

Kush Patel
Mai Gibbons
Sunita Pallan
Duncan Barrett

CITY OF
WOLVERHAMPTON
COUNCIL

Our mission:
Working as one to
serve our city

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What is HeadStart Wolverhampton?

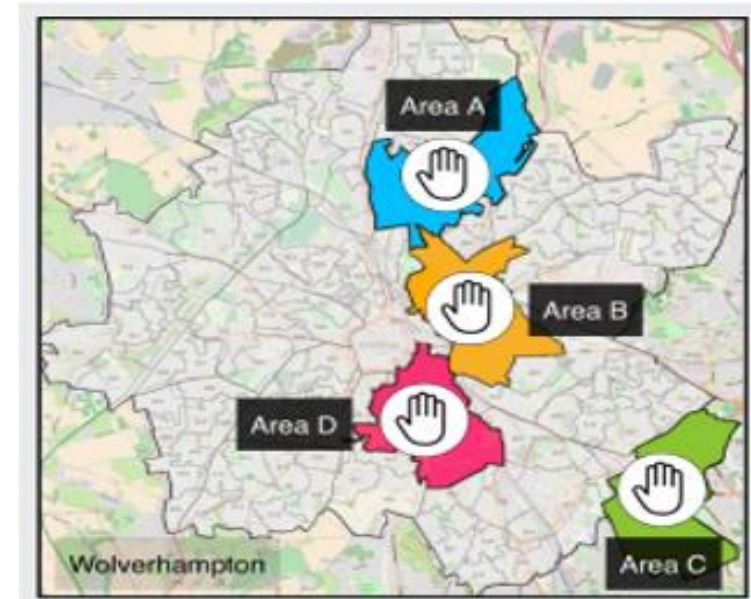


HeadStart is a five-year programme supporting young people's mental health and emotional wellbeing, funded by The National Lottery Community Fund.

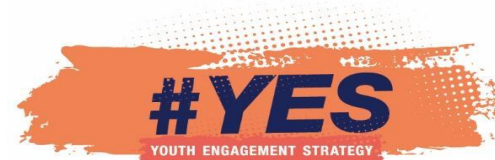
We work with schools, local services and community groups to support young people, parents and carers, through fun and engaging activities.

HeadStart activities are focused in four main Wolverhampton areas, based on where support is most needed.

- **Area A:** Low Hill, Scotlands and Bushbury South
- **Area B:** Heath Town, Park Village, Eastfield, Springfield and Old Heath
- **Area C:** Bilston East
- **Area D:** All Saints, Blakenhall, Parkfields and Ettingshall



Why do we need HeadStart?



Co-production



“Nothing about me, without me”

Co-production is at the heart of everything we do. It means that, as far as possible, HeadStart activities are researched, designed and led **alongside** the young people, parents, community, schools who directly benefit from a programme; they are delivered **with** young people, not to young people.





Co-Production Charter

This charter is a set of principles and promises of working together with young people and families to ensure they remain at the heart of decision making.

We believe that young people and their families are best placed to shape the services and support they receive.



Trust

**There will be no conversations about you without you
We decide priorities together
Together we will find the best solution**



Shared understanding

**We all agree about what we want to achieve
We agree on what 'good' looks like
We will be mindful of everyone's commitments**



Equal partnership

**Everyone can take part. Whatever their needs or abilities
We can learn a lot from each other
We are all in this together!**



Creative thinking

**We will plan creatively and do things differently
We will work in a way that's best for you
Finding the right solution may take longer but that's ok**



Communication

**Everyone will be kept informed and updated
We will be clear about what we can and can't do
Information will be accessible for everyone**

Working with parents



Parent Champions

Working with parents in Wolverhampton schools, training and mentoring them, to become advocates for mental health and emotional wellbeing in their communities. Parent Champions also support HeadStart events around the city.



HeadStart in the Community

- We work alongside commissioned local organisations to support young people and families through discussion groups, team games, drama, dance, music, cookery sessions and much more
- HeadStart commissioned providers are part of the City's Holiday squad programme (providing activities throughout the school holidays)
- Community Consortiums have been established in the HeadStart areas and so far have bought in;
 - Area A & B - £358,000
 - Area C - £126,44
 - Area D - £92,000 potential

HeadStart in Schools

We work with 30 schools around the City including Primary, Secondary and Special Schools.

We have delivered:

- **The Emotional Wellbeing Toolkit to 1450 students**
 - 72% reported a better understanding of what wellbeing is.
 - 62% of participants would still be using what they had learnt in 6 months
- **The HYPE Programme to 720 students**
 - 91% of respondents said the course was useful or very useful
 - 78% Young people felt that they learnt the most about empathy, self esteem and body image. Also how to deal with issues surrounding bullying.
- **HEROs Plus Peer Support Programme to 401 students and also all HeadStart schools have now got peer support programmes set up and running in schools**
 - 78% Young people felt that they learnt the most about how to solve their problems better and in understanding how other people feel
 - 74% thought that they would be using what they had learnt to some extent in 6 months time










Data informed informed

Wellbeing measurement framework (WMF)







Mental health and wellbeing

Emotional difficulties	Behavioural difficulties	Difficulties with peers	Attention difficulties	Positive wellbeing
				

Emotional strengths and skills

Managing emotions	Problem solving	Coping with stress	Goal setting	Empathy	Helping others
					

Support network

Family support	Community support	School support	Peer support	Participation in community	Participation in home & school
					

What is it like to grow up well in **Wolverhampton?**

Our evaluation of the HeadStart programme looks at the impact that the various interventions have on children, people, schools, families and communities.

In this first year of evaluation we have been looking at where people are in terms of resilience, wellbeing and self-efficacy – establishing a baseline of evidence so we can look at any future changes.

Being resilient and building resilience in individuals and communities is a way of growing up healthily.

This means developing assets - any resource, skill or knowledge which enhances the ability of individuals, families and neighbourhoods to sustain their health and wellbeing.

Foot (2012).



Surveyed 775 year 6 children in 20 primary schools and 893 year 7 children in 7 secondary schools (1668 children in total), using validated ratings to evaluate resilience (CYRM), quality of life (KINDL), self-efficacy (belief in ability to achieve) (Academic Self-Efficacy), and emotion and behaviour (BERS) at school.

How we are using this information

- Reconfiguring on services provided by HeadStart. This includes adapting school programmes
- Re –procurement of a tier 2 emotional wellbeing service. Joint funded with HeadStart funding, Local Authority and CCG
- Parenting – Secured funding for parenting coordinator
- School Mental Health Support Team Trailblazer
- Holiday Squad
- Youth Engagement Strategy (#YES)



Covid 19 – How we adapted

- ✓ Listening to young people, parents, schools and communities
- ✓ Flexibility
- ✓ Co-production



Covid 19 – How we responded

- Online support
- School check ins by Mental Health and Wellbeing Navigators
- Parent and young people sense check survey
- Adapting community provision – food parcels, doorstep support, more parent support
- Virtual youth forums
- Virtual Squad
- Summer programme
- Keeping it fun

Creating a positive environment!



Highlights from Summer Squad 2020

- Over 100+ virtual activities
 - 16 local organisations commissioned with over £120k spent
- Over 2000 children and young people attended activities and over 500 parents.
 - 21K new visitors to the virtual website and 9700 to Holiday Squad



Thank a Teacher Day



Families with children in Wolverhampton said thank you by creating pictures and video messages from their children for their teachers.

Children wearing their school or nursery uniform shared the message's with the Wolverhampton Today Facebook page or directly to their school or childcare provider.

What next?

- Sustainability plan continues to be embedded
- New priorities identified – School Staff wellbeing
- Year 4 school offer developed, including roll out to non HeadStart Schools
- Workforce Development (includes communities, parents and young people)
- Providing training as part of the DfE Wellbeing for Education Return
- Moving away from LA and towards locality and young people commissioning.
- Launch on 'By your side' campaign
- Working alongside Mental Health Support Teams
- Support the coordination of the wellbeing offer.

Coproduction, flexibility, relationships

