

## REPORT TO WEST AREA PEOPLE BOARD

14 November 2016

### Change for Life – Creating healthy lifestyles in the West and improving mental health and overall wellbeing

#### 1. Background

- 1.1 The People Board were updated in April 2015, regarding the current success of the Healthy Lifestyles Project, funded by West Area Committee to encourage and implement sustainable 'Change for Life' Clubs within West schools as well as to begin to tackle wider health issues and enable young people to experience new cultural opportunities.
- 1.2 The Healthy Lifestyles Project has funded a part-time post (Dawn Thompson) to work alongside the Schools Games Organisers in Sunderland, who have been tasked with rolling out the 'Change for Life' sports clubs, in each of the primary schools in Sunderland. Amy McCulloch is the School Games Organiser for the West - she is based at Farrington School.
- 1.3 The national 'Change for Life' ethos aims to encourage people to Eat Well, Move More and Live Longer.
- 1.4 At Area Committee in October 2015, it was agreed to extend the Healthy Lifestyles project to include a cultural passport element, to enable young people to experience new and different activities, such as visiting the theatre, going trampolining, taking part in a large-scale festival etc.
- 1.6 Dawn has had great success engaging with the West Primary Schools and has established (and sustained) Change for Life clubs in every school. Dawn and her team of young student helpers also ran an incredibly successful workshop with 550 school children and 100's of families as part of the West Area 'Road to Rio' Event weekend in July 2016. They took the opportunity during the event to make stronger connections with West Schools, demonstrating their programme offer and the benefits for the schools.
- 1.7 Info here about the main successes from the cultural passport....
- 1.8 Some key facts and figures:
 

19 no.	Change 4 Life Clubs established
16 no.	Schools now actively engaged with healthy lifestyles activities
182 no.	Children attending clubs who did not previously engage
88 no.	Volunteers trained
2-4 no.	Change 4 Life Champions appointed per club
20 no.	Pupils received 'playmaker award' training
4 no.	Change 4 Life festivals held
5 no.	Schools supported with additional general PE advice/ intervention
5 no.	Cultural Passport activities offered to every school

Full details of outcomes achieved, per school can be found at the end of this report section 6.0.

**2.0 Moving forward – linking the work within schools to the West Young People Mental Health Programme – supporting within schools to ensure young people not only cope but thrive**

- 2.1 Healthy Lifestyles Coordinator to be trained as a Mental Health Champion as part of the West Young People Mental Health programme.
- 2.2 Co-ordinator to embed Mental Health Link Teacher in each primary and secondary school.
- 2.3 Training delivered to Mental Health Link Teachers by Healthy Lifestyles Coordinator.
- 2.4 Healthy Lifestyles Coordinator to ensure link to [www.wellbeinginfo.org](http://www.wellbeinginfo.org) features on all school websites.
- 2.5 Mental Health 'information area/s' established in each school. Areas will feature leaflets, website info and signpost children to relevant local events and activities in their community, especially the activities to be delivered by VCS via the West call for projects. Schools to brand the area and promote the programme of activities appropriately for their school and ensure parents are also aware of the information.
- 2.6 Indoor 'information areas' will be staffed by leaders/helpers and will have board games such as cards/snap, Ker-Plunk, Guess Who, to encourage talking and social interaction. The location of the area would be agreed by the school, but the location of the area would be important e.g. near school office, library, near a particular teacher's class room. Staff/adults could be assigned to an area as a break/lunchtime duty. Older pupils would always be there.
- 2.7 Schools will be encouraged to have an outdoor area /friendship stop. The school will have 'Playground Pals' or buddies/leaders who would immediately go and speak with any child who goes to these areas – pupils would be very quickly met by the playground pals and have a new friend to play with. Or maybe it is an area with playground toys where children can go if they are on their own and the playground pal will play with the child and the toys. A Playground Pal's role is not just to set toys out but to play and engage with everyone.
- 2.8 Change for life (C4L) weekly sports clubs to continue to be delivered, any children found to be using the Mental Health area regularly should be fed into the club.
- 2.9 Programme to be written to support C4L weekly club delivery, to feature educational tasks pertaining to well-being and mental health and use of a diary. Tasks will endeavour to give children the tools to deal with life's pressures.
- 2.10 All pupils attending the weekly club should be given an individual diary for reflection relating to tasks undertaken in the C4L club, half termly.
- 2.11 Healthy Lifestyle Co-ordinator to arrange and deliver junior 'health champion style training for year 6 buddy system – friendship stop/playground pal.

- 2.12 Organise and deliver a mental health event in each school featuring a carousel of activities from an array of sources i.e. Washington Mind, cyber bullying, basic introduction into signs and symptoms of mental health and low well-being, dieticians, LAF team, school nurse, self-harm, friends, family, bullying, relationships, appearance, sleep, exercise, drug taking and alcohol activities (some activities could be delivered by VCS call for projects). All pupils in Years 3 & 4 to access event held in their school to raise awareness and potentially identify pupils with emerging needs. Festival would be held in the afternoon – followed by parents being invited in to ‘Market Place’ set up with information to take away – followed by staff training at the end of school.

### **3.0 Finance**

- 3.1 SIB Funding to a value of £16,000 was allocated during 2014/2015 for the Healthy Lifestyles Coordinator salary, up to end of December 2015.
- 3.2 SIB Funding to a value of £40,000 was allocated during 2014/2015 for the Family Adult and Community Learning (FACL), supporting a healthy lifestyle family programme. The total final spend for the FACL element of the project was £8,761, from a total confirmed allocated budget of £40,000. Therefore, underspend from funding to support FACL delivery was £31,239, as FACL had wherever possible, utilized their existing courses and resources to work with the families linked to the children attending the Change 4 Life Clubs.
- 3.3 The under spend from FACL was utilized (following approval at Area Committee in October 2015) to extend the project for the Healthy Lifestyle Coordinator, with additional cultural elements until December 2016.
- 3.4 To continue to further embed the Change 4 Life Clubs; increase Mental Health awareness; hold activities which support resilience, it is recommended to continue to fund the Healthy Lifestyles Co-ordinator for a further 12 months, utilizing the underspend on the project which currently stands at £17,700. This would enable the post-holder to continue until the end of the winter term 2017 (December 2017), up to a value of £15,150 plus £2,550 to train mentors to be Mental health Champions as well as other festival activities to raise aspirations resilience levels.
- 3.5 The cost of the additional 12 months and enhanced programme would be nil to the Area Committee, as the under spend of the current programme, would be utilized.

### **4. Outcomes to be achieved**

- 4.1 The enhanced outcomes to be achieved would be as follows:
1. Mental Health Lead/link in every school within the West.
  2. Mental health awareness promotion for every child in Year 3 & 4 via event
  3. Poor Mental Health utilizing and support established within West schools.
  4. Every child has access to exit route/support and their families are also aware of where they can access support within their local community.

- 5 Every school has an area designated to mental health and well-being.
- 6 Trained leaders and staff within every West school.
- 7 Improved Parental engagement in relation to Mental Health and support available within school and the wider community.
- 8 C4L weekly club running in every school.
- 9 Children given the opportunity to reflect within their own personal diary.
- 10 C4L programme of educational material pertaining to well-being and mental health to support C4L club weekly delivery.
- 11 Festival Annual Programme co-ordinated and delivered throughout 2017.

## **5.0 Recommendations**

- 5.1 Note the contents of the report.
- 5.2 Identify any additional actions or activities that should be progressed to ensure the project continues to achieve the maximum outputs.
- 5.3 Consider utilizing the underspend from the project to-date to further extend the Healthy Lifestyles Co-ordinator post to December 2017 and develop and implement an enhanced delivery programme, which links directly with the West Young People Mental Health Programme.

## 6.0 Outcomes per school across the West

Primary Schools in the West	Weekly club running	CPD Staff Training	C4L Champion Training	C4L Festival	Scrap book & Barnes Bear	West Area Event – Road to Rio	Healthy Lifestyles Passport				
							Experience 1	Experience 2	Experience 3	Experience 4	Experience 5
Academy 360	Yes				1		Pantomime	Fitblast			
Barnes Junior School	Yes	7		Tennis	1	30					
Broadway Junior School	Yes x 2	2	2	Tennis multisport	2	44	Pantomime	Gravity Force	Trampolining	Swimming	Fitblast
East Herrington Primary Academy	Yes x2	2	6	Tennis multisport	2	30	Pantomime	Fitblast	Gravity Force	Trampolining	Fun games
Farringdon Academy	Yes	1	16	Athletics	1	DNA	Pantomime	Trampolining	Olympic games		
Grindon Hall Christian School	Yes	1			1	44	Fitblast	Gravity Force	Volleyball		
Hasting Hill Academy	Yes	3			1	12					
Highfield Community Primary School	Yes	2			1	15	Pantomime	Basic games	trampolining		
New Silksworth Junior School	Yes	2	2	Athletics	1	58	Trampolining				
Plains Farm Academy	Yes	3	5	Tennis	1	22	Fitblast	Gymnastics	trampolining		
Richard Avenue Primary School	Yes	2			1	15	Pantomime	Fitblast			
South Hylton Primary School	Yes	1	4		1	15	Pantomime	Gravity Force	Volleyball	Fitblast	
St Anne's RC Primary School	Yes	1			1	15	Fitblast				
St Cuthbert's RC Primary School	Yes	1			1	16	Fitblast				
St Leonard's RC Primary School	Yes	2	2	Tennis Multisport	1	12	Gravity Force				
Thorney Close Primary School	Yes	1			1	40	Trampolining	Trampolining			