

WatfordFC wellbeing

Empower

“Improving mental health through physical activity”

Caoimhe Walker (she/her)
Health & Wellbeing Project Officer (Children & Young People)



*“It helped to calm me down
and each day was exciting” - Graduate*

NESSie



Supporting Positive Mental
Health in Schools



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What is Empower?



Empower is a **free** 6-month project (24 weeks) which aims to improve 9–12-year olds' mental wellbeing using a combination of psychotherapy and physical activity.

- Empower is fully funded by Comic Relief, allow us to deliver our programmes for free for families across Hertfordshire.
- We run across three key main areas in Hertfordshire: Watford, St Albans and Hemel Hempstead.
- Empower consists of 90-minute sessions that run weekly – 60 minutes of physical activity & 30 minutes of a wellbeing workshop (ran by a Nessie psychotherapist). After the 24 weeks, participants will graduate at Vicarage Road Stadium.
- Our sessions are delivered by two Watford FC Health & Wellbeing coaches as well as a NESSie psychotherapist.
- Each group has space for 13 young people.

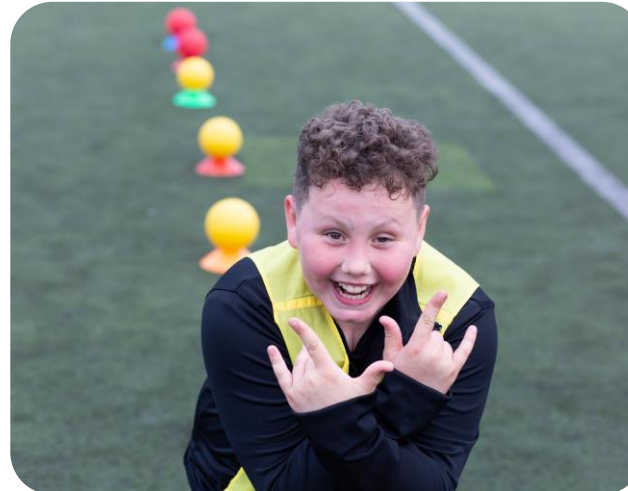


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Who is Empower for?



- Empower is suited for young people of mixed gender between the age of **9–12 years old** with a **mild to moderate** mental health diagnosis or individuals who show **poor mental wellbeing**.
- Why is this our criteria?...
- To ensure that the participants are appropriate for Empower, we aim to support individuals who are may show:
 - Low Mood or Depression
 - Anxiety
 - Suicidal Ideation/ self harm
 - Low self-esteem or self confidence
 - Bereavement or Grief
 - Panic Disorder



According to (CYPMHS) CAMHS, at least **one in 6 children** in Hertfordshire has a diagnosable mental health issue. In 2022, 90,789 young people were referred to CYPMHS which is the most since 2016.
[Healthy Young Minds in Herts]

We also support participants dealing with:

- SEND particularly ASD/ ADHD
- Bullying
- Family separations
- Domestic violence trauma
- Isolation
- Being a young carer
- Social worker interventions
- Living in foster care

Who is Empower for?



Parents/ guardians are also our customers as we offer support through the work we do. We provide parent/ guardians with:

- 12-week parent check in session with Nessie psychotherapist.
- Weekly newsletters with information on what their CYP is learning.
- Weekly signposting during/ after Empower.



"We had regular/weekly updates about how well the children were doing with tools to assist adults in many situations too" - Parent



What is our impact? (Case Study 1)



- MIND's Toolkit:
- Involving people with lived experience of mental health problems in the design and delivery of your work.
 - Making physical activities inclusive to people experiencing mental health problems
 - Engaging people in physical activity to support their mental health.

How does Empower work?



Each 24-week programme has spaces for 13 young people.

- Young people must meet the eligibility criteria and be between 9-12 years old. Participants must have at least one or a combination of:
- A clinical mental health diagnosis; or experiencing poor mental health or wellbeing; or
- A score of 27.9 or below on the Short Warwick Edinburgh Mental Wellbeing Scale
- A phone triage is carried out before the young person joins Empower.



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The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)

Below are some statements about feelings and thoughts.
Please tick the box that best describes your experience of
each over the last 2 weeks

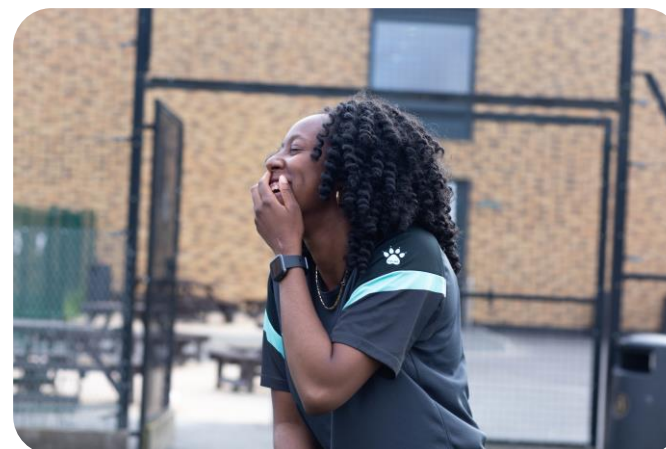
| STATEMENTS | None of the time | Rarely | Some of the time | Often | All of the time |
|--|------------------|--------|------------------|-------|-----------------|
| I've been feeling optimistic about the future | 1 | 2 | 3 | 4 | 5 |
| I've been feeling useful | 1 | 2 | 3 | 4 | 5 |
| I've been feeling relaxed | 1 | 2 | 3 | 4 | 5 |
| I've been dealing with problems well | 1 | 2 | 3 | 4 | 5 |
| I've been thinking clearly | 1 | 2 | 3 | 4 | 5 |
| I've been feeling close to other people | 1 | 2 | 3 | 4 | 5 |
| I've been able to make up my own mind about things | 1 | 2 | 3 | 4 | 5 |

"Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS)
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*"It has given me another safe space"-
Graduate*

"From the beginning of the programme to the end of the programme, the percentage of participants scoring in the 'low' category for the SWEMWBS dropped from 28.3% to 13%, while the percentage of participants scoring in the 'high' category increased from 6.5% to 15.2%. This suggests an increase in mental wellbeing across the cohort from the beginning to the end of the programme"

-University of Hertfordshire Empower Impact report January 2023 by Dr Han Newman and Dr Louca-Mai Brady



What is our impact? (Case Study 2)



MIND's Toolkit:

- Involving people with lived experience of mental health problems in the design and delivery of your work.
- Making physical activities inclusive to people experiencing mental health problems
 - Engaging people in physical activity to support their mental health.

Impact of Empower! 😊

- Comic Relief's red nose day-working with the BBC.
- University of Hertfordshire evaluation by Dr Han Newman and Dr Louca-Mai Brady.
- Future of Empower-extension funding for *Empower Up!* holiday camps.
- Collaboration with the NSPCC to provide parent workshops.
- Potential expansion into Harrow.



Comic Relief funded group helps children's anger



WatfordFC wellbeing

“So thankful that this was free. We would struggle to be able to afford to give him an experience like this and exposure to the different sports and specialists”- Parent

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<https://www.watfordfccsetrust.com/empower/>



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