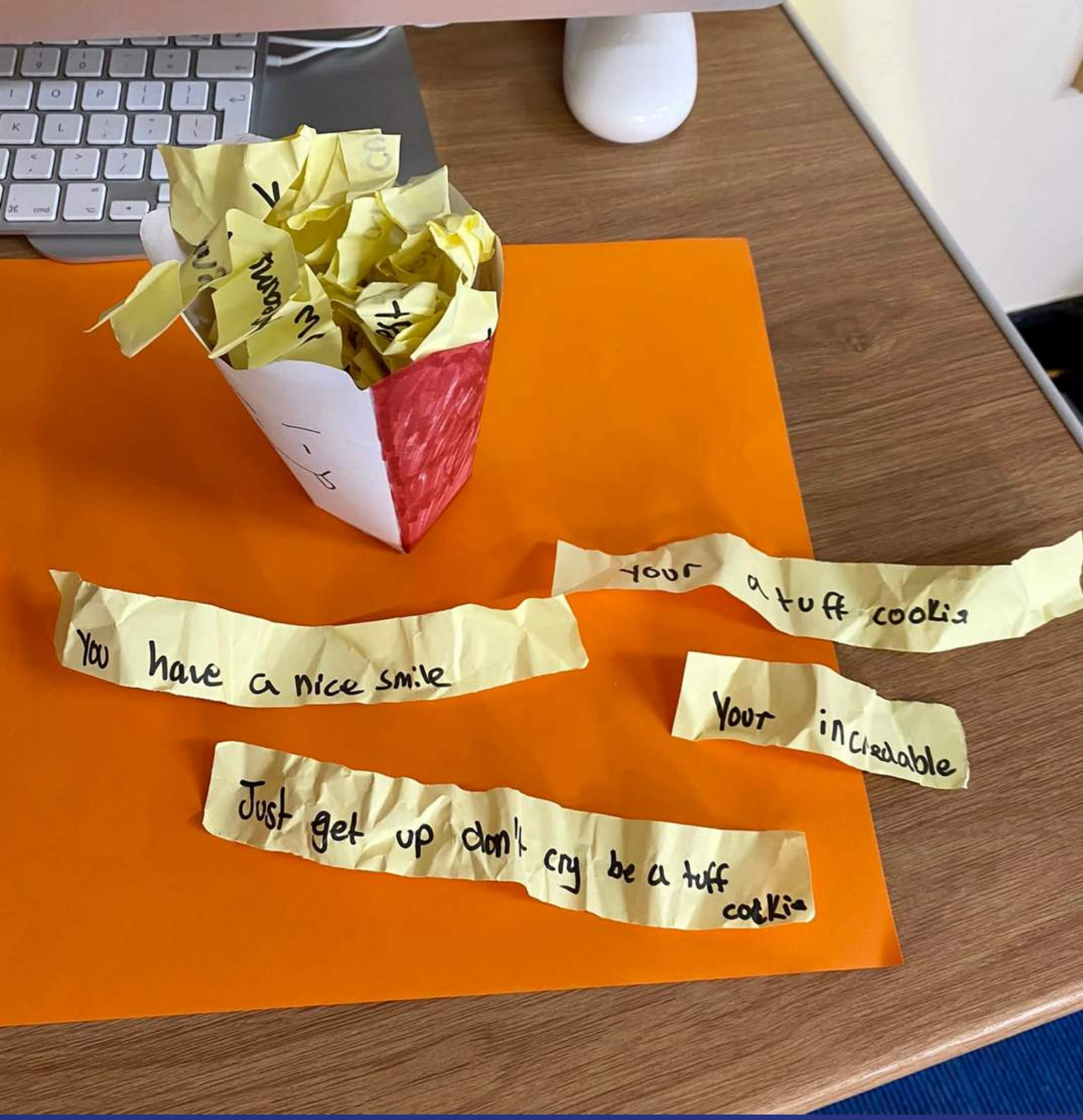
Rochdale AFC
Community Trust

# Schools' Mental Wellbeing Support

delivered by Rochdale AFC Community Trust

January 2022 - July 2023




**“It is opportunities like these that lead to a collective shift in society, where barriers are broken down, and individuals step forward to embrace the need for and importance of mental health.”**

Jeya, Rochdale AFC Community Trust’s Mental Health Transformation Officer

# Introduction

We are Rochdale AFC Community Trust, the official Charity of Rochdale AFC (registered Charity no: 1121850).

We deliver an increasingly diverse range of community-focused projects around our key areas of work – sport, education & employability, and health & inclusion.

We use the power of sport and football in particular as an engagement tool to drive positive social change and outcomes. We work with people of all ages and backgrounds, from 3 to 97 and focus much of our work on supporting areas of high deprivation.

**Rochdale AFC Community Trust**

**@RAFCCommunity**

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**www.rochdaleafccommunity.org**

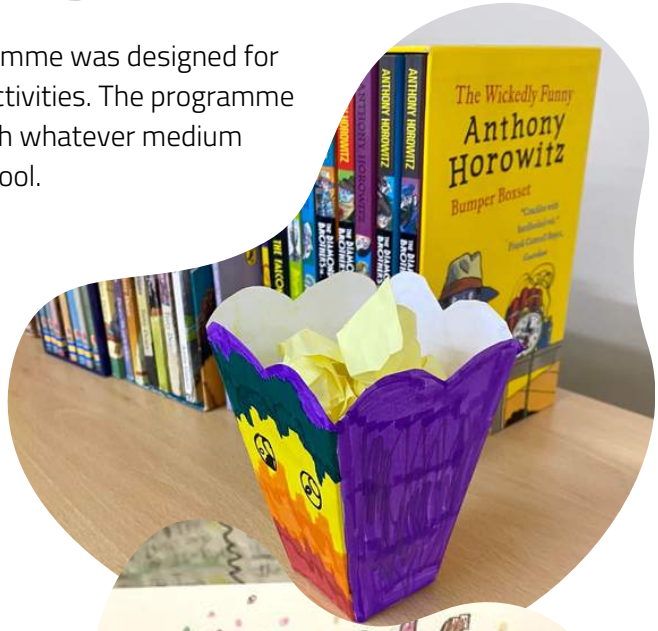




# Primary Schools' Mental Wellbeing Programme

Our 6-week Primary Schools' Mental Wellbeing Programme was designed for classes in KS2; delivered through fun and interactive activities. The programme culminated in a final week project to showcase, through whatever medium they chose, what they had learnt to the rest of the School.

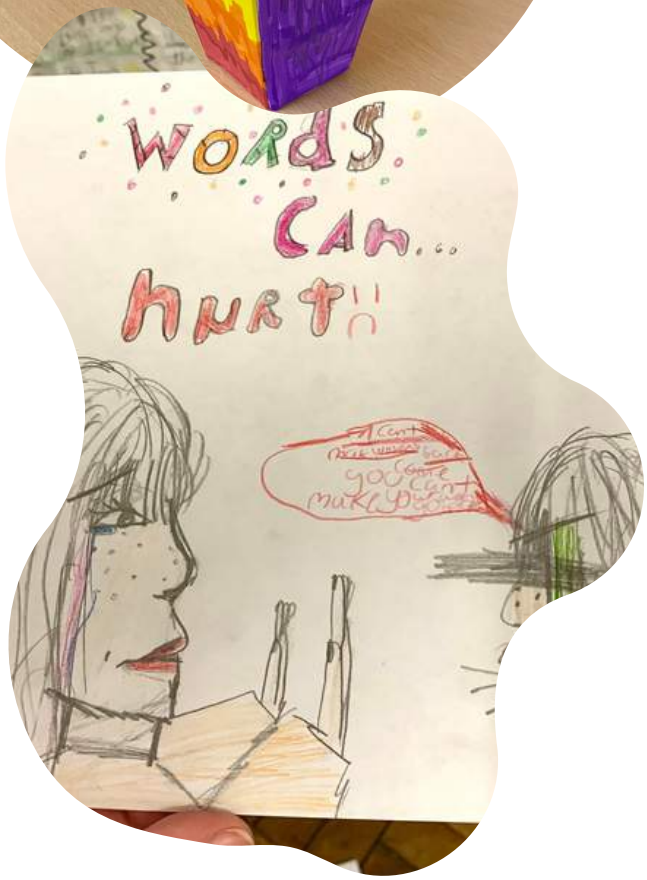
This showcase allowed children to share their experiences and knowledge through acting, drawing, writing, and other creative outlets.




**1350+** Primary School children in Rochdale Borough took part across an amazing **43 CLASSES**

**82%** of children stated that they could recognise their own emotions after the programme

**71%** of children said they know how to make themselves feel better when they're feeling low






> "I enjoyed the resillience games teaching me not to give up"

# Headstart

Following a successful pilot programme delivered by several Football Club Community Trusts in Lancashire, supported by the EFL Trust, in May 2023 we embarked on delivering the Headstart programme in local Primary Schools, thanks to funding and support from Greater Manchester Integrated Care Partnership and GreaterSport.

The programme allows a dedicated Officer to work with identified children in year 6, to support them on their transition to year 7.

**In 2020, one in six (16%) children aged 5 to 16 years were identified as having a probable mental disorder, increasing from one in nine (11%) in 2017.**

June 2023 saw the recruitment of our Mental Health Transformation Officer, Jeya, with a background in mental health service delivery and a passion for making a difference to the lives of children and young people.

Having recruited and onboarded partner schools (Bowlee Community Primary School: 4 classes, Harwood Park Primary School: 1 class, St Margaret's Primary School: 1 class, and St Joseph's RC Primary School: 2 classes).

**248** children received 6-weeks of whole class mental wellbeing education

**21** children received follow on 1-1 support

**Survey's conducted with children who received 1-1 support showed:**

**100%** felt less anxious about starting Secondary School in September

"I've learnt what to do when I'm stressed"

"I think I have more support"

"I like that she'll [Jeya] be there in High School"

**95%** felt that they knew more about mental wellbeing after 1-1 support

"It gives me the right mindset on how to deal with things"

"I didn't know there are other people who felt the same as me"

"I care more about how I present myself to, and with, other people"



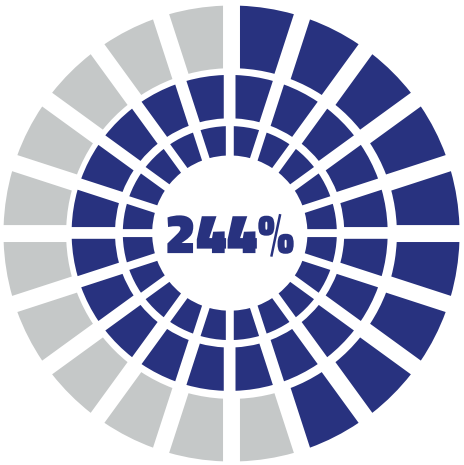
# Secondary Schools' Mental Wellbeing Programme

Our 6-Following the success of our Primary Schools' Mental Wellbeing Programme, we sought to pilot a Secondary Schools' Mental Wellbeing Programme.



Initially, with St Anne's Academy taking part in a 10-week programme with 45 students; followed by 15 students from Falinge Park High School taking part in a 5-week pilot.

Having evaluated and learned from the 10-week pilot, we decided to pilot a shorter, 5-week programme and together with the School considered group dynamics when selecting students.




**increase in students who understand what mental wellbeing is**

**TEN FOLD**

**Increase in students who knew strategies to develop resilience**

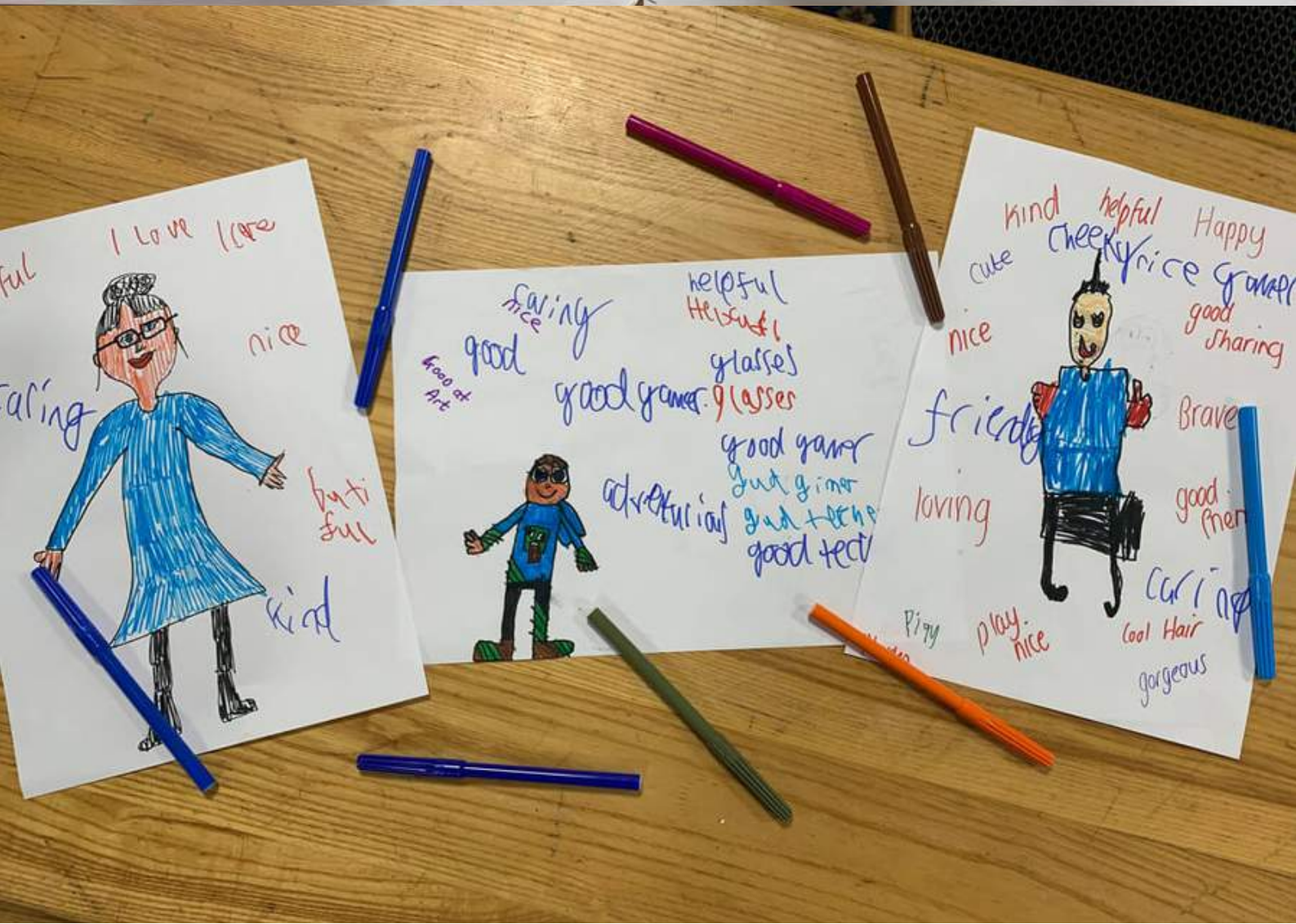
**3X** **more students knew how to identify and reframe negative thoughts**



> **"It helps to express your feelings without people judging you and it helped me with my confidence"**


THE POWER OF WORDS!
YOU'RE FABULOUS!
YOU'RE AMAZING!
YOU'RE BRILLIANT!
ONLINE SAFETY!
Be kind
Be safe
Online
THE IMPORTANCE OF BEING KIND


LEARNT ABOUT...
how to be a good friends
TRUST


I Love
nice
caring
beautiful
kind
helpful
caring
nice
good
good at Art
glasses
good gamer
kind
Happy
cute
nice
good sharing
friendly
Brave
loving
cool Hair
gorgeous
nice

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