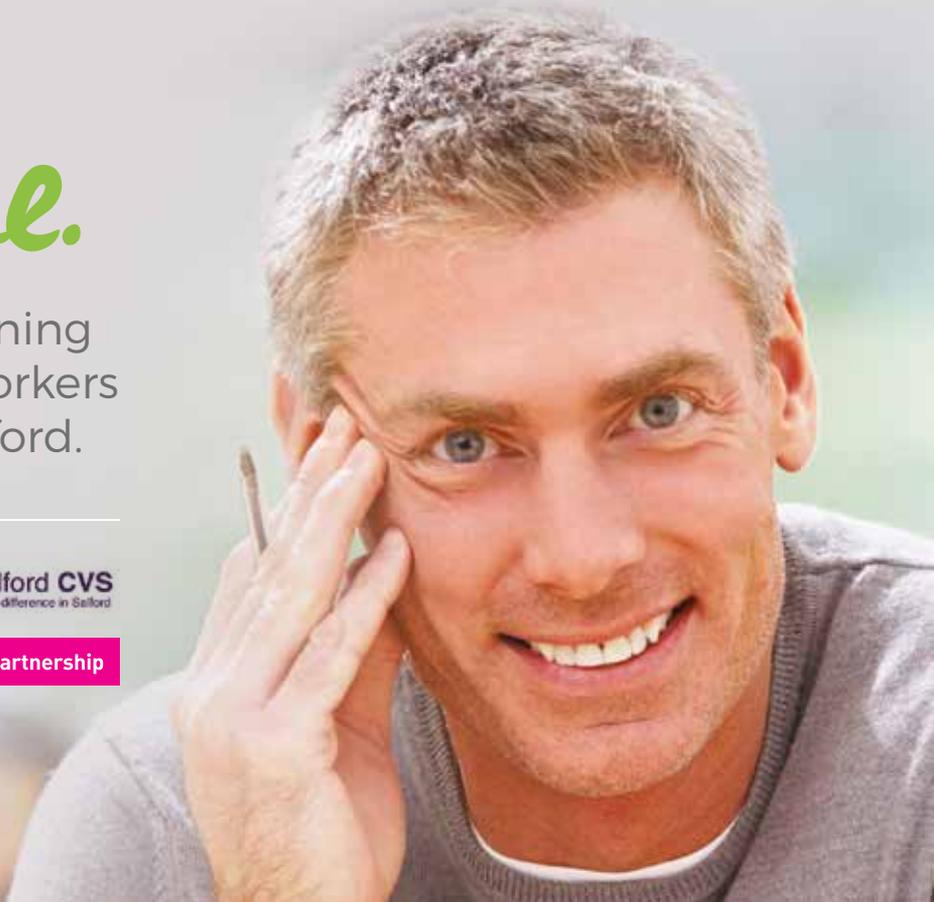


mindfulme.

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



NHS Salford CCG recognises that by scanning for new creative ideas and services for advancement for widespread use, the organisation can improve quality whilst also enabling the reduction of healthcare costs.

The Little Pot of Health Impact Fund is aimed at VCSE organisations operating in Salford. Grants were available to organisations who can effectively deliver measurable outcomes against the wellbeing and health priorities identified in the **Locality Plan: Start Well, Live Well, Age Well**.

The wellbeing and health priorities identified in the Locality Plan are:

1. Community resilience

2. 5 Ways to Wellbeing:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Give

As part of a vision to commission and ensure delivery of high quality health services, NHS Salford CCG has launched the new Little Pot of Health in partnership with Salford CVS.

On the back of a successful project in Salford that obtained positive outcomes, Salford CCG and Salford CVS have recommissioned Social Sense's Mindful Me programme for an extended training project.

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

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.

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 Embedded support and the first step towards achieving a 'mental health cultural change' within schools and other VCSE settings.

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 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

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

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 youth people.

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.

The training would start with a Breakthrough Day, 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

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

This phase looks at wider routes to sustainability, including MBSR training for teachers to further practice and competence.

Through training the trainers, approximately 2000 young people in Salford will continue to measurably benefit from the Mindful Me programme. It is anticipated through this project Social Sense Community would be looking to train approximately 26 professionals outside of school settings. Each of the 26 professionals will then be able to deliver the programme to a further 1000 young people across Salford in youth clubs.

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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.

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 or call **07808 556 114**.

social sense community

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