

# HEADSTART ANNUAL REPORT

**September 2017 – August 2018**



**NATIONAL  
LOTTERY FUNDED**



**Blackpool Council**



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# INTRODUCTION

## Hello everyone. Welcome to the Resilience Revolution's annual report.

HeadStart is a 5 year programme funded by the Big Lottery Fund. In Blackpool, we're using the money to create a Resilience Revolution which is helping all of the town's 10 to 16 year old – as well as the people who care for and work with them – to have the tools they need to increase their resilience.

This Annual Report is full of lots of content and statistics about all our work across the town in our second year, working alongside families, schools and communities, including online.

We want to beat the odds and change the odds.

# ENJOY



# CO-PRODUCTION

We passionately believe that young people and their families are experts in their own right and put them at the heart of our programme. We work alongside young people and parents/carers to co produce, co deliver and co research our work and make key decisions together for the health of the programme. Co production has gone from strength to strength over the last year and we look forward to continuing this work in Year 3.

## What have the young people co produced?

- **18** Blackpool schools have set up Resilience Committees where **137** pupils are helping to decide the priorities for improving resilience in their schools:
  - **12** primary schools
  - **4** secondary schools
  - **2** specialist provisions
- **44** young people are taking part in a range of groups outside of school, including:
  - The Young People's Executive Group (YPEG)
  - The Revolution Researchers
  - The Digital Group
  - Year 6 Group
  - Junior Park Rangers



## How have young people influenced the programme?

- **35** young people have been part of the interview processes to help decide which staff HeadStart recruits to the Resilience Revolution.
- **8** young people have represented their peers at several of HeadStart's strategic meetings, including the bi monthly Executive Board.
- Young people have co produced **40** videos that have contributed towards spreading the message of the Revolution!
- **22** young people have helped to co deliver training and events locally, nationally and internationally.
- Young people have helped to shape **12** significant policies, campaigns and/or methods of delivery for our partner agencies.

- **How have parents and carers influenced the programme?**
- **8** parents are involved in the Parents of the Revolution group. They met regularly and are currently working on adapting a Family Resilience Framework.
- **24** parents have attended 4 training courses delivered specifically for parents and carers.
- **15** people attended the first meeting of the Special Guardianship Order group.



# THE REVOLUTION IN SCHOOLS



**802** school staff trained in resilience



**44** schools engaged and on-board



**6** Communities of Practice were held



**17** resilience action plans have been written by schools



**110** Academic Resilience Approach meetings have been held



**12** out of **16** Year 2 schools have completed the whole-school resilience process



## Schools Innovation Fund

Every school in Blackpool can apply for money from this pot to try out creating ways of increasing their pupils' resilience. This year, 18 schools had their bids approved. Projects include:

- Forest schools
- After-school activities
- Dedicated spaces to improve resilience
- Anti-bullying programmes
- Recognising achievements
- Community café
- Communication skills
- Helping pupils manage in class

## Quotes from staff

*"Taught me how to reinforce positivity"*

*"The training will improve my classroom practice"*

*"Better practitioner in terms of my understanding of individuals"*

*"I am more conscious of language used and understanding the bigger picture of each child"*

# BOUNCE FORWARD



Bounce Forward is a whole-class 10-week resilience course delivered by Lancashire Mind for all young people in Year 5.

Delivered to **25** schools

**1,204** young people have attended Bounce Forward

**68%** increase in young people's wellbeing

**50%** of young people increased their resilience

**95%** of young people would recommend the course to a friend

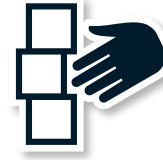
**98%** of young people feel positive about the course overall



*"Bounce Forward has helped me because I used to be very angry but now I can deal with my emotions better. I'm also more open and I can talk to people better about how I feel"*  
(young person)

*"What the Bounce Forward programme has done, it's made them realise the skills they've got already and brought them to the surface so they can feel confident applying them"*  
(teacher)

# RESILIENCE COACHES



Our Resilience Coaches are testing and learning the Boingboing resilience approach with young people and families across the town. The team is working across systems to make transition from primary to secondary schools as positive as possible, supporting our children to remain in mainstream education where appropriate, and working with young people who self-harm.

## Quote from teacher:

*“Since the resilience coaches have been working with our pupils, I have seen a positive result in terms of confidence and how the children present. This interaction and contact has been particularly positive with one child who comes from a very challenging background. The child is now more willing to talk to members of staff at school, is beginning to recognise that there is not a need to sit in the house and play video games or watch the TV every day. The child has greater aspirations and confidence, arriving at school on time having previously been late on most days. He has, this year, made good progress in all areas of the curriculum - I do not believe he would have done so without the resilience work completed with him. He is a new child!”*

**363 young people and their parents/carers have been supported to beat the odds whilst changing the odds.**

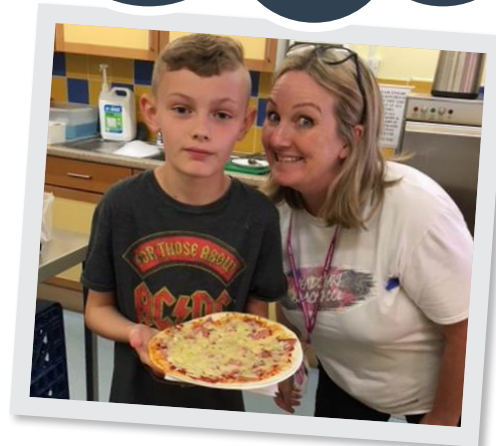
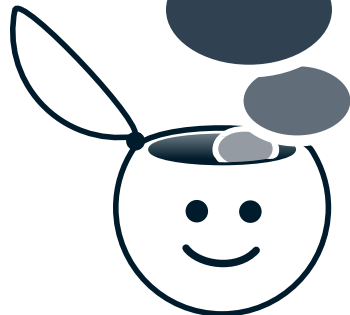
**209** young people have profited from group work.

**30** young people and their parents/carers have benefited from self-harm support.

**14** of our young people have been supported to remain in mainstream school through the Back on Track project. This saves the school up to £8,000 in charges for permanent exclusion, and avoids the Council paying £15,000 a year for a place at the Pupil Referral Unit.

**72** young people and their parents/carers have benefited from individual support whilst transitioning from primary to secondary school.

**28** young people have taken part in Saddle Up (art and equine therapy).





# WORKFORCE DEVELOPMENT



Embedding our resilience approach across the whole town is crucial to achieving our one approach – one language vision and ensuring improved and sustainable outcomes for children and families in the town. HeadStart considers our whole community as its workforce and therefore has a range of free and accessible learning opportunities for all.

**22 Professionals** have attended Facilitating Resilience Therapy training and can now supervise and train in the approach across all sectors of the workforce.

**12 Professionals** have attended Supported Academic Resilience Approach and are now facilitating the whole-school approach in their own schools and others across the town .

**90 people from professional, voluntary and community sectors** have attended our **Introduction to Resilience Therapy** to develop a deeper understanding of Resilient Therapy and look at how they can apply the approach in their work to contribute to a positive impact on improved outcomes for children and families.

**22 Parents and Carers** have attended Resilient Therapy training programmes and learnt about resilience and how it can help make positive changes within families.

**66 Professionals** have attended our Practitioner Resilience programme which gives them the skills to understand and manage the impact of working in demanding environments on their practice and personal emotional health and wellbeing.

A key strand of the HeadStart workforce development strategy focusses on education and social care where the workforce are in the forefront of working with children and families.

**945 staff from schools across Blackpool** have attended the **What is Resilience?** course which aims to ensure all school staff understand why resilience is important.

**20 pastoral staff** have also attended **Introduction to Resilient Therapy**.

**83 Social Workers and Managers** have attended Resilient Therapy training alongside Risk Sensible training and are currently testing ways of embedding the approach in their social work practice.

**160 people** from across Blackpool have attended our **Resilience Get Togethers**, which are open to all and provide a brief 2 hour overview of the Programme. Many attendees have gone on to attend other programmes, become volunteers and positively engage in the **Resilience Revolution**.



# FRIEND FOR LIFE



Facilitating adult friends to offer a lifelong friendship for our children (in care) 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.

- **7** information evenings with **36** potential Friends for Life.
- **15** committed friends = **41%** of people who attended an information evening are committed to being Friends for Life
  - **4** successful Friendships already in place
  - **2** Friends ready to be matched
  - **9** Friends in training
- **6** training events delivered to **15** committed friends on topics such as, Attachment and Belonging, Resilient Therapy, and What Makes a Good Friend. **100%** of people attending those training events indicated that their knowledge had increased due to the training.
- Most importantly, the **4** successful friendships are going strong! The first friendship has been going for **7 months**.
- Outcomes will be reported regularly through evidence collated by the Friends for Life PhD student.



# WALK AND TALK



Walk and Talk supports young people at risk of self-harm by taking counselling into the community and enabling young people to choose the space they want to meet and talk in.

**217** young people received support from Walk and Talk

**2,178** appointments attended by young people

**70%** of appointments took place in the community  
(**44%** public place, **26%** in school)

**76%** of young people had a decrease in negative thoughts

Average young person showed **30%** decrease in negative emotions



# DIGITAL



**120** pieces of digital content created with Young People, HeadStart Staff and members of the community

## St Georges school healthy eating programme

Developed in collaboration with Public Health and designed to instil and show how resilience and the framework can be used in any subject matter. This is an example of how the students are working together to gain life skills etc.

[www.youtube.com/watch?v=QnFvHTntpVE](http://www.youtube.com/watch?v=QnFvHTntpVE)



## Digital Story/Vlog campaign for the month of October – 22 Part Series

Vlogtober was a social media video campaign designed to show how our Resilience Framework can be used in everyday situations.

This was a huge success with a **25K+** views across social media.

The success of this campaign raised awareness of our programme by an amazing 1478% (Facebook) over the month of October compared with the previous month.

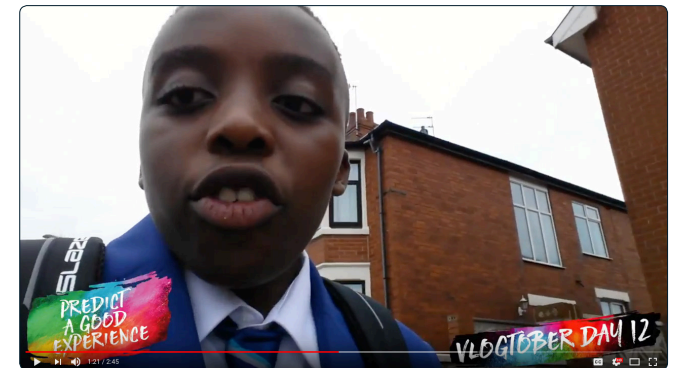
Vlogtober – Thank You Video

[www.youtube.com/watch?v=GhMjYnRY5Mw](http://www.youtube.com/watch?v=GhMjYnRY5Mw)



Vlogtober – Playlist -

[www.youtube.com/watch?v=gYETkD0-kU&list=PLWONnYFroIt0IUl631GxuZ7rZQIPBxoiy](http://www.youtube.com/watch?v=gYETkD0-kU&list=PLWONnYFroIt0IUl631GxuZ7rZQIPBxoiy)



## Resilience round-up

This is a co-produced news programme with our young peoples digital group.

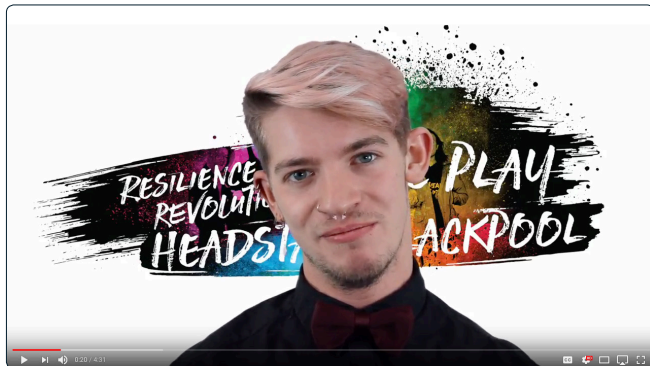
The resilience round-up was created to detail all the amazing things going on in programme and to raise awareness of the Resilience Revolution and how we are “beating the odds while changing the odds”.

Our first episode was seen by over 11K people (Facebook) which increased engagement by parents and carers in our programme and also led to amazing feedback for the young people involved.

## Examples of supporting staff development

Staff across the programme have been supported to embed digital innovations as part of their work.

- Cooking Group  
[www.youtube.com/watch?v=HEWddMXxk1c&t=2s](http://www.youtube.com/watch?v=HEWddMXxk1c&t=2s)
- Helping two young people who wanted to creatively express themselves in their sessions  
[www.youtube.com/watch?v=LRaaORNmw\\_E](http://www.youtube.com/watch?v=LRaaORNmw_E)
- Young person reflected on how they were being resilient by looking after a new pet snake  
[www.youtube.com/watch?v=rxniNnc9Kt0](http://www.youtube.com/watch?v=rxniNnc9Kt0)
- Creating a role playing group to learn about the framework with stories and games h  
[www.youtube.com/watch?v=btRTZXGUwXo&t=146s](http://www.youtube.com/watch?v=btRTZXGUwXo&t=146s)



The Friends for Life team have created vlogs and stories of their friends to help with future matching with young people. We have found this helps the friend to understand new ways of communicating with young people

[www.youtube.com/watch?v=xhJNjaEzteg](http://www.youtube.com/watch?v=xhJNjaEzteg)



Our Parental Engagement team has also used video to help them evidence their impact

[www.youtube.com/watch?v=xBtSNJZso4I](http://www.youtube.com/watch?v=xBtSNJZso4I)



# DIGITAL INNOVATION FUND

**£62,500** has been awarded to three local organisations to develop and run innovative digital projects to improve resilience in young people.

- **OFFiGROW** is an app that is being developed by a start-up business called OFFiGO. The app will be free for young people, and will help them find activities and offers in their local area. Two apprentice jobs will be created using the funding.



- **Tramshed**, a local theatre production company, will use the funding to hold twice weekly free workshops where young people will learn about the digital aspects of theatre production. The charity involves young people who would not normally engage in the arts or have been excluded from activities in the past.



- **Blackpool Carers Centre** has listened to young carers and is developing an app called Hear Here. This will provide information about local services and practical skills the carers can use to improve the basics in their own lives as well as taking care of their core selves, allowing them to better organise their caring role around their own learning and social priorities. The app will provide access to coping strategies that they can use on their own and simplify communication with their support worker.

## Blackpool Carers Centre

*Quality • Passion • Respect*

# BOINGBOING



Boingboing is a social enterprise that collaborates with people to encourage and co-develop resilience research and practice. Activity this year included:

**6 Resilience Forums facilitated - these are a space where discussion and debate about resilience research and practice is brought to life. People learnt about topics such as:**

- Our South Africa Experience
- Developing Children’s Communities
- Rethinking Preventative Wellbeing
- Co-producing a Mental Health Recovery College Course
- Friends for Life
- Young Carers



## Supervision

- 130 supervision sessions delivered with Resilience Coaches, facilitated through a mixture of 1:1 and group supervision formats. Quotes:

*“Through one to one supervision I am able to explore at a deeper level, relationships, attachment and gain a greater understanding of the therapeutic theory and Resilience Framework in relation to my individual young people and their families”*

*“As a group I feel we are becoming more authentic and empathic toward each other, this is a great learning space to have each month.”*

- Facilitated a ‘Community Showcase’ event with the Big Lottery including input from The Grand Theatre, Tramshed Theatre and Blackpool Carers Centre alongside Junior Park Rangers and Parents of the Revolution.

- 26 Programme Support sessions with Professor Angie Hart to ensure the programme remains true to the evidence informed Resilient Therapy approach.
- Work with community groups.
- Case study – Blackpool Grand Theatre

*“The Grand Theatre set up the Junior Artists after school Arts and Resilience Programme, working with 100 children with low resilience and confidence from across Blackpool. They have been exploring stories that are presented on the Grand’s stage through a resilience lens. The Grand is committed to working with its local community and has sought to apply a resilience approach across our creative and community offer to ensure children, young people and families experience the Resilience Revolution in a range of ways.”*

# CREATIVE EXPERIENCES



Offering creative activities for young people who might not have had the chance before to enjoy a new activity and have the opportunity to develop their skills further. Delivered in collaboration with three of our partners:

- Blackpool and Fylde College – cookery
- Grand Theatre – drama
- Blackpool Sixth Form – sculpture

In the sculpture project at Blackpool Sixth Form, over 300 children took part in taster sessions, with 60 children took part in final design stages workshops, sculpture building, and peer mentor training.

At one school, only two students at the start of the program had selected to do art at GCSE. By the end of the course, all 20 who took part in the project have taken art as a GCSE option, and the school has now reintroduced art into the year 8 curriculum.



*“This program really helped pick up a student during some dark experiences and provided them with a positive focus in life.”*

Teacher

*“Thank you so much for this experience. My son now has a clear focus and is really looking forward to coming to college, he did not have a clear focus before the program but is now really inspired to pursue the creative industries.”*

Parent

*“I love activities, really like the message in a pot, it makes me feel happy and I learnt a lot.”*

Student