

Building Resilience Training Programme

Client: Tower Hamlets CCG

Location: LB Tower Hamlets primary and secondary schools

Timescale: 2017-2018 extended to Dec 2019

ABOUT THE PROGRAMME AND OUR ROLE

Kaizen, in partnership with Poplar HARCA, was commissioned by Tower Hamlets CCG to deliver a 1-year multi stranded learning and development programme consisting of personal development workshops focussing on building resilience for children, young people, parents/carers and school staff to impact young people's wellbeing and mental health. This is a peer-to-peer programme where young people between ages 16-19 were trained as peer trainers to co-deliver the programme, working with specialist trainers from Kaizen. We worked with children and young people from Years 5-10 and the workshops were tailored for the different ages.

Kaizen designed and delivered the entire programme. Tasks undertaken include:

- Design of the programme and project materials
- Design of overall project and engagement plans
- Engagement process with every primary and secondary school in LB Tower Hamlets
- Coordination of workshop bookings with the schools and with the peer trainers
- Coordinating, Training and supporting the peer trainers
- Delivery of 40 training workshops for young people, 9 for parents/carers, 1 for youth professionals
- Creating lesson plans for schools on building resilience in their students
- Reports to the CCG

OUTCOMES

The outcomes were very positive: we have delivered workshops for over 1000 children and young people in schools across Tower Hamlets:

- 82% of the young people said they left the workshop with a better understanding of mental health and 83% would recommend the workshop to others
- Over 95% of the parents/carers said they had a better understanding of mental health and how to support their child and 100% said that they would recommend the workshops to

other parents/carers. Many schools have requested more workshops and asked can they be involved with any programmes we deliver in the future

- The peer trainers have developed their confidence and skills which they are using in their schools and in their lives and they are keen to be involved in the future

A few quotes from the evaluations include:

"[The most useful part was] feeling able to express myself without feeling judged."

"This workshop motivated me. And I've given up with my nervousness."

"I think this workshop made me more likely to talk about stuff with my family/friends."

"[Mental health is] vital for pupils to understand...I will continue to remind them of examples from this session"

"[The most useful part was] discussion with other parents - sharing problems across other families & cultures."

Tower Hamlets CCG were very pleased with the success of the programme which far exceeded expectations and tender requirements (our commitment was to work with 750 people) and they extended the programme until December 2019.