

# Mindfulness Training in Kent

## Annual Review

HeadStart Kent is integrated within Kent County Council's Early Help and Preventative Services and aims to help young people cope better when faced with difficult circumstances in their lives, preventing them from experiencing common mental health problems.

The programme is funded by the Big Lottery Fund to provide the resources to develop approaches that support young people to develop their own resilience to cope with the everyday pressures they may face throughout their lives.

HeadStart Kent aims to make changes through schools, families and within communities and has been designed with young people at its heart.

HeadStart Kent will focus on building a sustainable system where every young person in Kent will be able to say with confidence:

- People around me understand wellbeing and how to promote it
- My overall wellbeing is not impacted by the pressure to achieve and to 'be perfect'
- There is always someone for me to talk to

The HeadStart Kent Mission Statement is:

**“By 2020 Kent young people and their families will have improved resilience, by developing their knowledge and lifelong skills to maximise their own and their peers’ emotional health and wellbeing; so, to navigate their way to support when needed in ways which work for them.”**

HeadStart Kent's activities are designed around their three core principles:

1. Respect
2. Ownership
3. Communication



Social Sense is one of several partners delivering Mental Health services at Universal or Targeted Level during this 4-year project. For more information about the wider project, visit [www.headstartkent.org.uk](http://www.headstartkent.org.uk)



# The project

## Social Sense has been commissioned to pioneer a new mindfulness training delivery model within Kent.

The approach uniquely combines industry acclaimed mindfulness provision (Breathworks) with an intensive programme of support from Social Sense to ensure transferability and sustainability within school and early help settings.

The project is well ahead of schedule to deliver training to over 1300 school staff, early help, health, and youth workers being trained to Awareness level (Level 1). Following this, approximately 150 learners will progress on to the Intensive training (Level 2) and up to 100 are expected progress to Train the Trainer levels (Level 3).

Combining pure mindfulness with evidence-based behaviour change strategy, the key focus of this programme is making mindfulness *inclusive and more accessible for contemporary life - no matter where an Individual is at with their learning.*

### The mindfulness training levels



#### Mindfulness Awareness Training

**School / whole organisation approach.**

To ensure that the workforce understands the academic basis of mindfulness, the evidence base, how it can benefit the individuals in receipt of the awareness session and how it can enhance the setting in which the training is being delivered and basic mindfulness skills.



#### Intensive Mindfulness Training

**To a core set of staff.**

4 days (delivered over 8 weeks), in which they will learn about mindfulness in depth, become practitioners and develop skills to use and deliver mindfulness interventions/ practice within their setting, including courses endorsed by the Mindful Nation UK report (October 2015).

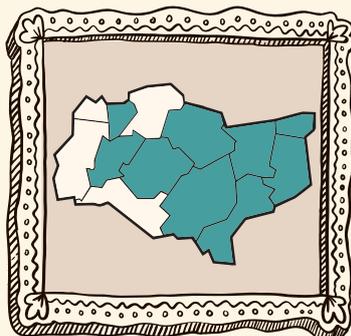


#### Train the Trainer Offer

To train a **mindfulness practitioner** to a level where they are able to deliver the intensive element of the training offer.

### Which areas have received funding?

The target areas are Swale, Gravesham, Ashford, Folkestone and Hythe, Canterbury, Thanet, Maidstone, Tonbridge & Malling and Dover.

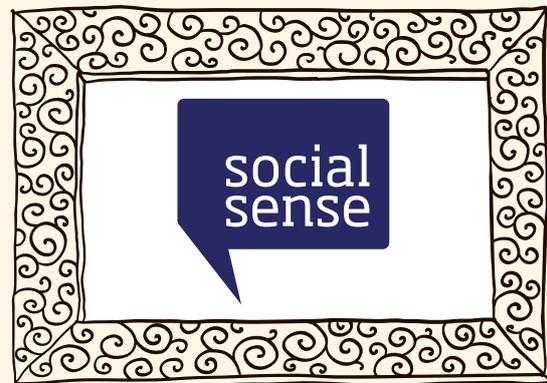


### Who is eligible to be involved?

- School staff** from the Target districts – including teachers and support teams
- Practitioners** with experience of working with young people (including refuge workers)
- Early Help and Preventative Workers** (Youth Justice staff, youth workers, attendance and family workers)
- Voluntary & Community Sector (VCS)** supporting parents and/or young people.

The training commenced in September 2017 and will run to April 2021.

# Partners on the project



## Social Sense

**Social Sense specialises in Social Marketing, creating and delivering behaviour change within the youth sector.**

Social Sense brings a solid track record of behaviour change achieved in the areas of Social Norms (R U Different?), Healthy Relationships (Change Up) and universally and targeted Mental Health Intervention (Mindful Me).

Social Sense has positively engaged and impacted over 180,000 children, young people and adults since 2011.

The organisation leads on the contract, its resources, strategic planning, marketing, recruitment and overall project management.

Working closely with Kent County Council, young people and strategic partners, Social Sense is also developing the strategy for sustainability and future growth, including an emerging community of practice that will continue beyond the project.

## Breathworks

**Breathworks CIC is a social enterprise providing mindfulness courses and teacher training, with an emphasis on applying mindfulness to challenging life conditions such as chronic pain and ill health, stress, anxiety and burnout.**

The Breathworks programme was founded in 2001 by Vidyamala Burch, an "expert patient" and honorary member of the British Pain Society who had used mindfulness for many years to manage severe pain due to spinal injuries sustained in her youth.

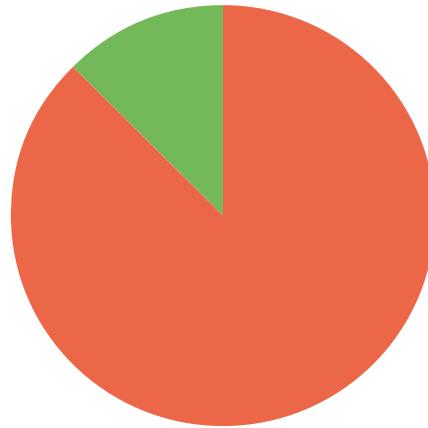
Since then Breathworks have run many mindfulness programmes for individuals, companies and public sector bodies, as well as training more than 1,000 health professionals to teach mindfulness. They have a national network of more than 200 accredited trainers, and their materials have been recognised by the BMA Medical Book Awards and included in Reading Well Books on Prescription.

# Performance against the contract

## Profile of users

**572**

Delegates have so far participated in the training



**501** Level 1  
**71** Level 2

**110%**

target for Ashford & Gravesham learners on Level 1

Learner satisfaction **100%** on very good, good and satisfactory.

No one has said not satisfactory

**2.22** Overall positive shift

regarding the average level of understanding.

Level 1 average

**5.63/10** at the beginning of the course



**7.85/10** at the end of the course

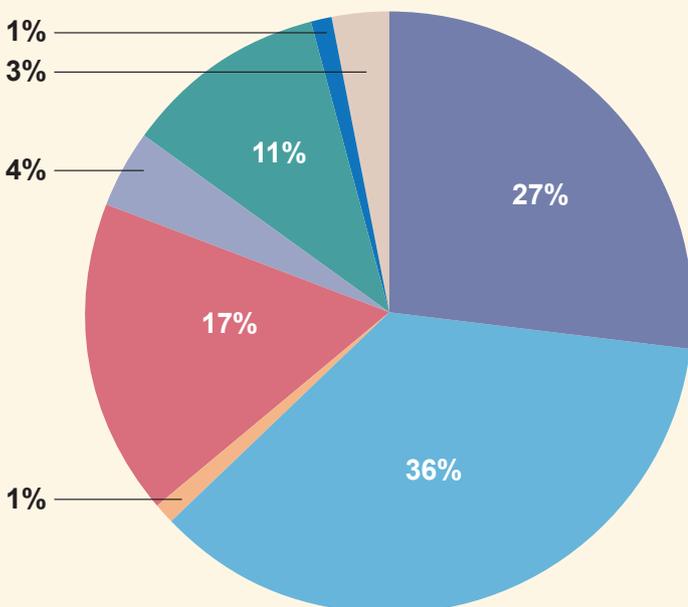


Table 2 – Delegate Profile (cumulative L1)

- |                  |                      |
|------------------|----------------------|
| Special          | KCC - HeadStart Kent |
| Secondary School | KCC - Early Help     |
| Primary School   | KCC - Other          |
| VCSE             | Health               |

## Feedback from participants

### Level 2, Cohort 3 Graduates, Swale



“Julia was very supportive and generous with explanations; venue was idyllic”

“Previous knowledge was greatly increased through this course; Both facilitators were very knowledgeable and passionate about their subject; great resources - book and audio links are high quality; beautiful venue, perfect for the subject; I'd like to share the benefits I've gained from the course “

### Level 2, Cohort 4 Graduates, Faversham

“I've learned a great deal and now need time to embed and practice; highly reflective and practical techniques; excellent facilitation; I am currently developing leading on yoga in my school”

“Very good course which outlines the techniques to use in different meditations; good to take time out for myself; the facilitator had a calming presence and made me feel at ease”



### Feedback from other level 2 participants included:

#### Life-changing

“I had a basic awareness but this has given me a much bigger toolkit and understanding; Still learning how to support my own wellbeing.”

“Practical and theoretical grounding, really complemented each other.”

“Good evidence base to support impact discussed.”

#### Empowered

It will take continuous practice to reap the benefits.”

“Thank you Katy you were a calming influence.”

“Katy was very patient.”

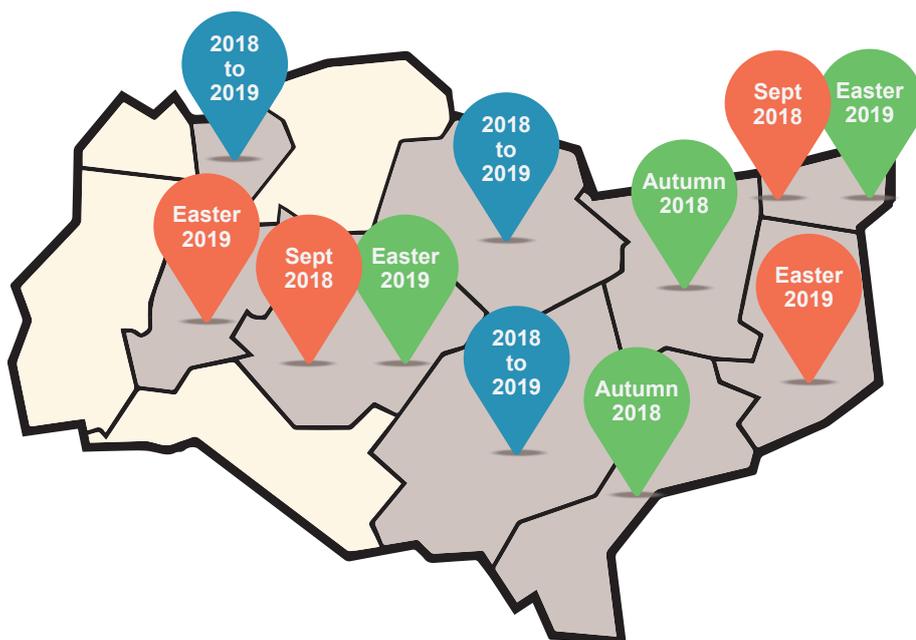
“We were kept in touch by Katy and the Social Sense team.”

“I am better at being kind to others than to myself - I will practice that!”

**“72% of those completing Level one have shown a genuine interest (7 out of 10 or higher) in taking their learning to the next level”.**

**Julie Stones,**  
Senior Project Lead  
Social Sense

# What next for the project?



## Level 1

### Thanet and Maidstone

Sessions starting Sept 2018

### Tonbridge and Malling and Dover

Sessions starting Easter 2019

## Level 2

### Folkestone and Hythe and Canterbury

Late 2018

### Thanet and Maidstone

Sessions starting Easter 2019

## Level 3

### Gravesham, Swale and Ashford

Autumn 2018/Early 2019

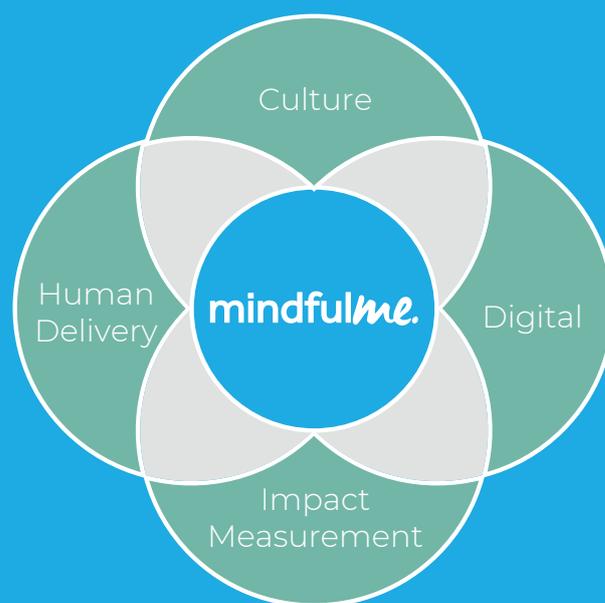
Keep an eye out for more training events on [www.mindfulkent.co.uk](http://www.mindfulkent.co.uk)

## mindfulme.

Mindful Me offers a unique blend of evidence-based mindfulness, face to face practice, culture changing support within settings, digital embedding work and impact measurement.

In November 2018, those who have been through Level 2 will have access to Mindful Me's 12 modules and a co-designed Scheme of Work ready for delivery in schools and settings.

5 schools will also be piloting the Mindful Me App as part of an added value service beyond the core contract. This is now live following professional and user consultation and is already undergoing early trials within schools in Salford and Kent.



### In summary the schools will soon to be ready to access and deliver:

- ✓ Scheme of work to transfer their learning into practice
- ✓ 12 Mindful Me modules
- ✓ Community of Practice for continued professional development
- ✓ Promotional materials provided for embedding in schools and settings
- ✓ Mindful Me app for supporting young people with continuous practice and immediate intelligence-led signposting where needed.
- ✓ Impact measurement reports