



What is HeadStart Hull School based group work?

Barnardo's are delivering targeted group work in secondary schools across the North & West of the city. We provide this support through the delivery of the evidence based 'WRAP' programme (Wellness Resilience Action Planning) and enhanced by CBT techniques. WRAP promotes resilience, emotional / mental health, self-management, empowerment, goal achievement and improves quality of life.

What do we do?

We deliver therapeutic group work one day of the week, which requires the young person to come out of school for the day. We co-deliver the groups with school staff who we train to become accredited WRAP facilitators. This ensures sustainability of support to young people between sessions, beyond the life of their group and beyond HeadStart.

Before a young person joins a group, we visit them at home to discuss their need of support with parents. We help parents gain support for themselves where need is identified during this visit.

Key concepts of WRAP include: hope, self-responsibility, education and self-advocacy. The groups are designed to help young people:

- understand what impacts on emotional / mental health
- prevent / decrease troubling feelings and behaviours
- increase coping strategies / develop individualised coping plans
- increase peer and community networks
- recognise early warning signs and plan in the event of their emotional health worsening.

Young people help shape the programme which ensures we address the issues that individuals within the groups are facing. WRAP promotes an individualised approach as each young person develops their own wellness plan. Individual plans promote ownership and self-responsibility and they can travel with young people in their contact with other services.

We also provide *some* 1-1 support to young people attending the groups and to their parents, to enhance their understanding of WRAP and share strategies to help them support their child's progress.

We support WRAP graduates – young people completing WRAP programmes - to develop peer-led support groups at the end of their group work programme, as well as share and promote learning and strategies within their wider school community.

Who do we work with?

We work with young people who are in years 7, 8, 9 and 10 from secondary schools including Winifred Holtby, Sirius North, St Mary's, Sirius West, Newland, Kelvin Hall and Trinity House.

Referrals from other organisations into the project are made through the HeadStart Hull checklist which should be completed and returned to: headstart.groupwork@barnardos.org.uk

Young people (or their parents) can self-refer by calling the number below. For any further information, please contact Barnardo's on **01430 810022**.

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"

