Recreate-U’s Blossom

Programme Outline

**What is Recreate-U’s Blossom programme?**

Recreate-U's 'Blossom' is a preventative, early intervention programme which provides weekly 1:1 or small group wellbeing interventions and educational support to primary-aged children who have been adversely affected by Covid-19.

Our holistic programme will focus on increasing children's intrinsic self worth, overall wellbeing, self confidence and engagement in learning.

**Why is Blossom needed?**

* Research states that 'due to Covid-19 many disadvantaged children of this generation will earn 40k less than their peers.'
* Vital opportunities for building social skills and making developmentally appropriate connections with peers have been lost.
* Schools we work with have mentioned seeing children falling up to 18 months behind in terms of social and emotional development.
* Covid-19 has negatively impacted many of the children we work with; Some children have developed symptoms of poor mental health such as anxiety and have become disengaged, losing interest in their friends, peers, family and education.
* This steady 'falling behind' is further affecting children's overall mental health and wellbeing.

Recreate-U's Blossom programme will benefit primary school children struggling with their mental health and learning due to adverse effects of Covid-19.

**Why choose Recreate-U’s Blossom?**

* Recreate-U’s 'Blossom' programme will create solid foundations to improve children's life prospects.
* We have evidence from previous programmes of activities that our sessions have positively impacted children's mental health and wellbeing along with their confidence and educational abilities.
* Our programme is focused on building the foundations for more young people to reach their full potential, by supporting them at the earliest possible stage.
* Our staff are experienced qualified teachers which specialise in wellbeing and who understand children, families and schools.

**When will Blossom happen?**

Targeted weekly sessions will take place during lunch breaks or after school, preferably at school. There is capacity to run the programme for upto 5 months. The programme will be in cycles of 8 weeks for upto 10 children per session.

**Recreate-U’s Blossom Timeline:**

1. Recreate-U will work with schools and teachers to identify key pupils who would benefit from early intervention and support to improve their confidence and overall well being.
2. Recreate-U will meet the children and co-produce a plan of action and end goals with the child/children so that they are empowered and have a voice on how they want Recreate-U’s Blossom to help them.
3. Lessons will take place at lunchtime or after school for 8 weeks.

These lessons, tailored to each individual child, will teach:

-mindfulness techniques to manage anxiety,

-exercises to build self-worth and self-esteem,

-strategies to rebuild confidence in social situations,

-targeted interventions around other areas of concern specific to the child and the group's chosen end goals.

1. As this is a pilot programme formative assessments will take place throughout, this is to inform, adapt and improve the next lesson and the next 8 week cycle of Blossom with another cohort of children. Teachers will be asked at the end of week 4 and week 8 if they have seen any improvements in children's wellbeing, confidence etc. Parents will also be contacted for any feedback. Children will be feeding back their thoughts throughout the programme.
2. Celebration assembly
3. Repeat steps 1-5

**How will we measure the impact?**

We will be using formative and summative assessment throughout the programme to evidence the impact the lessons have on the children's wellbeing. We will be using 360° evaluations and get feedback from pupils, tutors, schools, and parents/carers. All feedback will influence the development of future work to ensure our services are of the greatest possible benefit to the communities we serve.