

ican | Wellbeing Group

PROJECT REPORT



My Own Guide To..
Children's project

An innovative project developed to help children take responsibility for their health and wellbeing providing them with the tools and knowledge to build resilience and support them on becoming the very best version of themselves



Introduction



What is iCan?

iCan is a health, wellbeing and social support charity (CIO). At iCan we support people living in Cumbria to break down their fitness and wellbeing barriers from I can't to iCan.

We do this through a dedicated focus on prevention before recovery in our fitness and wellness centre in Carlisle and through our range of outreach activities across Cumbria.

We empower people to live healthier, happier lifestyles through our range of accessible and affordable (often free) services which are led by our lived experience team members, volunteers and mentors. Our services are open to all ages, genders, backgrounds and beliefs.

Project Overview:

The project runs over 6 weeks in primary schools and outreach settings. The project is focused on childrens health and wellbeing from eating and exercising to building resilience and managing their own emotions to form positive long-term habits. The project covers everything children need to feel their best every day.

Project Aims and Objectives

This project aims to:

- 1) Teach students how to build resilience to handle life's challenges with confidence and adaptability.
- 2) Foster lifelong healthy habits by making nutrition, movement, and wellbeing engaging and accessible for young people.
- 3) Help students understand their emotions, build self-esteem and develop a positive mindset towards their own health.
- 4) Highlight the importance of nutrition and hydration for brain function, energy levels and overall health, encouraging informed choices around food and drink.
- 5) Work collaboratively with teachers to integrate wellbeing practices into daily school life and promote a culture of health.



Each session is split into three areas:

1. Learning in class/group

This section is to go over the first part of the session, to learn and examine the subject in a fun, interactive manner, that is not just recited, but discussed as a group.

2. Doing in class/group

Each session has a dynamic period where children get to participate in a vibrant and all-inclusive activity that enforces what they have 'learned' in the first part.

3. Home Growth fun activities

These have been specifically designed for children to be able to 'teach' what they have learned that day, to confidently work in collaboration with the rest of their family.



We have introduced a character that grows through the guide in a colour coordinated manner that matches each session.

The name of the character is **RESI (Resilient, Exceptional, Successful and Inspirational)**. Each session their colour is revealed as a new skill is learned.

At the end of the course, each participant will receive a certificate of completion and a RESI medal, to remind them of their journey. They also get to keep their MOG.

During the 6 sessions, there will be 1 visit from the W.O.W (Wheels of Wellness project)



Project costs

Funding required:

- To work with 4 local primary schools over 6 months:
- Crosby on Eden, Brampton Primary, Lanercost, Hayton Primary
- A total of 120 primary school children will benefit

Staffing:

- 2 members of staff will work 6 weeks in each school for 6 months
- £960 per school = £3840 for 6 months
- Project management for 6 months = £906

Operational:

- 120 MOG or MINI MOG publications = £1200
- 1 visit per school with WOW (Wheels of Wellness) = £250 x 4 = £1000

Total for 6 months:

- £6946
- Equating to £9.65 per student per week





Project outcomes

730 children have been supported and received a My Own Guide Publication

- Structured initiatives encouraging students to apply healthy habits.
- Delivery of fun, engaging, age-appropriate sessions covering topics all based around their health and wellbeing.
- Improved emotional resilience – Children learn how to handle stress, setbacks, and challenges with confidence.
- Children feel more empowered to face difficulties with a positive mindset.
- Children learn to recognise their emotions and take control of their wellbeing.

Topics covered over 6 weeks for MOG Years 5&6

- The Brain House
- Resilience
- Deep Breathing
- Mindfulness
- Positive Thinking
- Sleeping Well
- Staying Hydrated
- Healthy Habits
- Exercise

Topics covered over 6 weeks for MINi MOG Years 3&4

- Resilience
- Deep Breathing
- Mindfulness
- Positive Thinking
- Sleeping Well
- Staying Hydrated
- Healthy Habits
- Exercise

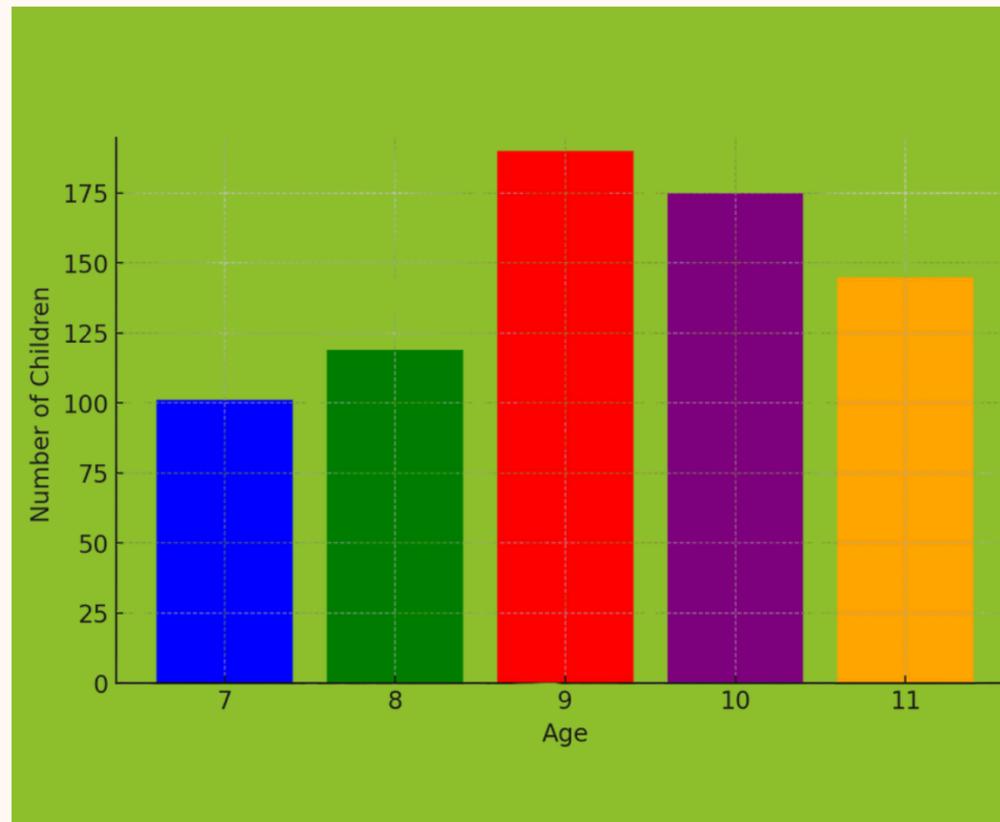


Demographics

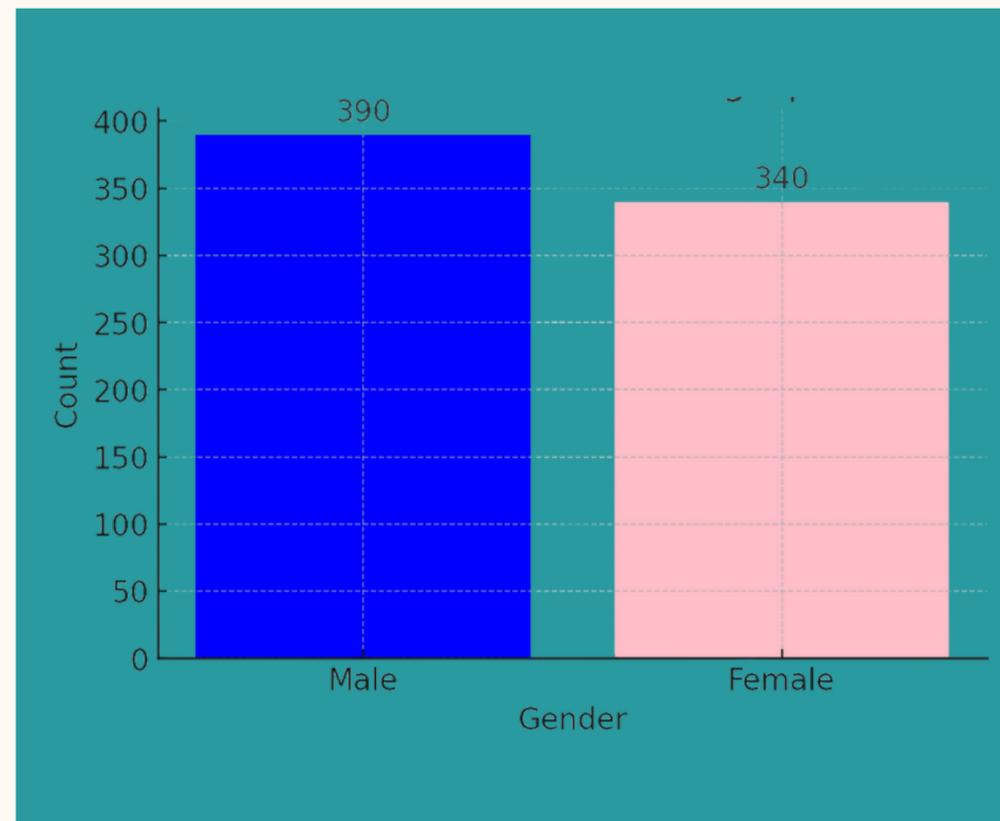
Upshot reporting tool

At iCan we report on all our projects using the UPSHOT (www.upshot.co.uk) reporting tool, kindly granted to iCan by Cumbria Youth Alliance, This tool allows us to track beneficiary attendances, outcome data and demographics

Age range :



Gender split :



Geographical reach :

- CA1
- CA2
- CA6
- CA7
- CA10
- CA14
- CA20
- CA28

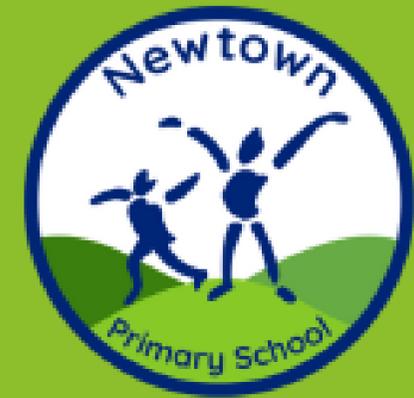
Pupil Feedback



- I love Resi she's so cute and I love how she grows her colours as we grow when we learn.
- I have started thinking more positive It helps me when I get mad.
- I didn't realise this would be so much fun.
- Look I created another glitter jar at home with my sister so she can have one too it really helps me.
- I have been eating and trying more fruit.
- I did my exercise routine with my mum she said we can do it together every day.
- I used to love fizzy drinks but I don't drink them as much anymore I try my best to just drink water.



Evaluation for Newtown Primary



‘This has been a great experience for the children. The units in the programme have really helped them to think about all aspects of looking after themselves both physically and mentally, coping strategies & positive thinking for example. The resource booklet is high quality and presentation very appealing; the standard and range of teaching resources for class exercise activities and nutrition sessions is superb.

The trampolines and delivery of these sessions have provided a unique and superb opportunity and even those who were reluctant to begin with due to feeling self-conscious have been encouraged and supported into enjoying the activities alongside their peers. The children look forward to Monday afternoons enormously from the sessions we have had this year’

Antonia - Year 6 teacher

Summary

This project has been highly successful and has now been **delivered to 730 children** who have engaged in the sessions with **99% positive feedback**

We have successfully worked with Cumbria Family Support over 4 projects.

We have developed our **KS1 'Mini MOG'** publication

We have developed our **KS3 and KS4 'My Own Journal to Live Well'** publication

We have worked with **Carlisle Eden Mind, Safety Net and Cumbria Youth Alliance** to go into 16 secondary schools

We have **partnered with CYA to deliver MOG** to the Low Level Mental Health Partnership (**LLMHP**)

Measurable Outcomes from Cumbria Family Services delivery in Workington and Carlisle are embedded

"The MOG is an excellent programme, with the correct support we saw high levels of engagement and have received very positive initial feedback."

Deb Royston - Chief Officer Cumbria Family Support



Thank You!

Thank you for taking the time to read about our recent project.
For more information on this project or to reach a member of our project team please contact us using the details below

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