



**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239

EMPOWER

EMPOWER

Information Booklet

NESSIE



Supporting Positive Mental
Health in Schools



**FUNDED
BY**

**COMIC
RELIEF**



Watford Football Club's Community Sports & Education Trust



**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239

Watford FC Community Sports and Education Trust is a registered charity (Charity Number: 1102239), having gained charitable status in April 2004. The Trust manages and delivers over 25 different projects, activities and events within their key priority areas – Health and Wellbeing, Learning and Skills, and Social Inclusion. The Trust also promises to continue delivering accessible and affordable football and sport development opportunities. These projects, activities and events are delivered across Hertfordshire, Harrow, Hillingdon, and the wider Watford FC family.

This has also enabled the Trust to strengthen and broaden its partnership with a wide range of individuals and organisations. For more information on the Trust, please visit our website; www.watfordfccsetrust.com

Mission: Making a positive difference for all through sport, physical activity and learning.

Vision: Improving Lives, Enhancing Communities.

Values: To be honest, reliable and trustworthy. **Integrity**

To be inclusive in all our decision making. **Inclusivity**

To be bold & creative in the way we work. **Innovation**

Empower

Empower is a 3 year project that is funded by Comic Relief, meaning that each group is absolutely free! Empower is a 48 week project that aims to improve young peoples' mental health through the use of physical activity. Each session is 90 minutes in length and consists of 60 minutes of physical activity, typically in the form of a sport session such as dodgeball, football, basketball, badminton or dance. Following the physical activity, we complete a 30-minute wellbeing workshop, which is a facilitated conversation between participants, Watford FC Community Sports and Education Trust Coaches and a NESSie psychotherapist. The aim of Empower is to improve young peoples' wellbeing by helping our participants to manage their emotions, understand their triggers, increase their resilience and protective factors, and offer them a further support network. Each session is mixed gender and will have 16 young people aged between 9 and 12.

The project is split into three phases. Each phase scales down in contact time with participants, coinciding with psychotherapeutic approaches and NICE guidelines. **Phase one** consists of 12 weekly sessions. **Phase two** consists of 12 weeks of fortnightly sessions and finally **phase three** consists of 6 sessions spaced out monthly.



There will be opportunities for contact points via video links and work that can be completed at home, but the step down approach is to ensure that we are equipping our participants with healthy coping strategies to manage their emotions and minimise the effect of stressful situations on their mental health and wellbeing.

Brief Empower Curriculum

Phase One Content – 12 Continuous Weeks:

- **Session 1:** Ice Breakers and Setting the Rules
- **Session 2:** Goal Setting and Activities They'd Like to Do
- **Session 3:** Resilience and Coping Strategies
- **Session 4:** DBT House
- **Session 5:** My Anxiety Triggers
- **Session 6:** What Could Happen vs. What Will Happen? And SWEMWBS
- **Session 7:** My Fears
- **Session 8:** The Anger Iceberg
- **Session 9:** Top Breathing Techniques and Top Techniques to Calm
- **Session 10:** My Wellness Toolbox
- **Session 11:** Support Network
- **Session 12:** Reflect On Goals and SWEMWBS

Phase Two Content – 12 Weeks of Fortnightly Delivery:

- **Session 1:** The 5 Ways to Wellbeing
- **Session 2:** My Ideal Future
- **Session 3:** My Self Care Plan and SWEMWBS
- **Session 4:** Lifeboat
- **Session 5:** Desert Island
- **Session 6:** Reflecting on Goals and SWEMWBS

Phase Three Content – 6 Months of Monthly Delivery:

- **Session 1:** Reflect on Goals and SWEMWBS
- **Session 2:** Looking Back, Looking Forward
- **Session 3:** Gratitude Letter and SWEMWBS
- **Session 4:** Three Positive Things
- **Session 5:** Team Building and Fun Games
- **Session 6:** Graduation Event and SWEMWBS



Why It's Important - Rationale:

Recent statistics show that up to 1 in 8 children in Hertfordshire have a clinically diagnosable mental health issue. There has been an increase in the number of young people who are currently in employment, school and colleges who need support with mental health and wellbeing, and so this project aims to equip young people (alongside teachers, parents and sports coaches) with the skills and knowledge needed to develop healthy and lasting coping strategies. Mental Health has been identified as a challenge affecting both boys and girls across Hertfordshire, and therefore this programme provides sessions for both groups, via both the school sessions and the physical activity sessions.

Who Is Empower For?

Empower is suited for young people between the age of 9–12 years old with a mild to moderate mental health diagnosis or individuals who show poor mental wellbeing. To ensure that the participants are appropriate for Empower, we aim to support individuals who are experiencing poor mental health and wellbeing or have been diagnosed with conditions including:

- Depression and Low Mood
- Anxiety
- Suicidal Ideation
- Social Isolation Issues (which are affecting their mental health)
- Bereavement or Grief
- Stress Disorder
- Panic Disorder

Secondly, the way that we ensure participants are appropriate for Empower is by asking them to complete a Short-Warwick Edinburgh Mental Wellbeing Scale (SWEMWBS). To ensure that the participants are appropriate for this, we can only accept participants who fall in the medium to low wellbeing categories (Score of 7-27.9). Anyone who is above this would be classed as high wellbeing and therefore not appropriate for the course. In addition to this, we ask participants and parents to complete a Strength and Difficulties questionnaire. This questionnaire will allow us to understand how we can be develop the young people referred into Empower and can be an effective way for us to screen our upcoming participants.

What Areas Do Sessions Run In?

Watford, Hemel Hempstead and Borehamwood.



When Do the Sessions Run?

We have three delivery phases that run through each year. These are over different areas within Hertfordshire. These are **January**, **April** and **September**.

How to Refer Onto the Project

If you would like to refer onto the project, the referral form will need to be completed and emailed back to myself at jodine.williams@watfordfc.com. Alternatively, you can phone **07850 503447**. This can be completed by the school, local services, parent or guardian.