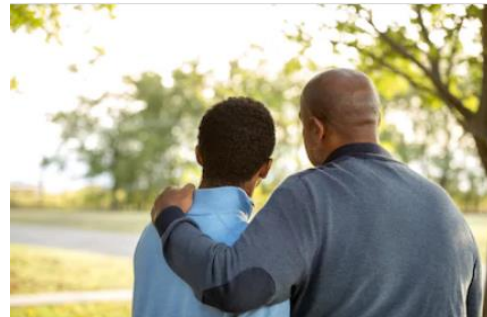




Growing Minds

Improving Health Outcomes for African
and Caribbean Heritage Role of the
Children and Families Forum – Hackney





What is Growing Minds?

African Community School

Father2father

Black Parent Community Forum

Family Action

Hackney CVS



What is Growing Minds?

Who are the partners?

What changes do we want to create

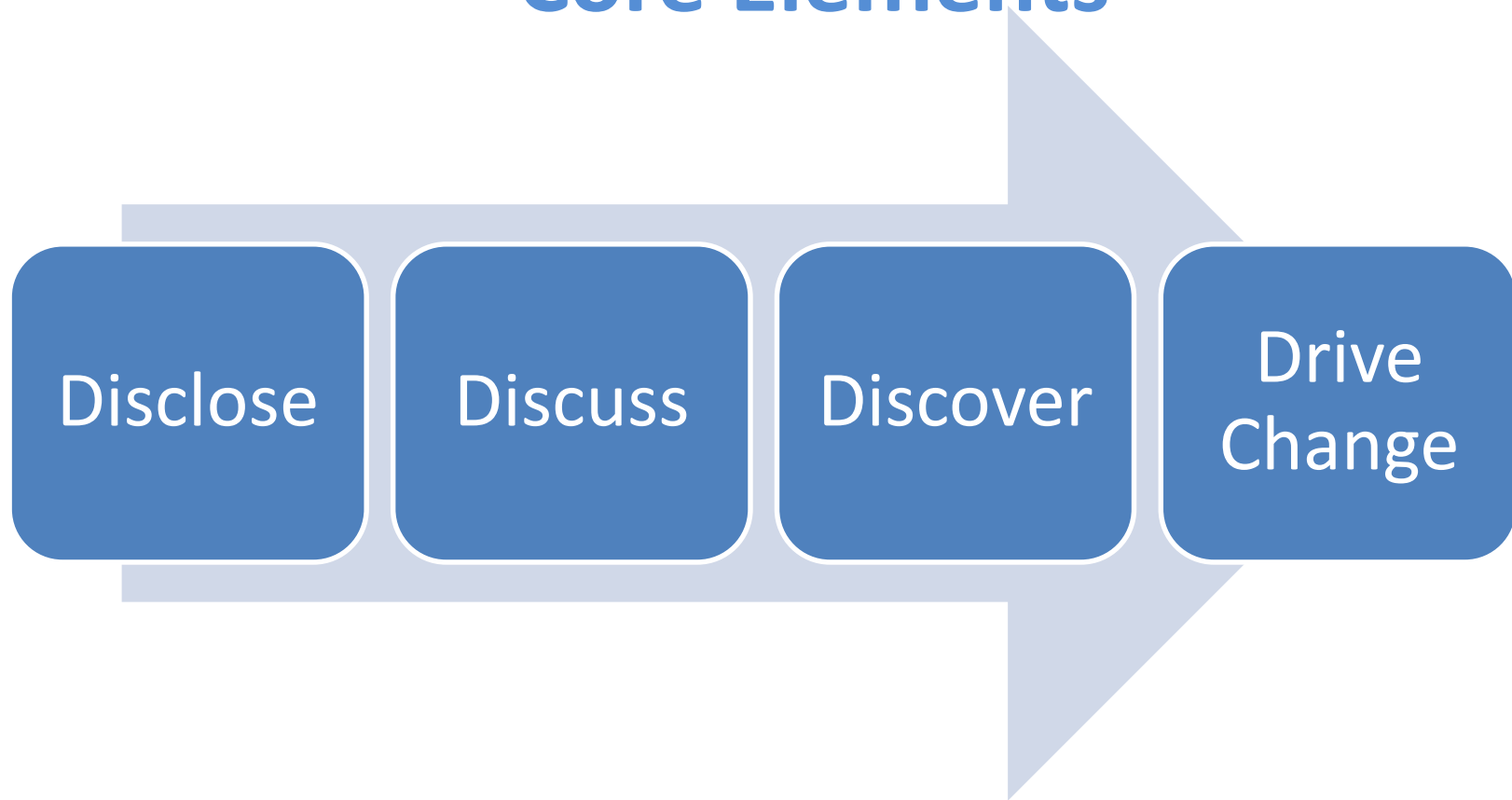
- Build resident resilience
- Strengthen the VCS workforce
- Influence schools and policy makers

*1 in 4 children in the class
Mental Health support needs
How can community
organisations contribute
deliver services as part of the
solution to mental health ?*

CCG Mental Health Matters

Community Contribution

Core Elements





What is Growing Minds?

Together VCS partners aim to increase access and improve wellbeing and mental health outcomes for children and young people from African, Caribbean and mixed heritage communities

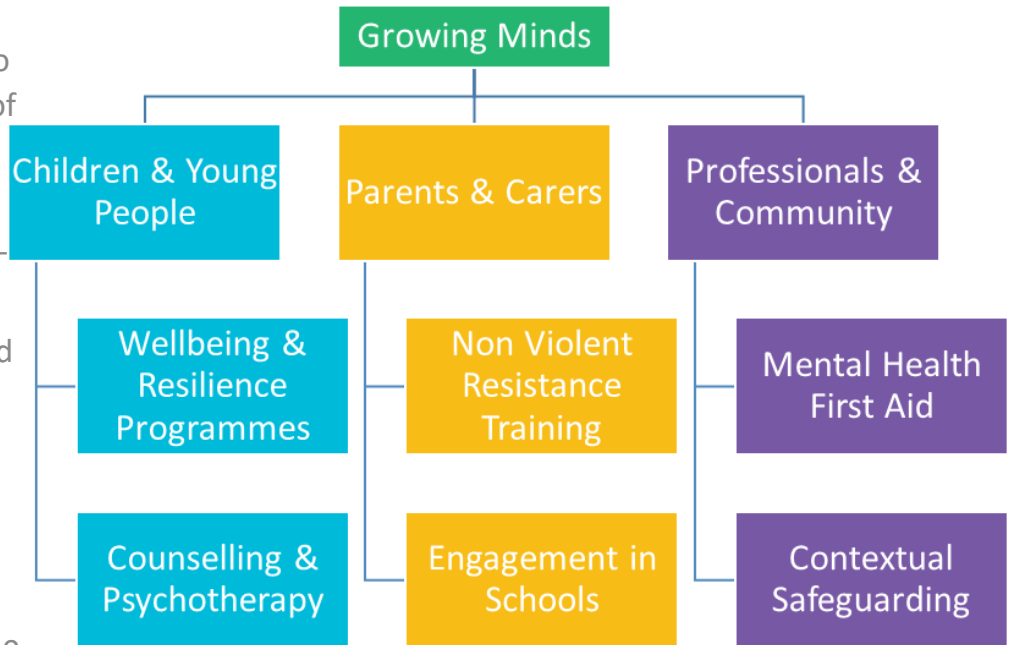
Adopt A Community InReach Approach

Growing Minds is a three-year initiative which aims to improve the mental health and emotional wellbeing of children and young people in the London Borough of Hackney.

Our target group is children and young people aged 9-25 from African and Caribbean communities.

The initiative will increase access to mental health and wellbeing support in the community during the important transition years from primary to secondary school and secondary school to adulthood.

- Taster and enrolment sessions
- Theory of Change workshop
- External evaluation to be commissioned early 2020



Our services

Group and 1-1 support

Growing Minds Practical support to young people and parents in the African heritage community

Young People 11-25 YO

Therapeutic Support 6-16 weeks FA

Peers Group Support
Schools and community settings

Parents 1-1 Advocacy and community based support

Tools for the Teenage Years 12 weeks support (NVRT)

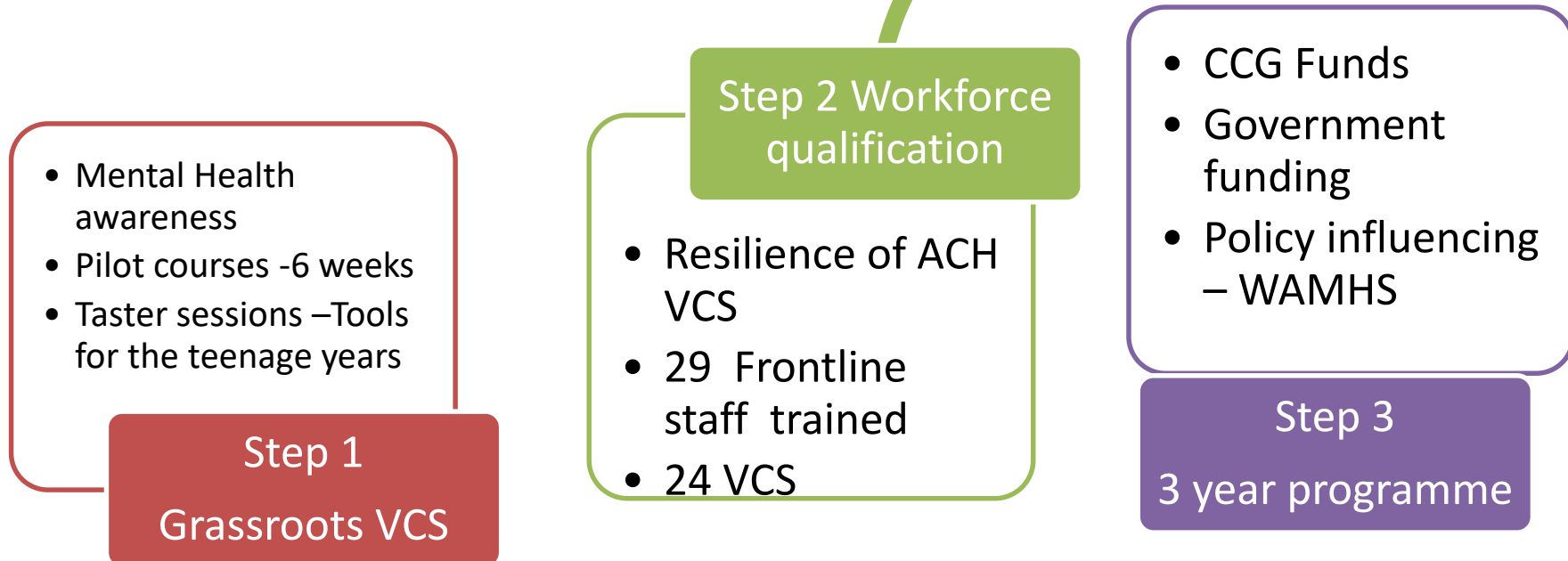
1-1 Parent Advocacy

Mental Health and safeguarding training

Contextual Safeguarding +Mental Health awareness



Growing Minds
Journey to Growing Minds



Contact info@growingminds.org.uk or call
Jahada 0207 9231962

Hackney CVS Offer

Taster
sessions

Young People
1-1 Support

Tools for the
Teenage Years

Group based
support

Growing
Minds



Growing Minds Youth Offer

- It's Okay Discussion Forums
- Well-being workshops
- Tree of Life workshops
- Mindfulness



Hackney CVS Offer to Parents

As part of our community InReach remit we will co-ordinate a range of sub groups meetings to progress the agenda as part of our YBM Head Teachers and community contextual safeguarding project

Stronger Voices

- Community partners will be supported to share feedback about hidden barriers with local policy makers from the following settings;
- Schools,
- Children's social care
- Community & contextual street safety leaders

Schools

- Meet with a sub group of school staff to address needs of YBM

Social Workers

- Sub Groups to review Referrals

Contextual safeguarding

- Risk outside the home
- Safeguarding Champions



Hackney CVS Offer to Parents

Courses on offer

- Post Traumatic Slave Syndrome
- Tree of Life
- Mental Health First Aid,
- Youth Mental Health First Aid
- Training the trainers MHFA – ACH men.
- Accredited mentoring training,
- Contextual safeguarding training
- Safeguarding adults and safeguarding children
- Education advocacy



Hackney CVS Offer to Parents

Emotional health and wellbeing is a local strategic priority in City and Hackney.

Hackney CVS co-ordinates a range of services and activities which brings together the children and families voluntary and community sector together to *influence policy*, provide services that *improve outcomes* for local children and families and *supports the workforce*



Hackney CVS Offer to Parents

Parent's Know How Sessions

- *Prevention is better thancure*
- Parents will have access need regular access to opportunities that help parents to learn about education, street safety and wellbeing before needs arise is very important.
- **Parents will access a series of seminars and learning sessions on a Saturday to share their experience, learn and access practical support**





Growing Minds

A three year Intervention Project

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