

HeadStart Kent

News

July 2017

HeadStart Kent Commissioned Providers

We are pleased to announce the following providers for HeadStart Kent services.

Family Work and Intensive Mentoring will be delivered by Project Salus.

Online Counselling will be provided by Xenzone.

Volunteer Mentors in Swale and Gravesham will be delivered by The Young Lives Foundation. In Ashford, Shepway and Canterbury this will be delivered by Porchlight.

Mindfulness will be provided by Social Sense.

Maidstone and Mid-Kent Mind won the contract for Youth Mental Health First Aid.

HeadStart Kent Big Conversation 2018

Following the success of the 2017 Big Conversation, **we would like to invite four young people aged 13-18 and a member of staff from each school and youth setting to take part in the next annual County Big Conversation on the 21st March 2018 at the Kent Showground, Detling Hill in Maidstone.** This event will equip young people with practical knowledge and skills in a fun and interactive way. Young people will also learn how to improve the mental health and wellbeing of both themselves and their peers.

There will be a choice of workshops and an interactive question and answer session with young people being given the opportunity to ask an expert panel their questions about health and wellbeing. A light lunch and refreshments will be provided for all young people and staff throughout the day.

Like previous years this will be a great day for all of those that attend.

Please register your interest or ask any questions by emailing Sadie.Williams@kent.gov.uk.

Building Resilience through Domains Based Conversations

Adversity is part of normal life. However, for too many young people difficulties can be substantial, prolonged and continue into adulthood. A good way to help is building resilience, which can help us cope in adversity. Young people in Kent have called it “the ability to bounce back in life”.

One way of understanding it is to see resilience as the interaction between protective factors and risk factors. By developing the protective factors such as a young person’s relationships, friendships, behaviours, life at school, talents and interests and positive values – resilience can be strengthened.

HeadStart Kent are promoting Domains Based Conversations with young people. It is a useful way to map out young people’s protective factors and identifying simple actions to increase these. Where HeadStart Kent activities, services or grants are needed the Domains Based Conversation will help give access to these. The Domains Based Conversation action plan can be found on our KELSI pages and it will also be hosted on the HeadStart Kent Resilience Hub. We hope you and your young people find it useful.

A Day in the Life of... Sadie Williams, Participation Lead

My name’s Sadie and I’m the Youth Participation Co-ordinator (HeadStart Kent and KYCC). My job is to ensure young people are involved in decision making processes within HeadStart and KCC. I absolutely love my job! To be able to give young people the confidence to access a platform where their voices are heard, listened to and their decisions are used to help shape HeadStart is the best part about my role.

Every day is different in the life of a Participation Worker. A typical day can involve training up to 16 young people to be a part of interview panels for new staff, or training them up to sit on a commissioning panel to judge bids for some of our new HeadStart Kent commissioned services. Other parts of my job involves planning the central Speak Out @ HeadStart Kent group where young people aged 10-16 shape the HeadStart Kent services for young people in the county. I’m also involved in planning a nationwide HeadStart Residential event. Rather than plan it all myself, I’m making sure that the young leaders from Speak Out are helping to take the lead and take ownership of the work they are doing. The young people are also taking the lead on running the next annual Big Conversation in March 2018 so my job is to support them to organise and run a large scale event for up to 150 young people around mental health and wellbeing. There’s always so much to do, and I’m always trying to find new ways for young people to be engaged in HeadStart...every day is different and that’s why I love this job!

HeadStart in Gravesham

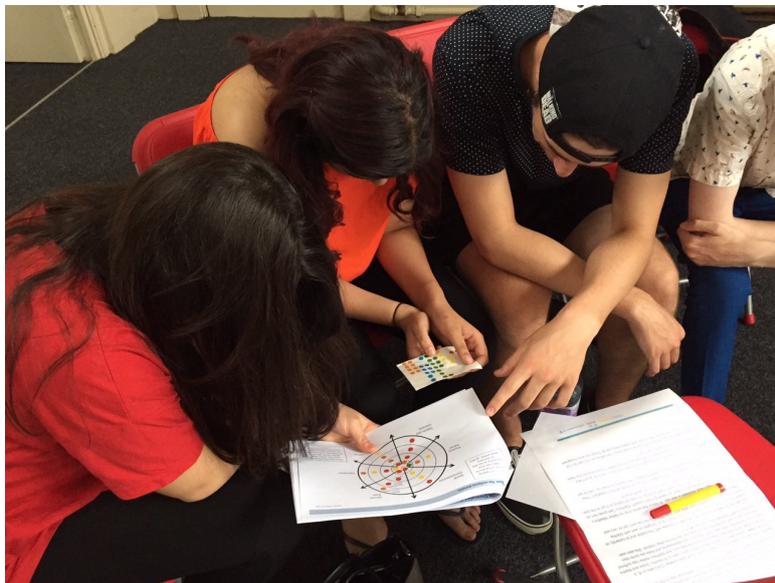
Partners come together in Gravesham

Gravesham held a successful first Stakeholder event on a sunny morning in June. This was attended by around 40 partners including schools, the voluntary sector and practitioners led by Catherine Read the Project Manager. The event outlined the HeadStart programme and how it can help everyone in supporting young people's resilience and wellbeing. It was an interactive day that covered the tools, resources and services that are being made available.

Resilience Training rolled out

The Gravesham HeadStart team have been training lots of local people in the Resilience Domains. Young people have now been trained so they can develop and deliver the Domains Training themselves. The Resilience Domains model covers six areas in our lives that we can use to increase our resilience and improve our emotional well-being. These are social behaviours, secure base, education, friendships, talents and interests and positive values.

In August this will be delivered to staff from The Grand Healthy Living Centre, Northfleet Youth Hub staff and some Early Help staff. If you are interested in attending or for more information contact catherine.read@kent.gov.uk.



Quacking Results in Gravesham

In Gravesham around 15 young people at St John's Catholic Comprehensive School have been trained as Young Evaluators based on a model they designed themselves. They will play a vital role in the development and ongoing evaluation of the peer mentoring scheme and Safe Space within the school.

The Young People were very creative in their methods of evaluating the impact of HeadStart including the Hook a Duck Game, a Post it Board and a Big Brother Tent where pupils will film their views and ideas on HeadStart and Emotional wellbeing.

HeadStart at Canterbury Fest

HeadStart attended Canterbury Academy's Summer Fest on the 14th July which was a great day for all the young people from local primary schools, Canterbury High School and the local community. We had young people being creative making scratch art key rings and magnets. Congratulations to Aponi from Canterbury Academy for the winning guess on the amount of sweets in the jar. Finally we had a lot of interest for when HeadStart starts in Canterbury in September from young people, parents and other professionals which is really exciting.

HeadStart in Swale

HeadStart Swale are holding a Stakeholder Workshop on Friday 4th August in Sittingbourne, where local partners can catch up on what we have been doing since arriving in Swale, find out how the programme fits within Early Help, learn about our commissioned services and how to access them and go away with some of the practical tools we have been using with young people to use in your own practice. If you are interested in attending this workshop, please email Victoria.Saward@kent.gov.uk to request an invitation.

Our Sittingbourne and Sheppey Speak Out groups have been going from strength to strength, with many regular attenders and some even becoming peer mentors themselves. The groups have been influential in making key decisions for the new HeadStart Pay it Forward scheme. They have also regularly been taking part in sports and arts activities as well as discussing emotional wellbeing with our participation workers, Emily and Jamie.

The Swale team have been getting ready for the busy summer period, with **lots of opportunities available for young people to get involved in the programme**. Any 10-16 year olds in Swale are welcome to come along to free activity days across the summer: we've got a community chef coming in, the Kent Fire and Rescue Service are here for a day and there's even a 'Move More Workshop' to join. See the Swale summer programme for dates, times and Emily's contact details for more information. It's going to be an exciting summer with HeadStart in Swale!

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