

### The Big Conversation

One hundred students from schools and colleges across Kent attended the 'Big Conversation' on Wednesday 21st March.

The day offered young people the opportunity to understand what is meant by mental health, discover more about their personalities, learn coping strategies, and ask questions to experts. The morning session saw students attending workshops including recognising how to build resilience, healthy relationships, the use of social media and yoga. The afternoon Q and A session featured experts including representatives from School Nursing, Public Health, Kent Police, the charity Time to Change and Matt Dunkley, KCC's new Corporate Director for Children, Young People and Education.

The event was compered by four young people from Kent Youth County Council.



Time to Change Youth Champion, Natalya, opened the day sharing her story of how poor mental health had effected her life. Natalya described how with support, she has dealt with these challenges and provided valuable advice to young people on supporting good mental health.

We would like to thank the panel, stall holders, workshop facilitators, and all of the young people and school staff that supported this event.

### The Resilience Hub Grows and Grows

Over the past two months there were over 3,200 views of the HeadStart Kent Resilience Hub. This is our website that has lots of great information for young people on emotional wellbeing and resilience. It has sections for young people, parents and for all those working with young people in schools and communities. There is also information on access to HeadStart services, training, grants and activities. The Resilience Hub can be accessed at [www.HeadStartKent.org.uk](http://www.HeadStartKent.org.uk).

Over the summer we are refreshing the Resilience Hub and adding new content. If you have any feedback or thoughts how we can keep improving it we would love to hear from you. Please contact [headstart@kent.gov.uk](mailto:headstart@kent.gov.uk).

## Pay It Forward

After two successful rounds of HeadStart Kent's Pay it Forward scheme, we would like to give more groups of young people the opportunity to carry out a project with a grant of up to £1000 in order to help others.

Applications are open now.

The project should aim to improve the emotional health and wellbeing of others in their community, (e.g. residential, club, school, community organisation) and should be led by the young people themselves, although some assistance from a trusted adult may be given in the grant application and planning of the project.

To apply for a grant of up to £1000, the online application form should be completed by 5th June. [Click here to apply.](#)



## Canterbury Stakeholder Event

Approximately 50 stakeholders attended the Canterbury stakeholder workshop on Wednesday 18th April. They were given an overview of HeadStart locally in Canterbury and Kent-wide, as well as information on the HeadStart commissioned services for young people and the training offer for practitioners. Porchlight, Salus and Kooth attended with market stalls.

## Evaluating HeadStart

The HeadStart Monitoring and Evaluation Officer has been busy collecting evidence for the end of year report. Using information gathered since the start of the programme, this helps us:

- ◆ Understand the level and extent of awareness of HeadStart
- ◆ Explore and evidence how the programme is being implemented
- ◆ Evidence the extent to which HeadStart is reaching and engaging with its target population
- ◆ Describe and measure the effect HeadStart has on young people and their outcomes
- ◆ Describe whether, and in what ways, HeadStart is facilitating system change in school and community approaches to young people's mental health.

In addition to the collection of data such as young people accessing HeadStart support and training of staff, the following information is being gathered and analysed:

- ◆ Interviews with school staff, HeadStart staff and Early Help
- ◆ Training participant survey
- ◆ Stakeholder awareness and understanding survey
- ◆ Teacher self-efficacy survey.



With the support of the Participation Workers, the Young Evaluators in Swale and Gravesham have also been collecting evidence from a young people on the rollout of HeadStart in their schools. The report will be used to check progress of the programme and identify any gaps or opportunities for development in the future. For all those who have been part of our evaluation process so far, thank you for your help.

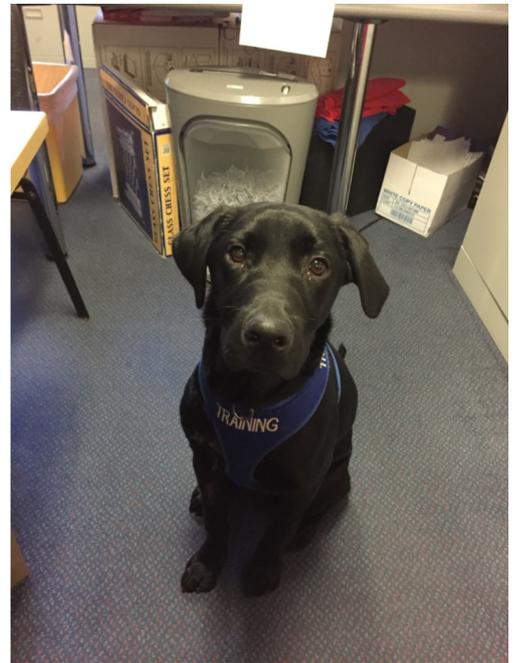
## A Different Safe Space

Early on Goldwyn School in Ashford identified they did not have a suitable space to have a designated Safe Space for young people. They instead got Cooper the dog.

Students can request time with Cooper throughout the day if they are anxious or just need a bit of time out.

Cooper attends 1:1 meetings with professionals and the students. Cooper is excellent at helping students focus during these meetings and offers them comfort and cuddles.

The students take him for walks during the school day. This works well for walking and talking, for students who struggle to communicate how they are feeling in a traditional 1:1 situation.



## School Nursing Training

On Monday 26th March HeadStart trained 11 KCHFT Public Health School Nursing Service staff on HeadStart, the Resilience Toolkit and on having Domains Based Conversations.

KCHFT Public Health Schools Service have a commitment to implementing a Whole School Approach to Emotional Health and Wellbeing.

It is proposed that the Toolkit and supporting resources are piloted before the Service rolls out the approach more widely in Kent from September 2018.

The learning from the Pilot will be used to refine the process and resources that support the whole school approach.

The pilot will be implemented in five schools, including one Special School and One Pupil Referral Unit or Alternative Curriculum Provision. The five schools will be selected from schools that have already expressed an interest in adopting the Resilience Toolkit approach.

## HeadStart on Sheppey FM

Students have been interviewing members of HeadStart staff and the community groups linked to HeadStart, including Domestic Abuse services and Kooth online counselling, for the community radio show Sheppey FM. These sessions are linked to the six resilience domains, and involve students sharing information about what the domains are and which services are available to help build resilience. Tune in to Sheppey FM (98.2 FM) to hear more on the following dates: Tuesday 8th May (live show), Wednesday 23rd May (live show) and Tuesday 26th June (live show).



Resilience Hub: [www.HeadStartKent.org.uk](http://www.HeadStartKent.org.uk)

Twitter: @HeadStartKent

Email: [HeadStart@kent.gov.uk](mailto:HeadStart@kent.gov.uk)

