



Stronger Futures Programme

Information Pack

About The Programme

The Stronger Futures programme aims to help children improve their mental strength through sports activities. Each week we will focus on a understanding and improving one aspect of mental strength through multi skill based sports activities. This programmes has been designed by Total Sports Coaching (sports coaching specialists), Changing Minds Kent CIC (Mental Health Specialists), Qualified Therapists who work with children to improve their resilience and Sports Connect (Education Provider)

Research has shown that looking after our mental wellbeing can help us deal with pressure and improve our ability to cope with life's ups and downs. Approximately one in four adults and one in six children will experience a mental health problem in any one year.

Half of all mental health problems manifest by the age of 14, in 2017 suicide was the most common form of death for both boys and girls aged between 5 and 19. Adults who experienced four or more adversities in their childhood are four times more likely to have low mental wellbeing and life satisfaction. Less than 1 in 3 children and young people with a diagnosable mental health condition get access to NHS care and treatment.

This project aims to help children understand and explore, through sport, some of the emotions they feel which can help them improve their mental wellbeing. We aim to help them gain an understanding and improve their resilience, communication, emotional responses, confidence levels and develop a growth mindset. This programme is not aiming to provide in depth psychological support, but to give young people a basic understanding of the mental characteristics listed and some hints and tips on how to improve them. By helping them to work on developing this part of themselves as children, we hope to provide them with some skills to improve their lives through to adulthood. We will help develop an understanding through sport, but we hope that they develop transferable skills that will help them improve in the classroom and in all their day to day activities as well.

**Statistics are from Young Minds Research and can be found at this link: <https://youngminds.org.uk/resources/>*

To enquire about the programme please email schools@tscoaching.co.uk

How The Programme Runs

The 6 week programme combines physical activity and multi skills based coaching with discussions, group and individual activities and questionnaires/tokens to continually assess the children's understanding and emotions.

The programme works on developing 6 skills, there are: understanding emotions, teamwork, communication, mindset, resilience, confidence. The programme is delivered in this order as the structure allows for the development of the 6 key mental strength characteristics.

There is a questionnaire that all participants will fill out at the start and end of the programme, as well as weekly tokens that are used by the participants so they can express how they feel at the start and end of the session. This allows us to understand how the children feel about themselves and their mental strength and how the programme has effected them throughout the period that we run sessions. This questionnaire is filled out after the first session, so they have some experience of thinking about mental strength skills first. The results are shared with the school at the end so they have measurable results and can use this to help inform their understanding of the individual children.

The sessions have been designed by sports coaches and experts in children's mental health. The role of the coach is to lead the session and encourage young people to think about their mental strength skills and how they can develop them, lessons are interactive with children taking a large role in leading discussions and sharing their thoughts, rather than the coach dictating what they should be doing.

Feedback

We recently completed a 6 week block with a year 5 group at Garlinge Primary and their head of PE, Mrs Lisa Sparkes watched the programme be delivered and gave us the following feedback.

Did the programme help engage the young people in physical activity?

Yes the games that were included got the children taking part in lots of various physical activity, it was accessible for them all to get involved how they wished as well.

Did the programme improve their understanding of their mental wellbeing, can you give an example?

The programme definitely provided them with an awareness around mental wellbeing and perhaps also an insight into what mental wellbeing includes. The emotions side of wellbeing would have definitely made them think more into it and also showed them that the openness around wellbeing was also ok.

What do you feel the biggest benefits of the programme were for the young people involved?

The awareness of different factors and exploring their own emotions, experiences etc further were really insightful. Doing this through physical activity definitely helps explore the differences and similarities at so many levels and also the outcomes that follow are very relatable, for example the work done around famous sports people quotes and relating to themselves is a powerful message.

What benefits did the programme bring to the teachers who work with the children?

It gave me a chance to see how individuals felt around certain topics, for example the emotions of success was a real eye opener for the high achievers and how critical their thinking is on their own success. This information was really powerful!

What were the most beneficial parts of the programme and why?

The children opening doors around sport psychology, the discussions which can be opened from it and a deeper understanding from individuals within the class.

Do you think the young people benefited from the programme?

Yes I think there was a lot of discussions about the different areas of focus.

Costs

We offer all schools 1 taster session for free to see how the programme works.

The cost of a 6 week course for 1 class is £300 (plus VAT), this includes 6 weeks of 1 hour lessons for the same class. If you have multiple classes go through the programme (within the academic year) we add a discount, shown below in the chart.

No of Classes	Discount	Cost Per Class (6 week course)	Total Cost
1	0%	£300	£300
2	5%	£285	£570
3	10%	£270	£810
4	15%	£255	£1'020
5	20%	£240	£1'200
6	25%	£225	£1'350
7+	30%	£210	£1'470 (then £210 per extra class)

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