

Mental Health, Wellbeing & Life Skills Project Update - November 2017

Background

We have been awarded funding by Hillingdon Community Trust to deliver our Mental Health, Wellbeing & Life Skills programme as a pilot project at Barnhill Community High School.

Update

Originally the programme was going to be delivered solely with year 12 students studying for their BTEC National Level 3 Diploma in Health and Social Care. To increase the number of direct beneficiaries and to try to ensure the success of the project, we have now opened the programme to all year 12 and 13 students. We are beginning delivery on Wednesday 22 November and the programme will finish on Wednesday 28 March 2018. To date (13.11.2017), we have 19 students signed up to participate.

Further opportunities

Since confirming delivery with the Barnhill leadership team, we have built relationships with staff representatives from Global Academy Hayes and Northwood School. Both schools are keen to work with us on mental health themed projects that will provide opportunities for their students to develop resilience through the acquisition of knowledge, skills and experience.

- **Northwood School** - We have arranged to deliver a shortened version of the Mental Health, Wellbeing and Life Skills programme (5 weeks) in February/March 2018. The project will be delivered to all Year 10 forms as part of their PSHE curriculum. Delivery will be divided between Healthwatch Hillingdon's Community Engagement Officer (Children and Young People) and teachers at the school. The school is interested in the full 16-week programme but to run this, we require additional, external funding because the school is not able to self-fund it.
- **Global Academy Hayes** - We have met with the Associate Senior Leader and the Student Progress and Pastoral Support Leader and have identified ways we can work with the school straight away:
 - I am co-delivering an assembly about mental health and wellbeing with a Year 12 student on Friday 24 November. I will also use this opportunity to publicise the recruitment to Young Healthwatch Hillingdon.
 - I am meeting with one of the media teachers to discuss working with a group of his students who, for one of their projects, are required to work with a charity to create a media campaign.

However, they have also asked if we would be willing to work with them to develop a health and mental health mentoring programme for the school's

students and are very keen to have the 16-week Mental Health, Wellbeing and Life Skills programme delivered in the school.

As with Northwood School, we cannot deliver the 16-week programme without additional, external funding. I have also advised that it would be best to wait to see how many of their students apply for, and are recruited to Young Healthwatch Hillingdon posts before looking to develop a mentoring programme. Once they are trained and in place, and we have a better idea of the level of support that YHWH will require, we can look at the possibility of working with them to develop a mentoring programme specifically for Global Academy Hayes that builds on Young Healthwatch Hillingdon work.

We are awaiting the results of two funding application submissions relating to expanding the delivery of the Mental Health, Wellbeing and Life Skills to other schools throughout Hillingdon:

- **The Berkeley Foundation** - to deliver the Mental Health, Wellbeing and Life Skills programme in four secondary schools in Hillingdon's most deprived wards.
- **City Bridge Trust** - to deliver the Mental Health, Wellbeing and Life Skills programme in twelve secondary schools throughout Hillingdon.