

What is HeadStart Hull?

HeadStart Hull is a Big Lottery funded programme, which aims to:

“Enable children and young people to have positive mental health and wellbeing, thrive in ‘their communities’ and to ‘bounce back’ from life’s challenges”

It is one of six HeadStart programmes being run across England, funded until 2021.

What do we do?

HeadStart Hull is a collection of services and interventions for supporting young people’s emotional health and well-being. It is based on the views of young people, staff and parents and what we learnt in the two-year pilot project.

The programme takes an ‘asset-based’ approach, which means making sure young people have the skills and support they need so they can cope with difficulties. The ‘assets’ we want young people to have are:

- Trio of trusted adults
- Aspirations for the future
- Confidence and self-esteem
- Positive peer networks
- Stronger family networks

Who do we work with?

- young people so they can help shape the HeadStart Hull programme and have a say on the issues regarding emotional health and well-being that matter to them.
- schools, youth centres and other organisations across Hull to help them support young people better.
- other organisations who are able to provide extra support around emotional health and well-being, such as Turn2Us drop-ins, play rangers, peer mentors, group work, counselling or resilience coaches.

For more information on the programme contact headstarthull@hullcc.gov.uk
(NB this is for general information and not to make referrals)

HeadStart Hull Delivery model

"Enabling young people to have positive mental health and wellbeing, thrive in 'their communities' and to be able to 'bounce back' from life's challenges"

