

FEELING GOOD WEEK 2017

What is Feeling Good Week?

A sum of money is put aside for Feeling Good Week. Then, young people and organisations such as schools and youth projects can apply for an amount of the money (to a maximum of £500 per bid). The money has to go towards a project to improve health, physical health or general wellbeing for children and young people and must run during Feeling Good Week between 13th - 17th February.

The Feeling Good Week project has been taken over by young people in Hertfordshire! Healthwatch Hertfordshire's Young People's Engagement Officer, Frankie Walsh has redesigned the Feeling Good Week application process with a group of young people to make the process easier to apply and more accessible to young people.

As a result of the redesign process, last year, a third of the applications came from young people! In previous years, no young people had applied for a cut of the money provided by the Integrated Health and Care Commissioning team on behalf of East and North Herts Clinical Commissioning Group, Herts Valleys Clinical Commissioning Group and Hertfordshire County Council. This year there has been a huge increase in the amount of young people who applied, nearly ALL projects were submitted solely by young people or as a joint application in hope of becoming one of the successful projects to receive funding for Feeling Good Week 2017.

This year we continued our involvement with young people and 11 young people from St Albans, some who were involved last year came along to form a vigorous scoring panel to score the bids.

Information about Feeling Good Week and how to apply was sent out to many young people throughout the county through Healthwatch Hertfordshire's youth membership and through the county councils networks. Healthwatch aims to work with young people to ensure they get their voices heard at a decision making level. Please visit the website for more information www.hwhertfordshireyouth.co.uk

The applicants had really thought about the concept of what 'Feeling Good' actually meant to them. The projects ranged from healthy cooking sessions, feel good beach parties, circus skill workshops, African drumming, yoga sessions and wellbeing days/weeks and assemblies. Some bidders used their funding to purchase resources which



not only supported an activity during Feeling Good Week, but also can be used over and over again. Others purchased long term resources such as wellington boots for garden play time, buddy benches, games etc. which supports mental health work in their organisations and several set up peer mentoring or nurture groups.

This report showcases some of the spectacular projects that took place as a result of Feeling Good Week 2017. We visited many of the projects in order to experience and witness how much of a difference these projects really are making and as you read on you will see for yourselves that the funding has a huge impact.

Below: Feeling Good Week 2017's key figures & the top 6 projects which the panel of young people scored the highest

Feeling Good Week 2017	
<ul style="list-style-type: none"> • £19,205.62 • Awarded (an average of £436 Per successful bid)) • 52 bids received (44 successful, 8 unsuccessful) • 7 applications received directly from young people • All other applications this year joint application's (young person and professional) 	
Application examples from 2017	
Project	Amount awarded
Book Banks - StEPs	£495
Phizz-Whizzing Forest Fun - Strathmore Infant and Nursery School	£500
'Young, Homeless, but not Goalless' - Hitchin Town Community FC	£500
Beach Party - Welwyn & Knebworth Children's Centre Group	£500
Music For OLLIE - St Albans Youth Council	£500
Room In Mind - Sir Frederic Osborn School	£500



Hexton Playgroup

Hexton playgroup provides a nurturing, safe environment for children aged 2.5 - 4 years in a peaceful village setting.

The Playgroup successfully bid for funding through the Feeling Good Week scheme to run a project called 'The Secret Garden Project'.

Their idea was to transform a disused corner of the garden into an enticing secret corner where stories could be read to the children as well as provide a quiet area for those who wanted to explore nature and wellbeing.

When we visited, the children were very excited, along with the playgroup leaders and parents. They all helped decorate the corner with chimes, stones and bird feeders they had made the previous week. The playgroup leaders had clearly thought a lot about tying the corner in with nature and provided large butterflies, insect houses, birdhouses and even a hogloo to attract all manner of bugs and animals! All the while, the group talked about nature and the purpose of the Secret Garden.

Much research had gone into the sourcing of special child-safe rubber non-toxic chips to lay on the ground. They had purchased locally sourced wooden stools for the children to sit on and had even commissioned a local artist to make a special sign for the Secret Garden, as pictured below.

Well done to Hexton Playgroup and their Secret Garden. We hope the newly refurbished garden provides a space for the children to explore nature and help with wellbeing for years to come.



Phizz Whizz-ing fun! - Strathmore Infant and Nursery School



Youngsters at Strathmore Infants and Nursery School embarked on various trips to the wonderful woodland on their doorstep to help promote the health and mental wellbeing of young people.

Pupils aged from three to seven took part in this year's Feeling Good Week - enjoying this year's theme of having a Phizz-Whizzing Forest Run. Activities included bracing walks, creating sculptures from natural materials during their trips, with Year 2 children also visiting Waitrose in Bedford Road to stock up on fruit and vegetables and other healthy ingredients to create their own bespoke snacks at the 'Woodland Cafe' after their sharing assembly on Friday.



Teacher Tracey Mountney said: "Children loved getting out in the fresh air, building dens and creating sculptures. We invited parents to join them and the feedback was incredible - I think they enjoyed it as much as the pupils did."

Year 2 pupil Felix Folbigg, seven, had a phizz-whizzing time refuelling after the forest walks, adding: "It was fun. My favourite thing was making wise owl fruity toast - and then eating it!"

Some of the funding was used to buy a class set of wellies which has enabled all children to participate in outdoor activities. This has been an amazing week for the children and has provided some enriching opportunities which has enabled the children to flourish both emotionally and physically. We have had lots of positive feedback from parents and carers regarding the outdoor sessions they have experienced with their children and also the range of activities their children have been able to access this week.



'Many thanks for making these opportunities available through the funding provided.' *Teacher, Tracey Mountney.*

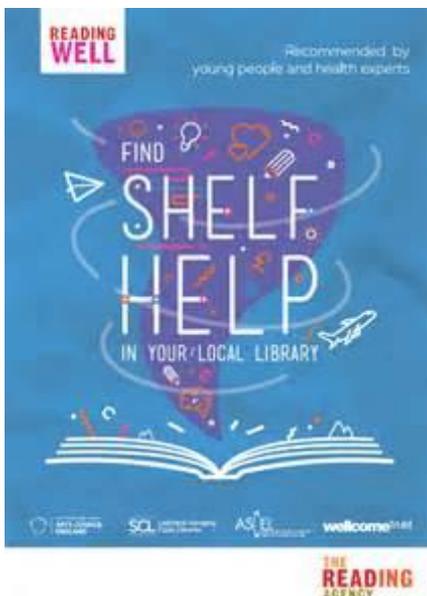
Shelf Help Scheme - Hitchin Girls School

Hitchin Girls School ran assemblies for all year groups about wellbeing and launched their new Shelf Help scheme. Some money from the Feeling Good Week bid was used to purchase books from the Shelf Help scheme reading list. All students have been shown these and given chapters to review to establish who they might be helpful for. New stress toys have also been purchased and are being used to support students who are feeling anxious. Feeling good week has also corresponded with the launch of films created by Hitchin charity Phase.

Two years ago Feeling Good Week helped to fund a pilot film and now, with the help of Lottery funding, 4 more films have been created. These can be viewed on YouTube by searching for Let's Talk - the films are about misconceptions, anxiety, self-harm and positive wellbeing.

Hitchin Girls' School has helped to create the teaching resource packs to go with the films and these can be received for free by emailing office@phase-hitchin.org. This is a great example of how Feeling Good week extends beyond the year it was encouraged! These films are available nationally and have been received very positively by students.

‘Thank you to the Feeling Good week team for funding the pilot and sparking the idea that this could go much further to reach young people who need support with their mental health.’ *Laura Cole, Hitchin Girls School*



Hitchin Girls School's Feeling Good Week project was launched out as a BBC School News report item. The interviews and report made by the students with a focus on mental health can be found here:

http://www.hgs.herts.sch.uk/Departments/English/BBC_News_Report.html

Let's Talk

"Let's Talk" is a series of short films aimed at encouraging conversations about key mental health topics. We believe that increased awareness, understanding and communication about these issues will help to break down stigmas and encourage people to access support. Each film creatively touches on a subject and is intended as a conversation starter. There are FREE education packs available for each film containing resources that can equip people to continue the conversation. Don't forget to register your interest if you would like to receive these accompanying materials.



Get Fit Week - St Albans Girls School

Last week saw the return of Get fit week, and what a week it proved to be. I was lucky enough to successfully apply for funding through CAMHS as part of their Feeling Good Week to help make 2017 the biggest and best yet.

Over 200 students across the year groups took part in one or more of the twelve activities that were on offer. Most activities were oversubscribed but all students who expressed an interest were allocated a place.



We even got the Year 12s involved in a special body combat session just for them. Here's what Macy in 12H thought: *The body combat class was a very fun and different experience that made an exciting change. I would really enjoy doing it again.*



My personal highlight of the week had to be the spectacle that was Clubbercise. The sports hall was transformed into a huge disco with over 100 students decorated with facepaints and glowsticks exercising to music - brilliant!

Here's what the students thought of the week:



I enjoyed the fencing session very much. It was fun to learn new techniques and I would now, thanks to this session, strongly consider doing fencing again or joining a fencing club. Amber 10J

I found fencing very fun. It was very hot in the suits, but the instructor was very informative and it was very easy to pick up. Overall I had a blast! Isabelle 10J



The circuits that we did was a really fun and enjoyable experience. Emma 8B

The different sets we did were great and the session had good structure. I loved the range of different exercises. Freya 8B



I thoroughly enjoyed the ballet class; so much that I am starting the teenage beginners' class. Jone 9B

Trampolining was an amazing experience - I loved it! Antonia 7A

My thanks goes to all of the wonderful instructors who have helped inspire and enthuse the students. STAGS hosts Cheerleading and Fencing classes throughout the week so please get in contact if you would like any information.

Report by Mrs Warner, Teacher at STAGS

Protective Behaviours - Broxbourne CE Primary School



Using the Protective Behaviours programme, the aim was to promote emotional wellbeing, empowering children to recognise when they need help and whom to turn to for support. The sessions covered a range of topics. For example, Year 2 covered problem solving, which consisted of feelings of loneliness and being excluded in the playground. Year 3 tackled bullying, giving advice on who to turn to and designing an anti-bullying poster.

The aim of the lesson plan and outcome would show -

- Children know how to feel safe
 - What is safe?
 - Where to go/who to turn to
- How to seek an appropriate adult

Year 6 Pupil's who took part in the course had this to say about the experience:

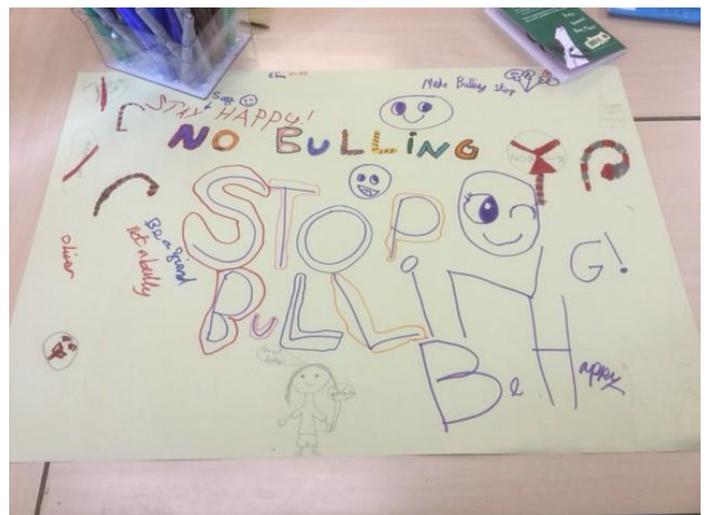
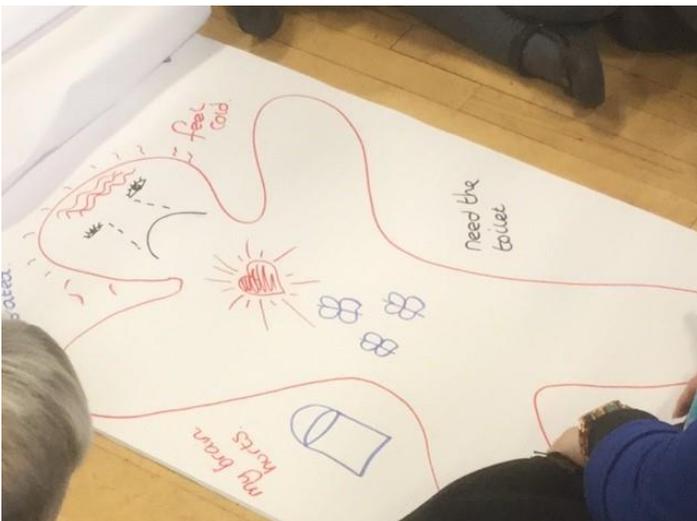
'it taught me stuff - it's not just you that feels that way, others do too'

'I learnt how to express feelings and other people you can tell, not just adults or parents'

'I liked the fact that no question was a silly question so I felt safe to share my thoughts'

'the hand network of people because it shows who could help you if you were unsure of something'

'when we had to say a fun word that begins with the same letter of our name'.



Spread the Love - Youth Health Champions, St Albans



Youth Health Champions took to the streets of St Albans as part of their 'Spread the Love' campaign to promote mental health and wellbeing in the community.

The Royal Society for Public Health (RSPH) Youth Health Champions Programme, delivered by Hertfordshire County Council Youth Connexions, has trained 37 young people in St Albans to cascade critical

health messages to their peers. On the 18th February 2017, they were in St Albans Market for their campaign which promotes mental health and the importance of people feeling connected with the world around them.

The champions ran a charity stall and invited shoppers to select for free from a range of goods on the stall which were then put together in a gift box which was then distributed to local elderly or isolated residents, young homeless people or unaccompanied asylum seekers. There were also items for sale and visitors to the stall took part in a gratitude activity, where they were invited to send a message to say thank



you to someone they forgot to thank in the past. The event also be collected on behalf of Youth charities; Youth Talk, Hectors House, The OLLIE Foundations and Herts Young Homeless.

The activity is being funded by the Feeling Good Week initiative and was planned to coincide with Valentine's week to remind people who may be feeling lonely that they are not alone.



Youth Health Champions are volunteers who are trained to cascade critical health messages and direct their peers to support services. During their training they have come to understand that loneliness can trigger the onset of low mood and depression and other mental health conditions.

Jenna Morris, Youth Health Champion and

project manager said “Feeling Good Week is the perfect opportunity to make sure that those who feel lonely or need support know that there are places and people who will listen and can give advice and support. We hope to play our part as Youth Health Champions and signpost people to the support they need and give others the opportunity to do something for someone else - in that way we begin to conquer loneliness and support our local community during this time period where the word 'love' is everywhere. We want to help people feel love and we hope, this in one way we can start to 'spread the love’”. **Report by Youth Health Champions, Hertfordshire.**



**Left & Below:
Pictures from the
day**



Feeling Good Week Beach Party - Welwyn & Knebworth Childrens Centre Group

Welwyn & Knebworth Children's Centre Group ran a free drop-in play session for families with children aged 6 and under, where children could make their own healthy picnic lunch and play sand and water games together with feelings-themed arts and crafts.

At the same time, they ran a sensory rhyme session for younger children at the Civic Centre in Welwyn and gave out free books at a workshop to support parents teach their children about difficult feelings.

“The idea for the Feeling Good Beach Party came from families. Parents and carers were invited to sign up to our Healthy Mind, Healthy Body project which will be running throughout the second half of the spring term, encouraging families to be active and have fun.” - Manager, Sue Smith.

On behalf of all of our team I would just like to say a massive thank you for allowing us the opportunity to plan this session - Natalie Chidzey, Service Delivery Lead.



Willow Weaving Warriors - Within The Walls Garden Project, Hitchin

On Tuesday 14th February during Half Term, a group of 15 girls from 11th Hitchin (Holy Saviour) Guides came to Within The Walls Garden Project to put up a Willow Dome. The garden is situated within listed Victorian walls as part of the Bowes-Lyon estate at St.Paul's Walden, Hertfordshire. Since April last year Down The Woods Forest School has been working hard to turn it into a beautiful space for people of all ages to come and plant, grow, learn, share skills, ideas and just breathe.

The Guides were very keen and listened well to instruction from our skilled tutor Emma Palfreyman-Brown. The work involved preparing the ground by laying weed membrane and then bark chippings, making holes to plant the willow rods, a special round 'crown' to hold the top together, and then weaving in the whips to hold it together.

The sun shone, we had lunch cooked over the fire, made a beautiful living willow dome and had a great day all round! Many thanks go to Frankie and the team at Healthwatch Hertfordshire to help make this all happen. -
Report by Lea Ellis, Project Manager.



Aspects - All Saints CE Primary School

Aspects are pleased to announce a new transition project for children currently in Year 6.

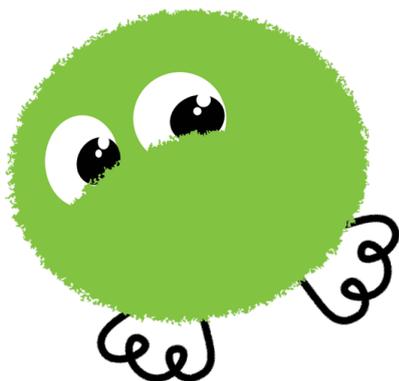
The project will take place in June 2017 and is aimed at pupils who may be particularly anxious about transition to secondary school. Each Primary school is invited to nominate 2 or 3 pupils from each Year 6 class to take part in the project.

We will arrange for them to meet with pupils currently in Year 7 of the secondary school they will be joining in September. They will be able to discuss their worries, hear first hand how the current Year 7s handled their own transition, and gain some useful tips and ideas.

Hopefully, this will allay some fears as well as form meaningful connections with the school. The meetings will take place at the Thirst Café; a relaxed, informal venue where the students can chat over refreshments and take part in games and activities together.

This will also encourage students to use the Thirst Café independently in the future as a way of making new friends and socialising with their peers. The event will take place in June when the majority of secondary school allocations have been finalised.

We are very excited about the project and looking forward to meeting the children! - **Report by Philippa Roy-Chowdhury, Aspects Manager.**



Positive Playtimes and Lunch Times Project - Camp Primary and Nursery School

During Feeling Good Week we officially launched our 'Positive Playtimes' initiative. Our School Council and Peer Mediators delivered special assemblies to share our new strategies and plans with the rest of the school.

We introduced the idea of 'Playground Zones' and explained how these will work. We invited the children to suggest new ideas for different zones, and to volunteer to be a Zone Monitor. Throughout the week, pupils used special play time and lunch time equipment.

Last year, as PSHE subject leader I attended a course run by Jenny Mosely entitled 'Powerfully Positive Playtimes'. I came back from this course refreshed and excited about the ways in which we could support and improve these areas. However, in order for us to deliver our vision of improved play times and lunch times we identified resources which we would like to purchase, using the funding from Feeling Good Week 2017, we managed to purchase these!

We also purchased books to support our Midday Supervisors in identifying helpful and positive strategies that they can use to improve the behaviour at lunch times. We provided visual ways to show the children the rules we expect at playtimes and lunch times. Our hope is that through these plans we will be able to have a really noticeable impact upon the behaviour at play times and lunch times, which will undoubtedly have a positive impact upon learning during the afternoons. - Report by Alison Rapson, Teacher at Camp Primary and Nursery School.



Forest School Activities and Outdoor Learning - Greenfield Early Years Centre

Nursery children at Greenfield Early Years Centre in Hurst Drive, Waltham Cross, donned their wellies for forest school fun, thanks to their Feeling Good Week funding.

The 95 youngsters also invited their parents to join their regular football session and help prepare healthy snacks as they take their learning outside.

Nursery teacher Jackie Daley said:

“Our forest school really benefited the children by helping them to connect with nature, boosting their confidence, self-esteem and communication skills as they try new things, work together and have lots of fun. It has been fab and has really boosted the confidence of some of our very shy children. After the African drumming, we have continued the theme of drumming, which has also very therapeutic and engaging especially for our SEN and our EAL children. I would definitely say the whole event has had a good impact and has sparked our imaginations to provide further feel good activities.”



Room In Mind - Sir Frederic Osborn School

Using our Feeling Good Week 2017 funding, we designed our 'Room in Mind' for students to be able to access self-help websites and speak with their 'Mentors in Mind' or a friend during allocated times during lunch and break times.

We had a very successful week of activities for Feeling good week. The designs for our 'Room in Mind' /Young Carers Room display were so good that we have now chosen two designs as winners and two as runners up.

The students have put a lot of effort into Feeling Good Week and have said that they really enjoyed the activities. The winners of the design activity will be announced after the assemblies have taken place.

The funding helped buy a computer and resources for the area for the students to use. The students created fabulous wall designs for the room and two prizes were donated by myself for the top two. All students had a fun time creating their designs and we also gave out two goodie bags from the Health for Teen's event. Along with other goodies.

We also participated in the Health for teen's event at Paradise park which included activities for students to get involved in and bring back to school to help promote the new website. 3 year 11 students will be presenting what they learned to KS3 and KS4 assemblies. - **Report by Sue Akers, Safeguarding Officer/DDSP and Mental Health Lead, Sir Frederic Osborn School.**



Book Banks - St Albans Educational Partnership for Schools (StEPs)

St Albans Educational Partnership for Schools (StEPs) received money from Feeling Good Week to support reading in their Book Bank sessions.

Book Banks © is a reading initiative run by StEPs in partnership with local food banks. Volunteers create a quiet, inviting space in the main food bank area and can read stories to children, fostering an early love of reading.

Children are able to pick a book from our huge bank of second hand and donated books which they can take home with them. These books are given freely and they do not have to return them. All the books are donated.

We purchased some Big Books and Story Sacks for the sessions using our FGW money and these have been extremely successful when we have small groups of children together. All of our Big Books have stories that we can use to explore feelings, safety and other social issues in a gentle and unchallenging way. We can also work with adults who need help with literacy and purchased some resources to help us with this.

For more information visit www.stalbanseps.org or www.bookbanks.org.uk

Report by Nikki Howes, Project Manager.



The Canvas Project - Watford Youth Council

Watford Youth Council spreads Wellbeing with a Smile!
17 March 2017

Young people who took part in the Watford Youth Council were pleased to display their finished art project - a canvas smile filled with positive quotes - as part of Feeling Good Week 2017.

The canvas project, which was made up of quotations, was initiated by members of Watford Youth Council and included contributions from over 100 young people from across other youth projects in Watford. Designed to take place during 'Feeling Good Week' in February, the aim of the canvas is to encourage others to think about what makes them feel good and to encourage positive wellbeing among young people.

Participants were asked to think about what makes them feel good and what they found positive about themselves. Once written down, these quotations were then pieced together to form the smile - requiring no small degree of problem solving skills from the canvas design team! The canvas is on display at YouthPoint in Watford and has also been circulated on Twitter - including the #wellbeing and #equality tags.

Members of Watford Youth Council used the opportunity of this project to revisit their mental health / emotional wellbeing project from last year - and also decided together that they would keep the quotations up-to-date and paint the canvas again with new ideas on them as time goes on.

Pin Wen, aged 17, said: "I was pleased other young people from other YouthPoint projects got involved", and Anfernee (also age 17) added: "It's colourful and our project achieved its aim of promoting positive wellbeing."

To find out more about Watford Youth Council or any other Watford Youth Projects, visit www.ychertfordshire.org



Revolution Exhibition - YC Hertfordshire, Watford

Watford young people enjoy a revolutionary visit
27 February 2017

Young people from YC Hertfordshire projects in Watford enjoyed a visit to the Revolution exhibition at the Victoria and Albert Museum in London as part of Feeling Good Week.

The young people enjoyed the opportunity to learn about social change and revolution and were inspired to research the changes that have happened from the 1960s up until the present day, especially around LGBT rights and the development of equal opportunities. This was particularly relevant as February is Lesbian, Gay, Bisexual and Transgender (LGBT) History month and 2017 marks the 50th anniversary of the partial decriminalisation of Homosexual men - with both issues featuring in the exhibition.



The exhibition featured key revolutionists, social change and political protests throughout the 60s including the revolutionary change of gender expectations and the build up to and the impact of the Stonewall Riots in 1969 on LGBT people.

The exhibition also worked with an online youth media organisation called Newspeaks to explore the concept of social change, and these interviews are shown throughout the exhibition.

The visit was enjoyed by all of the young people and they will continue their discussions on the exhibition and their thoughts of the social change in the 60s in comparison to now, and to share what they have learnt with the young people who were not able to attend.

For more information about Watford youth projects and programmes, please visit www.ychertfordshire.org

Plus One Fun & Education Trip - YC Hertfordshire, Plus One Group

Youth Connexions currently run a 'Plus One' programme for young parents (14-21) in Watford and Three Rivers, which includes parenting skills, healthy eating and employability skills. The aim of the programme is to introduce young parents to a local support network - as well as enabling them to meeting the demands of parenthood successfully. As part of the programme, we wanted to include a local leisure activity, such as a visit to a children's farm or play centre.

Young parents can often feel isolated which can lead to loneliness and mental health issues. The aim of this visit was to allow the young parents to cement friendships and bond together as a group - and thus improve their local support network. Their young child also enjoyed a day out - and this impacted on their parents' wellbeing.

Particular attention has been paid to inviting young parents/parents to be from vulnerable groups or areas of local deprivation. When designing the course, attention has been given to including elements particularly requested or enjoyed by previous groups - and the opportunity for a group outing for parents and children was particularly popular; Please see pictures from our visit below! - **Report by Carmel Byrne, Youth Connexions Personal Adviser St Albans.**



Feelings & Fun in Early Years - Oak Tree, Creswick and Waterside Children's Centres

We ran a parent workshop about Personal, Social and Emotional Development (PSED) and helped families to have fun playing turn taking games, using the feeling stones and looking in mirrors to show our emotions which we bought as part of the project.

We had over 60 parents attending and we are delighted with how they are following up with supporting at home.

Practitioners from other settings have been in to visit to see how our nurture group explores feelings and are taking back ideas to use in their own settings.

Work from the project will be celebrated at our Acorns Teaching School Alliance conference 'Positive Emotional Wellbeing in Young Children' on April 18th with 160 delegates.

**Report by Karen James
Headteacher, Ludwick Nursery School
Head of Acorns Teaching School Alliance
Head WGC Children Centre Group**



Eat Well Feel Good - Stevenage North Children's Centre

We purchased resources and healthy, nutritious food to share with the families attending our groups. We created a display highlighting the purpose of 'Feeling good week' and provided information and leaflets for families to take away. We ensured our activities during the week reflected the aims and objectives for feeling good week. We worked in partnership with a representative from the Healthy Hub in Stevenage. She visited a session and discussed her organisations aims and the services they provide. We liaised with a Post Natal Illness Charity who will visit our baby groups in the near future to speak to new mothers.

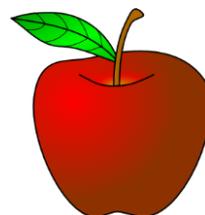
We made a positive impact to families and received encouraging feedback. Giving parents examples and demonstrations during the sessions was beneficial and will be continued in the future. Families attending our groups have informed us of the recipes they have now tried at home and that they use the Tupperware we presented them during Feel good week.

Feedback from families:

"Today I learnt how to liven up yoghurt and that she really likes muesli! At home I am going to mix muesli and fruit more often."

"I have learnt how to make healthy snacks. I am going to explore more cooking ideas and snacks."

"I now know how to make yoghurt fun! I will try this again. It'd be nice to make something savoury."



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