

# Believe to Achieve

Enhancing the self-esteem, personal development, educational experience & future aspirations of children & young people



Visit our website  
[b2a.org.uk](http://b2a.org.uk)



Arrange a meeting to discuss how our services will benefit your school or organisation  
Call Nick Pratt on 07824 328004

Founded in 2001 in Wolverhampton by Lisa Potts, **Believe to Achieve (B2A)** is an engaging & creative charity working with children & young people aged 5yrs-25yrs.

B2A works holistically to enhance:

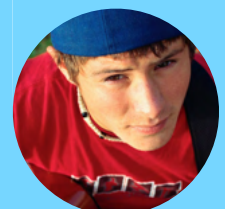
- ▶ self esteem & confidence
- ▶ personal development
- ▶ educational experience
- ▶ future aspirations
- ▶ & improve personal relationships

We do this through high quality provision of:

- ▶ counselling & therapy services
- ▶ peer support programmes
- ▶ internet/social media awareness programmes
- ▶ anti-bullying workshops
- ▶ parental support programmes
- ▶ holiday, lunchtime & after-school activities
- ▶ MDSA training



Our focus is on early intervention & prevention



Follow us on Twitter  
[@blvtoachv](https://twitter.com/blvtoachv)



Contact B2A's Chief Officer Nick Pratt on 07824 328004 [b2a.org.uk](http://b2a.org.uk)

## Believe to Achieve information sheets



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The Rapport Project provides counselling services and peer support programmes for children and young people aged 5-25 years.



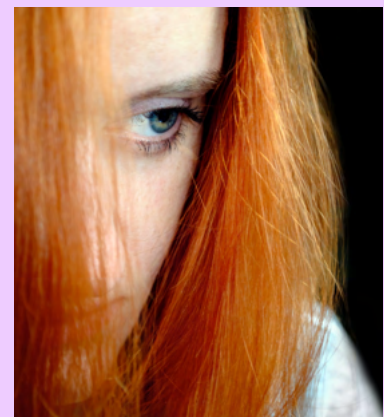
B2A, in partnership with the What?Centre, delivers the 'Rapport Project' (subsidised by the National Lottery in the Dudley Borough). The What?Centre, long established in Dudley, with fully qualified and experienced staff, specialises in counselling young people up to the age of 25yrs.



### Counselling services

#### The Rapport Project will:

- ▶ carry out a free needs assessment to enable us to tailor our service to meet your needs
- ▶ deliver counselling/therapy that addresses a range of issues such as lack of resilience, personal image, identity, transitions, behaviour, bereavement, anxiety, self-harm
- ▶ deliver 1:1 counselling, group therapy, art therapy, play therapy as appropriate
- ▶ support you to source funding to sustain provision
- ▶ positively impact on your school improvement plan



#### Benefits of engaging with the Rapport Project:

- ▶ our counsellors are fully qualified & work to BACP Standards (British Association of Counselling & Psychotherapy)
- ▶ all our provision is fully insured
- ▶ our records show around 95% improvement in the mental health of pupils accessing counselling
- ▶ early identification of child protection, abuse and domestic violence issues
- ▶ early intervention as a preventative tool

To discuss our counselling services please call Julie Duffy at the What?Centre on 01384 379992

Contact B2A's Chief Officer Nick Pratt on 07824 328004 [b2a.org.uk](http://b2a.org.uk)



The Rapport Project provides peer support programmes and counselling services for children and young people aged 5-25 years.

B2A is the lead organisation delivering the Rapport Project; funded\* by the National Lottery to provide counselling services and peer support programmes. B2A's delivery partner is the What?Centre specialising in counselling. B2A delivers peer support programmes in collaboration with Wolverhampton Headstart.



### Peer support programmes

The Rapport Project will train children & young people as peer supporters, these programmes will empower participants to:

- ▶ explore their feelings & emotions
- ▶ develop increased resilience
- ▶ develop empathy for peers
- ▶ gain new skills in leadership
- ▶ contribute to their school & community
- ▶ take responsibility for their own actions
- ▶ enhance confidence at transition



### Peer support programmes lead to measurable outcomes

- ▶ can reduce bullying & improve behaviour
- ▶ develop communication, negotiation, social skills
- ▶ builds leadership & team working
- ▶ positive effect on staff and pupil relationships

Wolverhampton HeadStart outcomes & national evidence show that peer support promotes:

- ▶ inclusion
- ▶ tolerance
- ▶ participation
- ▶ friendships & mutual understanding



\*subsidised provision in the Dudley Borough

To discuss peer support call Jon Lee on 07736 720706



Contact B2A's Chief Officer Nick Pratt on 07824 328004 [b2a.org.uk](http://b2a.org.uk)

## B2A will work with you to reduce incidents of bullying and improve behaviour.

Our anti-bullying workshops are designed by us in response to individual school requirements. Linking with Kidscape (a national charity set up to teach children and young people how to keep safe from bullying), our classroom activities are delivered by experienced staff who sensitively respond to issues raised.



### What is bullying?

We define bullying as:

- ▶ deliberate hostility & aggression
- ▶ directed at a target who may appear vulnerable
- ▶ an outcome which is painful & distressing to the target

Bullying can be:

- ▶ physical
- ▶ verbal
- ▶ emotional
- ▶ racist
- ▶ sexual
- ▶ homophobic
- ▶ cyber



### Possible results of persistent bullying:

- ▶ long-lasting low self-esteem
- ▶ shyness
- ▶ poor academic achievement
- ▶ isolation
- ▶ self harm
- ▶ threatened or attempted suicide



### Myths about bullying

- ▶ 'sticks & stones may break my bones...'
- ▶ 'it's character building...'
- ▶ 'hit back harder...'

Bullying is NEVER a good thing, it is damaging to bullies and their targets.

## B2A anti-bullying workshops cover a range of issues such as:

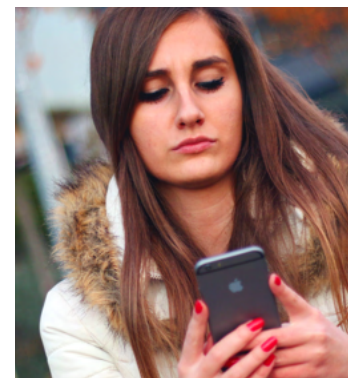
- ▶ celebrating differences
- ▶ promoting friendships
- ▶ recognising emotions
- ▶ dealing with anger
- ▶ assertiveness
- ▶ saying 'no'



B2A have developed internet safety workshops to support schools to respond to growing concerns around the mental health of children & young people mis-using the internet & social media.

B2A deliver these programmes in Primary and Secondary settings. Workshops are designed to address a range of issues and will support school staff, parents and pupils to develop strategies to access the internet safely.

B2A evidence reports 90% of children & young people accessing their therapy services have had negative online experiences, such as bullying, inappropriate content and sexting



## Internet safety workshops include:

- ▶ positive internet use
- ▶ are children safe? how do you know? do you check?
- ▶ other adults online
- ▶ grooming
- ▶ games consoles, 18+gaming
- ▶ mobile phones, selfies, sexting
- ▶ social media (Twitter, FB, WhatsApp, Snapchat, Instagram, Periscope, YouTube)
- ▶ online/offline personality, isolation & depression, mental health & behaviour
- ▶ online bullying, low self esteem, body image
- ▶ countering negative influences promoted via the internet



## Social media awareness for parents

- ▶ A focus on staying safe when using social networks, mobile phones, playing video games & viewing films
- ▶ Supporting parents to take responsibility on age appropriate access to the above
- ▶ Separate parental workshops as group and individual sessions
- ▶ Key areas covered:
  - ▶ intervention & prevention
  - ▶ awareness
  - ▶ consequences
  - ▶ support & guidance
  - ▶ action plans to support change





### The benefits of working with B2A

B2A will provide your school with data, feedback and evaluation on all services and activities delivered. B2A use online reporting systems, gather feedback through consultation, access updated research and statistics (regional & national) and use this information to continually inform their practice.



B2A is the lead organisation delivering the Rapport Project, providing counselling services and peer support programmes, impacting on the mental health and resilience of children & young people.

Over twelve months (2016) the Rapport Project statistics record that young people have reported:

- ▶ 100% increase in their ability to manage their mental health
- ▶ 25% decrease in addictive behaviours
- ▶ 88% increase in both identity & self-esteem, trust & hope

Younger children over the same period have reported:

- ▶ 33% improvement in how they feel about home & in their own confidence & self esteem
- ▶ 67% improvement in their relationships and with friends
- ▶ 100% improvement their feelings and behaviour
- ▶ 100% improvement in how they feel about their education & learning

### Identified issues experienced by children, young people and their families:

- ▶ low self esteem
- ▶ poor parenting skills
- ▶ aggressive behaviour
- ▶ negative impact of social media
- ▶ poor self image, lack of confidence, mental health, depression
- ▶ social isolation
- ▶ poor social & motor skills
- ▶ bullying
- ▶ domestic violence

### Feedback from schools after working with B2A:

- ▶ children feel listened to
- ▶ increased awareness of the consequences of behaviour
- ▶ more control of emotions
- ▶ happier and open to discussion
- ▶ confidence to engage in new activities
- ▶ increased respect for teachers & peers
- ▶ positive impact on educational outcomes
- ▶ sense of belonging

### Mental illness:

- ▶ is the largest disease burden and the largest cause of disability within the UK
- ▶ it frequently starts before adulthood
- ▶ 75% of adults with a lifetime mental illness first developed symptoms before the age of 18

Public Health England report that in the **average class of thirty 15 year olds:**

- ▶ 3 could have a clinically diagnosable mental illness
- ▶ 10 are likely to have witnessed their parents separate
- ▶ 1 could have experienced the death of a parent
- ▶ 7 are likely to have been bullied
- ▶ 6 may be self-harming

**Resilience** has been variously defined as: normal development under difficult circumstance or the human capacity to face, overcome and ultimately be strengthened by life's adversities and challenges. In seeking to prevent **mental illness** and strengthen **resilience**, the impact and prevalence of underlying issues and key risk factors, can be reduced, such as:

- ▶ child poverty
- ▶ poor parenting
- ▶ poor physical health
- ▶ bullying
- ▶ poor parental mental health
- ▶ unemployment
- ▶ teenage pregnancy
- ▶ substance misuse

B2A have developed and deliver MDSA training, working with supervisors to improve and enhance the lunchtime experience for staff and children.

Are your midday supervisors properly engaging with pupils? Do your midday supervisors consistently deal with behaviour in an appropriate manner? MDSAs often learn on the job and are not formally trained to deal with challenging behaviour or upset children. B2A staff will train your MDSAs to manage behaviour and engage more effectively with your pupils.



## MDSA training

Key areas covered:

- ▶ agreeing a lunchtime charter
- ▶ how the school behaviour policy operates
- ▶ applying the school behaviour policy
- ▶ consequences agreed across the MDSA team
- ▶ identifying positive/negative behaviour
- ▶ positive behaviour techniques
- ▶ appropriate communication



## Additional activities

In addition to counselling services and peer support programmes, B2A deliver a wide range of sport and play activities.

These include:

- ▶ lunchtime sports\*
- ▶ after-school activity sessions\*
- ▶ holiday provision
- ▶ transition support for yr6 pupils
- ▶ MDSA training

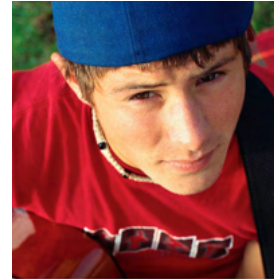


\*provided as part of programme package



**B2A will positively impact on School Improvement and Outcomes. Most importantly the impact of B2A provision will ensure your most vulnerable and disadvantaged children and young people are ready to learn.**

**In choosing B2A you will be engaging qualified staff, experienced in early intervention and prevention. B2A staff are fully insured, risk assessed and keep robust records and data.**



**B2A can support in the following key areas:**

### **PSHE Curriculum**

B2A provision will support schools to deliver the PSHE curriculum as well as to equip children and young people with the knowledge, understanding, attitudes and skills to choose to live (and learn) in a more healthy, safe, productive and responsible way.

### **Outcomes and barriers to achievement**

B2A's peer support programmes raise aspirations and inform the life & social choices of children & young people and enhance their achievement. For example, mentoring supports children & young people in overcoming barriers to achievement and helps them engage more effectively with peers, school staff and the wider school community; improving behaviour, building relationships & increasing self-esteem.

### **Supporting vulnerable children**

B2A work with school staff to plan and deliver interventions that focus on pupils social, emotional and behavioural skills development. As individuals gain confidence in their emotional & social skills their self-esteem is raised and their educational achievement enhanced.

### **Schools and parents**

B2A focus on enabling parents to engage in an informative way with their children B2A staff work with schools to engage parents to support their children's learning and development particularly in the area of internet/social media safety. This supports schools to meet current safeguarding requirements.



### Using pupil premium to fund B2A intervention

How are you using the additional funding of the **pupil premium** to raise the attainment of disadvantaged pupils of all abilities and narrow the gaps between them and their peers?



Research shows that disadvantaged pupils, often from low-income families, perform less well than their peers.

Children and young people entitled to pupil premium often face challenges such as:

- ▶ poor communication skills
- ▶ lack of confidence
- ▶ low self-esteem
- ▶ less family support
- ▶ dysfunctional family circumstances
- ▶ issues with behaviour
- ▶ poor attendance
- ▶ low expectations
- ▶ narrow experience of life
- ▶ inadequate life skills
- ▶ low aspirations
- ▶ poor parenting
- ▶ inability to form positive relationships
- ▶ lack of resilience

B2A programmes, such as counselling services, peer support, parent workshops and after-school activities support schools to develop the skills needs of disadvantaged pupils thus assisting them to close achievement gaps between those entitled to pupil premium and their peers. Working closely with schools to plan provision, B2A can deliver a menu of activities to meet targeted need.

B2A provision can support schools to:

- ▶ improve attendance
- ▶ improve behaviour
- ▶ reduce exclusions
- ▶ accelerate progress
- ▶ increase the engagement of parents
- ▶ broaden pupil experience
- ▶ enhance educational achievement
- ▶ encourage self expression
- ▶ reduce school incidents & flash-points



## Packages and costs\* of B2A programmes



Counselling services delivered as part of The Rapport Project (subsidised by the National Lottery within Dudley) are:

£25 - £50 per hour (dependent on specific requirements)

Charges for peer support programmes are:

Heads-Up (one day programme for up to 30 pupils & staff) £350 per programme



Heros, optional follow-on to Heads-Up programme (two full days, 15 pupils & school staff) £500 per programme



B2A internet safety workshops & additional activity programmes are delivered as bespoke packages, from £300 to £500

B2A staff will assist your school or organisation in submitting an application to Awards for All and other funding streams.

Please see our information (or visit the schools page of our website) on how Pupil Premium can be used to improve outcomes for your disadvantaged pupils.

\*B2A services & programmes are delivered in England & Wales; costs quoted above are for delivery in Central England, please contact us to discuss costs further afield.



Visit our website  
[therapportproject.co.uk](http://therapportproject.co.uk)



For information regarding research on the effectiveness of providing counselling & peer support in schools go to:  
[therapportproject.co.uk](http://therapportproject.co.uk)



Call Julie Duffy at the What?Centre 01384 379992 or Nick Pratt 07824 328004



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