

# mindfulme.

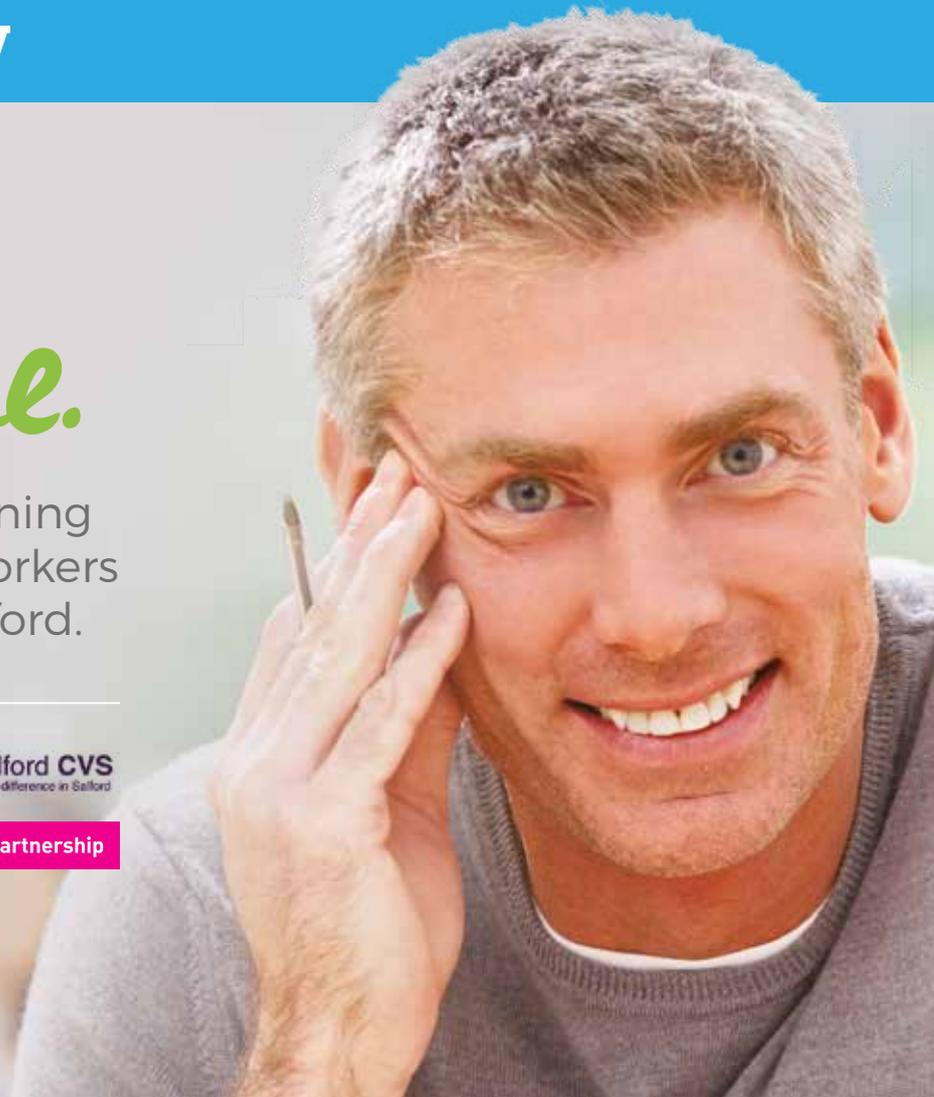
Funded Mindfulness Training for School Staff, youth workers and VCSE workers in Salford.



**Salford**  
Clinical Commissioning Group



Salford City Partnership



Social Sense is currently delivering Mindfulness and Life Coaching sessions through it's 'Mindful Me' programme in 13 Salford secondary schools and four local youth groups.

Mindful Me equips young people and teachers with the mind management tools to manage life's stresses and with the aim being to 'help people help themselves'. The bespoke sessions support building aspirations and reducing anxiety, stress, and low mood by teaching them the techniques to regulate and improve decision making.

The baseline report (s1525) showed that young people in Salford experience a lot of anxiety with 79% reporting to be worried in the last 2 weeks and only 37% believing they could recover from adversity. Our Mindful Me sessions showed an immediate 50% improvement in mood and 90% of young people wanting to use the techniques further based on information recorded on the day.

Whilst very positive, we learnt through similar projects in Halton, Birmingham and Barnsley that support beyond one-off sessions is the key to maintaining impact. In response to that evidence, we have created a Mindful Me App and staff training programme for embedding support and the first step towards achieving a 'mental health cultural change' within schools and other VCSE settings.

## Staff training programme

This project, designed for the **Little Pot of Health** and its aims to achieve community resilience - is therefore about preserving the gains achieved in the innovation project through the upskilling of teachers, youth workers and VCSE workers to maintain support, underpinned by continued practices and local support (community assets) from within the App.

Throughout the train the trainer programme Social Sense Community will also ensure that participants have all the techniques needed to create a culture change in their setting to a more open discussion about mental health.

# The project

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## First phase of the project

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**The training programme will consist of an initial six-month programme starting in February 2018 until July 2018.**

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The Mindful Me team will work closely with approximately 2 chosen teaching and youth professionals across the 13 Salford schools (2 per school) and 26 Salford VCSE workers who work with Salford young people.

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The aims are to embed Mindfulness and Life Coaching session techniques to the participants for lasting impacts and sustainability on mental health in Salford young people.

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The training would start with an interactive training session, which examines in detail the techniques of mindfulness in a fun and practical way. The teachers and youth professionals will be encouraged to practice the techniques for their own benefit before taking them back to their setting and using them with young people.

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## Second phase of the project

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**The second phase to the programme will be the delivery of follow up sessions with each trainee, ensuring they are delivering the Mindful Me sessions appropriately within the agreed QA and curriculum framework.**

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The project achieves sustainability through the delivery of the programme to more trainers within schools and other youth organisations. The tools and techniques can then continue to be delivered to Salford young people through the staff that are trained by Social Sense Community.

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All delegates who undergo the training will also be provided tailored plans from our qualified trainer on how to embed these techniques in their setting to create a culture change around mental health. This will also include access to the Mindful Me app in which they will be able to signpost the young people in their care.

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## Which areas are receiving funding?

The chosen area is Salford. We will aim to work with the more deprived areas and/or the areas with the highest rates of mental health issues in young people.

## Who is eligible to apply?

- ✓ **All Secondary schools**
- ✓ **VCSE workers who work directly with Salford young people**

The Programme commences in February 2018 and will run till December 2018.

## Training Dates

### **VCSE workers**

June 7th June (3-5:30pm)

### **Secondary school staff**

June 12th (3-5:30pm)

Both sessions are being held at **Beacon Centre**, London Street, Salford, M6 6QT.

If you are a Salford based school, youth group or organisation working directly with Salford young people and are looking to find out more about getting involved, email [reece@socialsense.co.uk](mailto:reece@socialsense.co.uk) or call **07808 556 114**.

## Benefits of the programme

**The project will actively contribute to improving community resilience through two specific routes, those of increased confidence and self-esteem.**

### For young people

- ✓ Young people will benefit from the training by receiving the information from qualified and knowledgeable staff in mindfulness.
- ✓ Through the Mindful Me programme, the young people of Salford will be more able to better manage their emotional wellbeing and become much more resilient, which in turn will lead to increased confidence and a greater sense of self and wellbeing.

### For professionals

- ✓ The professionals undertaking the training will also benefit through feeling more confident in their understanding of mindfulness and gaining new skills to deliver to greater number of Salford young people.
- ✓ As these professionals' work in Salford it will also up the skill set of those employed within the city.