

# ST HELENS WELLBEING

## Merton Bank Primary School Wellbeing Evaluation 2020



**5** Ways to  
Wellbeing

# Why target schools?



**1 in 10 children and young people will experience a mental health problem at any one time....**

It's a lot more common than people think yet nearly 3 in 4 young people fear the reaction of friends when they talk about their mental health problems. We want to change this by educating young people, encouraging them to talk openly about mental health, reducing stigma and discrimination. We worked with students from further education at Burrows Lane Equestrian Centre, Reaseheath College.

## About the Programme:

The Training has been developed by the St Helens Wellbeing Team who have adapted a combination of interactive lesson plans from the Time To Change resources and PSHE mental health and wellbeing lesson plans along with the new economic foundation.

Staff took part in Mental Health awareness sessions, to embed the key 5 ways messages. Along with zero suicide alliance training and self care.

A plan was put into place to support staff, parents and pupils.

A variety of free resources are available to the school from the Time to Change wellsite, St Helens wellbeing team.

Ongoing support will be offered to the school to continue in good practice.

**ST HELENS WELLBEING**

# What we did.

To raise awareness and the importance of the wellbeing a meeting was planned with school and Pastoral Lead and Head teacher. Plans were set to deliver staff training during CPD along with work shops for key staff to attend a train the trainer Stress and Anxiety programme. School also requested this be offered to targeted families followed by a whole school approach for students.

Staff and parents took part in 6 sessions over six weeks to gain a better understanding about mental health Stress and anxiety along with wellbeing and the stigma surrounding mental health.

The parents sessions were delivered in a very relaxed environment with tea and coffee provided by school, for the last 20 minutes each week children calm down and did a range of 5 ways to wellbeing activities.

Key mental health information was also added to the school website to ensure it reached as many members parents/carers as possible.

The whole school input:

- Basic mental health awareness.
- Zero suicide alliance and self care.
- Train the training Stress and Anxiety.
- Pilot Parents Programme – stress and anxiety.
- Wellbeing information was added to weekly news letter and website.

# Aims

From this work the school staff can support students to develop their own skills to embed 5 ways to wellbeing with the following aims:

- Raising awareness of mental health and wellbeing.
- Reduce stigma and discrimination regarding mental health by encouraging more young people to talk about mental health.
- Seek support when necessary.
- Encourage children to work towards 5 ways to wellbeing.

## Connect



Connect with the people around you at home, school or in your community. Spending time with friends and family makes you feel good.

## Be Creative



Be creative and play using your imagination and make time to have fun and play. This can help you to feel good.

## Keep Learning



Keep learning and try something new. Learn to play an instrument or cook your favourite food. Learning new things will boost your confidence and is fun to do.

## Take Notice

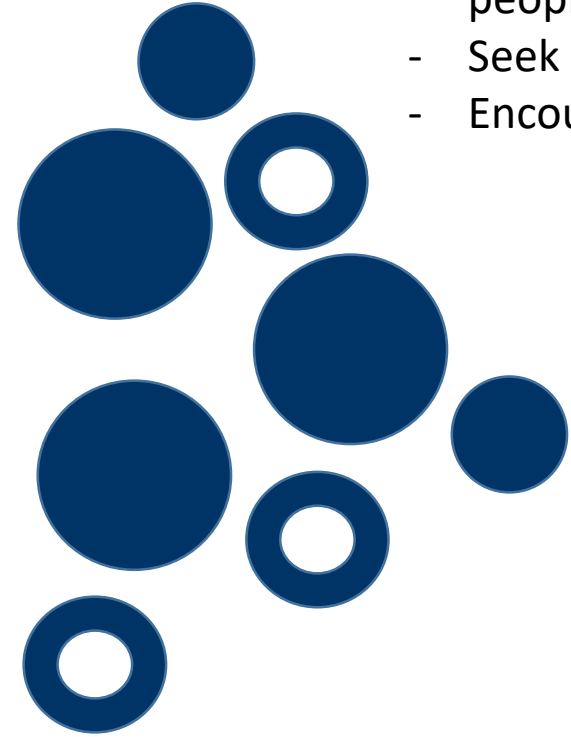


Take notice of the world around you as well as your thoughts and feelings. Some people call this awareness mindfulness.

## Be Active



Be active any way you want. Walk, run, cycle, play or dance but most of all just get moving. Being active makes you feel good so find one you enjoy.



# What skills were developed during the course:



"I felt at ease and able to open up"

"Keep improving my wellbeing and listening to parents."

"Learning how to deal with different situations better"

"Keep improving on children's mental state and wellbeing"

"Meeting with other people"

"Listening to parents"

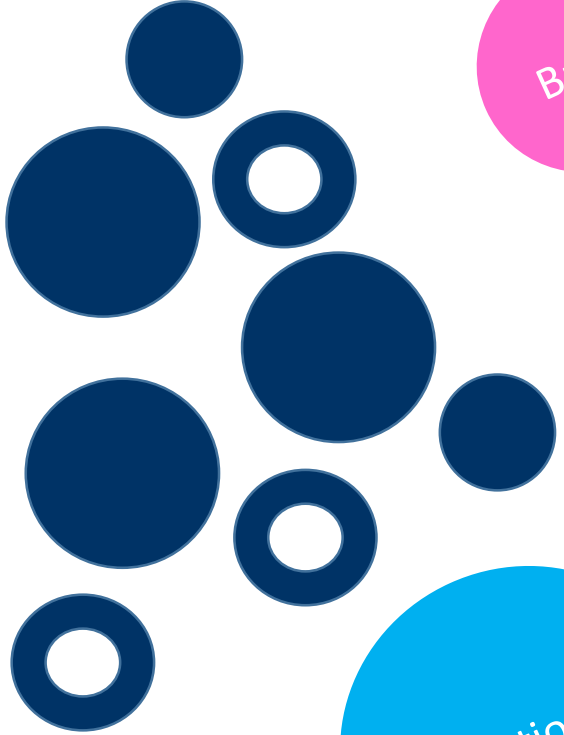
"Gained more confidence in the abilities to support my children."

"The training to very effective."

"Still learning coping strategies."

# Parents Sessions:

We asked parents, what is mental health?



Emotions

Brain

Depression

Anxiety

Fight

Struggle

Pain

Thinking

Insecure

Diagnosis

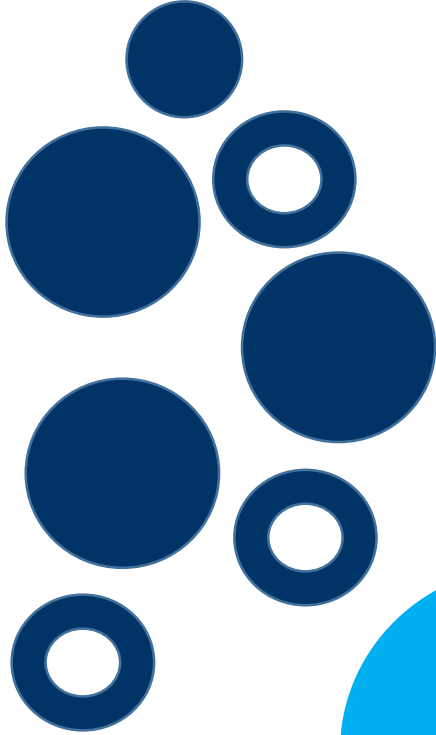
Negative

Irritable

Scared

# Parents Sessions:

We asked parents, What is health?



Emotions

Mind

Wellbeing

Soul

Exercise

Sleep

Body

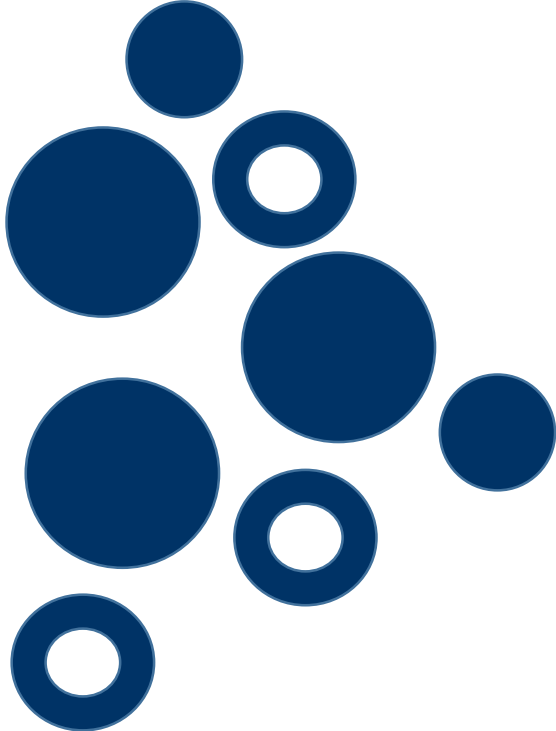
Thinking

Love

Diagnosis

Looking after  
your  
surroundings.

# Certificates from Training:



Mrs McGuire MB  
@gaynor\_mcguire

Thank you to @StHWellbeing and Lynn Saunders for a very informative Train the Trainer Course in Stress and Anxiety. We are excited to be taking our new knowledge forward in supporting our amazing children, parents and staff. @MertonBankP @MrsWesthorpe @MrsThomsonMB @PickfordMb



4:13 PM · Feb 6, 2020 · Twitter for iPhone

2 Retweets 22 Likes






# Feedback from the staff:

Lynn Saunders – Health Improvement Co-Ordinator.  
St Helens Wellbeing, CHCP.

- After delivering a number of sessions in the school and spending time with staff an outstanding relationship was formed. This has helped improve relationships and the school using our service as a port of call.
- As a result of the training we have had a request for our support in a school out of borough and to share best practice.
- The staff was supportive of the work.
- Staff were also considering there own wellbeing and making it a priority.
- Parents sessions doubled up for support for both children and adults.



# Tell us what you think from Staff that worked on the train the trainer Stress and Anxiety.



“The training and information provided i.e. for support services given in a relaxed, informal atmosphere. I looked forward to the weekly training session and it has fuelled my desire to learn more about mental health and wellbeing.”

“Friendly, informative and in manageable chunks. Looking forward to implementing in school and seeing any results. Lynn was a great trainer.”

“An excellent programme, extremely informative and knowledgeable trainer. Superb resources and lots of support on offer from Lynn Saunders in delivering the programme.”

# Outcomes:

Training sessions delivered a dual outcome for parents as they learned a number of methods for both children's mental health and there own, which would also enable them to share with other adults.

**60%**  
over 60% of  
parents  
completed the  
course.

**100%**  
All staff worked  
towards  
empowering young  
people to be more  
confident. A massive  
increase in  
confidence was seen  
throughout the  
school by all staff  
involved.

**100%**  
attendance of  
staff attended  
train the trainer  
stress and  
anxiety.

**100%**  
Staff attended zero suicide  
training and increased  
there knowledge.

