

Report to	Salisbury
Date of Meeting	05/07/2019
Title of Report	Community Youth Grants

1. Purpose of the report:

(a) To ask Councillors to consider the following applications seeking funding from the Salisbury Area Board.

(b) to ask councillors to note the list of youth groups and projects currently operating in and around Salisbury. These groups make up what Wiltshire Council refers to as the 'local youth network'.

Application	Grant Amount
Applicant: St Edmunds School Project Title: South Wiltshire Mindfulness in Schools Collaboration Strategy	£5000.00
Total grant amount requested at this meeting	£5000

2. Main Considerations

Councillors will need to be satisfied that grants awarded in the 2018/19 year are made to projects that can realistically proceed within a year of the award being made.

Area Boards have authority to approve Area Grants under powers delegated to them by the Cabinet member for Communities, Campuses, Area Boards, Leisure, Libraries and Flooding. Under the Scheme of Delegation Area Boards must adhere to the Area Board Grants Guidance 2018/2019.

Community Youth Grants will contribute to the continuance and/or improvement of cultural, social and community activity and wellbeing in the community area, the extent and specifics of which will be dependent upon the individual project.

Community Youth Grants give all local community and voluntary groups, Town and Parish Councils an equal opportunity to receive funding towards community based projects and schemes.

3. The applications

Applicant: St Edmunds School Project Title: South Wiltshire Mindfulness in Schools Collaboration Strategy	Amount Requested: £5000.00
This application meets grant criteria 2018/19.	

Project Summary: Mental health is one of the biggest priorities for young people today. As many as 10 of people aged between 11 and 16 have a clinically diagnosable mental health condition. Very few of these young people receive appropriate intervention. We would like to help develop mindfulness practice in Years 6-11 in South Wiltshire schools to provide students with a range of strategies to support positive mental health.

Please tell us WHO will benefit and HOW they will benefit from your project and benefit your local community:

We have already started to make a difference to the lives of young people in Salisbury and the South Wiltshire region. In particular in mental health provision in schools for young people aged 11-16. We believe that mindfulness taught by trained teaching staff can make a real difference to the lives of young people. According to the Mental Health Foundation mental health issues are increasingly pervasive in children and young people aged 5-16 have a clinically diagnosable mental health problem yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age. The scale of mental health difficulties is growing as young people attempt to adapt to the demands of life in a frantic technological age. The pressure to achieve exam success navigate the complex world of social media and adapt to a world where the job market is shifting unpredictably means that often young people feel under pressure, stressed, and anxious. Some young people can deal with these challenges without a hitch and they are the lucky ones. Many others lack the required coping skills needed at times of stress. Schools do not routinely provide a scheme of work to address such issues and if they do they tend to do it as a factual exercise without providing and practicing specific skills which can be used in the future. We believe that by teaching students mindfulness they will practice a range of practical techniques - which will in turn be beneficial to their mental health. Such techniques can be used for a lifetime. Mindfulness is a way of paying attention to the present moment using techniques like meditation breathing and movement. It helps us become more aware of our thoughts and feelings so that instead of being overwhelmed by them, we are better able to observe, know and manage them. There has been a significant amount of research into mindfulness. Evidence has suggested the benefit of health and wellbeing with results showing positive effects on several aspects of whole-person health including the mind the brain the body and behaviour as well as a person's relationships with others. Mindfulness has also be shown to help with a number of conditions including stress, anxiety, depression, addictive behaviours such as alcohol or substance misuse, and gambling, and physical problems like hypertension, heart disease, and chronic pain (Department of Health). Indeed because of its proven success with mental health, mindfulness courses are now available through the NHS. Clearly there is a need for mindfulness to support young people and the evidence suggests that it is effective. So how can it be introduced into schools? At St Edmunds School we have been delivering mindfulness to our students for over 2 years. All of our year 10 and year 11 students have been taught a 10 week scheme by trained mindfulness practitioners Mr Burley and Mr Anderson. Both teachers were trained as part of a Wiltshire Public Health initiative. They had to complete a mindfulness-based stress reduction course MBSR and then practice mindfulness for a year before teaching. They then completed a course to deliver mindfulness to students aged 14-19 called .b which is accredited

by MiSP Mindfulness in Schools Programme. The course was devised by academics working with Oxford Exeter and Bangor Universities. Following this, Mr Anderson has completed an additional course which enables him to teach students aged 7-11. Our students are really feeling the benefit of such a programme. It has provided students with a range of strategies to aide their mental health and well-being and they feel better prepared for the examination period. We will be teaching Year 7s as well as Year 10s next year as art of the formal timetabled curriculum. News has travelled fast about what we are doing at St Edmunds. Other schools are very interested in doing similar things. This year Mr. Anderson has delivered mindfulness to 11 year olds in 3 local primary schools with great success and impact - but currently that is all that we can offer. What we would really like to do is train teachers in the other schools so that they can run their own mindfulness courses. This would create a sustainable way of working. We would like as many primary and secondary schools as possible to offer mindfulness as part of the formal or intervention based curriculum. Imagine the difference it could make to mental health in the region. We would also like to offer MBSR courses for teaching staff and potentially other local individuals in the community to support their own mental health needs. Working in education, while being fantastically rewarding is also in the current climate an exhausting and all-consuming job. Teachers and other workers in education need the chance to stop and reflect. In order to continue to offer the support to other schools and staff one of our staff members would need to complete a course at either Bangor Exeter or Oxford University. You funded the first part of this last year and as a result Mr Anderson is already leading a MBSR mindfulness course for 15 staff across three schools in the area. Once they are trained then the basis for mindfulness is there and they too can then train further to teach pupils in their own schools. We are requesting that you kindly fund the second part this year. We applied for £10,000 in 2017 and received £2,500 and were asked to return in 2018. Therefore we are asking for half of last year's amount for Mr Anderson to complete the course. Although £5,000 is expensive initially- the scheme will benefit a large number in the local area through training that we would provide. If the majority of schools became trained in mindfulness the potential impact on young people would be significant.

Comments from the Community Engagement Manager

This application meets the grants criteria and was considered by the Godolphin School Council on the 18th June. The majority vote was to support this application for £5,000, on the basis of the benefits outlined above.

Report Author:

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