

Social Sense Community was commissioned to preserve the gains around Mindfulness and Therapeutic Life Coaching achieved in the innovation project (2016) through the upskilling of teachers to maintain support, underpinned by continued practices and local support (community assets) from within the Mindful Me App.

In this project Social Sense Community added the 'Introduction to Mindfulness' session to teachers that had been delivered to all year 9's in Salford Secondary Schools as a way of improving awareness and encouraging teachers to try out practices with their students.

This approach uniquely combines an industry acclaimed Mindfulness practitioners (Breathworks), an industry accredited Mindfulness training course with behaviour change techniques developed and tested by Social Sense.

Working in partnership with leading Mindfulness Practitioners Breathworks, the project saw 43 school teachers, early help, health, youth workers and VCSE staff being trained to Mindfulness Awareness level.

We attracted colleagues from a wide range of Salford-based organisations such as:



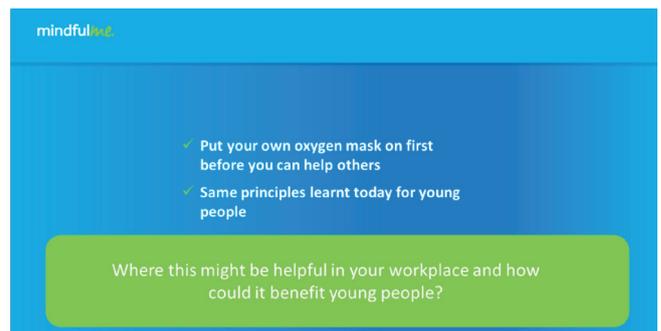
The project was split into two parts:



Phase 1

Mindfulness Awareness Training is a school/whole organisation approach. It ensured that the workforce understood the academic basis of mindfulness, the evidence base, how it could benefit the individuals in receipt of the awareness session and the young people they work with.

We looked at what mindfulness is, what the evidence shows and discussed a few common misconceptions. There were opportunities to experience some of our meditation practices such as a body awareness and breathing exercises.



Funded by



Phase 2

Phase 2 of the project involved connecting with the delegates to see if they are still on their Mindfulness journey, at what stage and have they implemented Mindfulness in their settings.

The Mindful Me app is still in the development phase due to ranging feedback from various stakeholders and will be live around Easter 2019. All schools have been made aware of the delay and are working with Social Sense Community to organise assemblies to introduce the Mindful Me app to the young people.

Key findings from the project

93% of delegates would **like to progress** on the further **Mindfulness training**

38% increase in **delegates knowledge of Mindfulness**

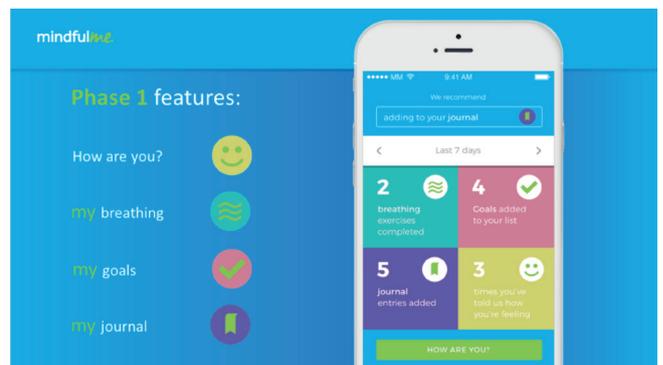
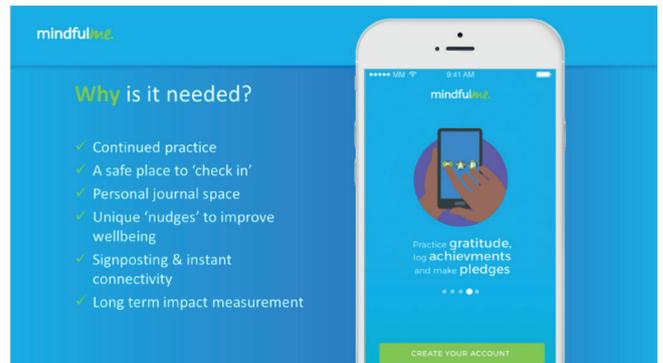
Over 50% of delegates went from **'some knowledge'** to **'good knowledge'**

Feedback

"I really enjoyed the session."

"I would like to progress further and explore more about how it promotes resilience."

"Previous knowledge was greatly increased through this course; the facilitator was very knowledgeable and passionate about the subject; great resource as well."



Case Study

Andrew Connaughton, Head of year 10 at a Salford High School confirmed that he had used Mindfulness techniques with his pupils to help them keep them calm during stressful times. Andrew had also used the Mindfulness techniques for his own personal use and when asked if he would like further training, he said he would.