

Wellbeing Group:

A partnership programme between the Central Swindon North Parish Council and Voluntarily Action Swindon, supporting Year 6s (three from each) from Swindon Academy Alton Close and Sevenfields Primary School.

We have worked alongside the two schools to identify children who would benefit from support around their wellbeing, as well as build their resilience to manage difficult situations in the future.

We felt that it would be beneficial to work with children in Year 6, as we are seeing that more and more children are struggling to manage their wellbeing from a younger age, which can then lead to school avoidance or behavioural difficulties as they reach secondary school. Our hope is that by targeting children at a younger age, we can support them with simple techniques to build their resilience for the future.

The aim of each session is to explore the 5 Steps to Wellbeing, over a period of six weeks, in a creative way, each week focussing on a different step.

Be Active: Playing sports, using the fitness equipment in the Sevenfields Park and simple yoga.

Learn: Simple cooking exercise, creating a poster explaining the different 5 Steps of Wellbeing.

Give: Litter pick, making a pocket hug to gift to someone.

Notice: Scavenger hunt in Penhill Park, the using the items to create a terrarium.

Connect: Human knot game, making a dreamcatcher to support with identifying safe people/places/solutions.

The children also created a Star Jar in their first week, and each week have added something good that has happened to them that - this is something that they will take home at the end of the programme, with the hope that they continue to identify positive things to add to it.

We are currently half-way through our first cohort of children and have witnessed positive engagement from each of the children. Having children from the different schools has also encouraged the children to make some new friends outside of their own primary school, which could be beneficial when they move into secondary education.

Once the programme comes to an end, the hope is we can encourage the children to continue socialising at our new PSH youth club, which is aimed at children from Years 5-7 - this will give Youth Workers from the Parish the chance to continue supporting the children informally.