Tower Hamlets CCG Building Resilience Programme

Update Feb 2018

**Completed by February 2018**

* Agreed how TH CCG, Poplar HARCA and Kaizen will work together
* Reviewed research, current models / interventions and resources for resilience building activities with children and young people, parents and teachers
* Initial design of the workshops for the peer trainers, the primary schools and secondary schools; the content will now be tested and co-designed with young people from Tower Hamlets
* Discussions with schools about the programme eg. name, broad content, length of timing of workshops, timeline etc. Schools have been very positive about the programme and are keen to take part.
* Project information for schools completed

**Engaging the schools/Delivering the Building Resilience Programme**

* We are emailing all schools in Tower Hamlets w/c 19/2 to let them know about the Building Resilience programme and how they can be involved. This will include programme information, information about the peer trainers role, an online booking form to book workshops for their young people and a peer trainer application form so their older young people can apply to be peer trainers.
* We’ll then be following up the schools (both those we’ve heard back from and those we haven’t) with phone calls and emails-this is both to book workshops and to look with the schools at how they make best use of the workshops so they can fit with what the schools are doing already/wanting to have happen. This will include who they aim the workshops at and how they’re going to keep the concepts alive afterwards.
* We will ensure there is a mix of schools involved with the project, both geographically and that they’re spread between primary and secondary schools (with more secondary as that was a priority the CCG expressed).
* The workshops for the young people will start in May and continue to the end of the year. We will run a trial workshop for a group of young people in March/April as part of the design process so they can give feedback on the content and we can make any changes/additions.
* Given there are 40 workshops in total, we anticipate most schools will have just one or two workshops so as to allow as many schools as possible to take up the opportunity. We will also have a couple of schools where they have more workshops (as discussed when we met) so we can see the impact of having several in one school as compared with just one
* We will book 10 parents workshops at schools across the borough so parents have the opportunity to attend one at a school quite  near them. These will take place between June-December 2018.

**Peer Training**

* The peer training will take place on April 17th and 23rd or 24th (we’re just finalising the date of the second day). We will be doing 2 days of training at this point and follow up training during the year. The peer trainers will:
* Explore what is resilience
* Learn skills to effectively facilitate sessions for children and young people
* Have the opportunity to input into the design of the Building Resilience workshop content
* We will talk with the schools about how best to book the peer trainers for workshops outside their own schools.

**Payment for the Peer Trainers**

The tender had envisaged some form of payment for the peer trainers involved with the programme. In consultation with schools, we have decided it would be preferable to run this as a volunteer programme (and almost all the training sessions will be during school hours). We will cover any travel expenses if needed, though we envisage this need will be low as the young people are travelling locally and should have free travel. Any remaining budget will be put into delivering more workshops. We will also have a celebration event at the end of the programme as an acknowledgement of the young people.

**Follow up training and materials**

* There will be follow up materials for both primary and secondary schools and we’ll have signposting information for the young people directly.
* We will run 2 teacher training workshops in the autumn so we can feedback to the teachers what has come from the workshops and train them in resilience and materials for teaching this within their schools.

**Evaluation**

* We will report back during the programme as per the criteria in the tender. In addition, we’re in the process of looking at what else we want to evaluate; we don’t want to make the process too onerous for the schools (and therefore offputting) but want to take the chance to learn as much as possible from the project.