable mental health condition





# The Green Paper

Key proposals:

- **Designated Senior Leads for Mental Health**
- **Mental Health Support Teams**
- **Waiting Time Standards**
- **Improving understanding of mental health**

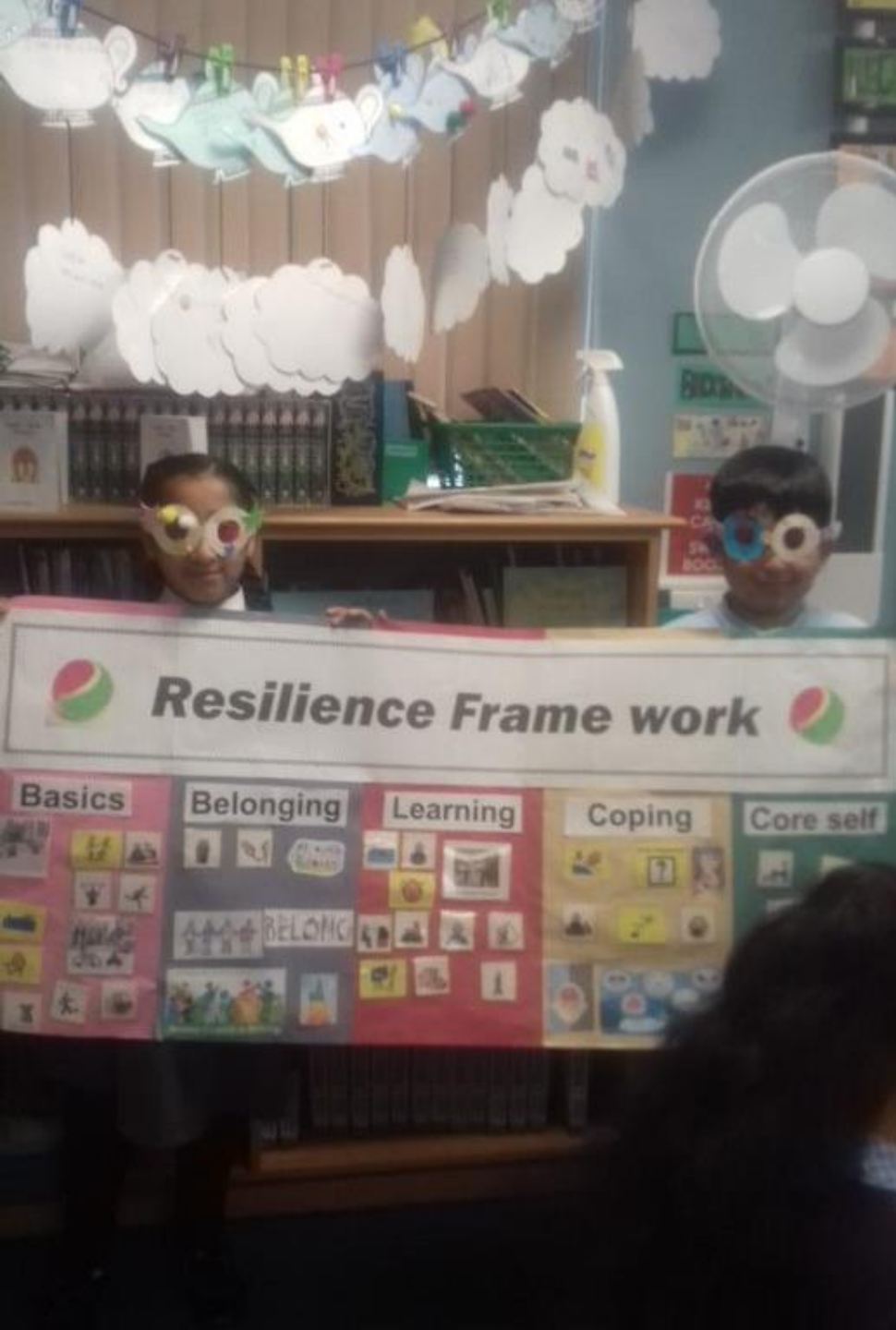












"A fantastic team delivered 'Bounce Forward' with our Year 5 children. It has increased their resilience and awareness of others. This has now started to cascade down through school with the children leading the sessions.

A great way of supporting our children's mental health offering them solutions to manage any tricky situations."

**Deputy Head, Bradley Primary School**



# We need your help...

What can you do to help us leave a legacy of Bounce Forward in Blackpool schools?

What can you do to help us promote Bounce Forward across Lancashire?

