

116 College Road
Harrow
Middlesex
HA1 1BQ

Dear Parents, Carers and Professionals,

RE: "Roxy's Says" - A Real Solution for Children's Mental and Emotional Wellbeing

I'm very excited to share the results of this short but effective project with you. We designed and created an effective, evidence-based solution to have a positive **long-term** impact for children's mental and emotional wellbeing. We know the limitations of either time or resources so our "Roxy says" project is delivered directly with parents. The project is fully funded as we source sponsorship to provide the resource for free. We need your support to introduce the project, sharing this resource to parents with children (7-11yrs).

The Evidence: The report attached from our pilot project shows we raised awareness of mental health by 31%, reduced stigma by 40% and increased the children's resilience by 39%. These monthly workshops are delivered remotely and is available to all adults with pre-transition children.

The Outcomes: We facilitate the discussion between the adult and child, provide emotional literacy for children to have the vocabulary to talk about their feelings and emotions. We engage parents/carers in this discussion and normalise the conversation "within the family unit". This provides the long-term support children need. We evidence the change and activities created from the interaction between the adult and child.

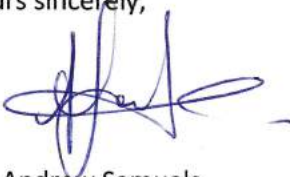
Your Effort: We would be grateful for your effort in promoting this project by referring parents/carers or professionals to www.mind-angels.com where we advertise our online sessions. The parents can decide if they wish to opt-in by registering online. The only requirement we have is for any parent to provide feedback, so we can continue to promote the results and improve.

Our Ethos: We believe this education is best taught and reinforced in the home, this is the primary reason why we work with the parents/adults, guiding them through 'their work with the child'. Support for the child can continue long after primary education, overlapping into secondary and is maintained within the family unit. We want to relieve the growing instances of self-harm by facilitating the best, most accessible, and healthiest coping strategy i.e. talking and communicating how we feel within a safe relationship.

Our Success is Your Success: This project offers reassurance and confidence that we are providing the best service for young minds.

Enjoy reading the "Roxy Says" project results and please do not hesitate to contact me or share my contact details if you have any question.

Yours sincerely,



Mr Andrew Samuels
(Trustee)
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“Roxy says” Project Report

Marlborough Primary School,

Harrow, HA1 1UJ

Supporting the Mental and Emotional Health of
Children (7-11yrs)

(CHARITY REG# 1176005)



- There is no darkness, only no light. -

M. Kadhim

This book is a solution for very young people’s mental health. Originally designed to be part of a schools’ programme for transition year children, it raises awareness of mental health, reduces stigma and increases resilience. It is about a dog called Roxy and her experiences with her friends and family. The chapters are specifically designed to open doors to facilitate discussion about mental health, provide emotional vocabulary and through interaction promotes emotional intelligence.

In this workbook the author combines counselling skills, years of practical experience, knowledge and understanding of mental health to lead the readers effortlessly through potentially difficult but necessary subject matter, subtly engaging all parties.

Use this workbook to create an emotional psychological anchor for children and open the doors to emotional wellbeing, a life skill to manage and master for greater well-being.

Sponsored by



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Roxy says....

You
Are
Here



The Adventures of Roxy the dog and her friends

“An interactive wellbeing workbook for
adults to read with children”

By Andrew Samuels

Illustrated by Jess Morton
and The Hillingdon Mind Art Group

Introduction – Project Aims and Objectives



Andrew Samuels
(Founder and Trustee)
Mind Angels Charity

Andrew Samuels is the founder and trustee of the Harrow based registered charity, “Mind Angels”, and author of “**Roxy says, you are here**”, the innovative mental health solution for children (7-11yrs) designed to raise awareness of mental health, reduce stigma and increase resilience.

The project centers around this interactive resource, designed as a simple and effective tool aimed at supporting the mental and emotional needs of children. It is used as a guide to facilitate discussion, providing emotional literacy and creating a space where long-term support for children and families can be sustained.

The target audience for this project is adults, carers or professionals reading **with** children (7-11yrs old). By providing emotional literacy, children learn how to communicate their feeling and emotions, removing stigma and prejudice in this process, promoting equality and respecting diversity.

The objective is to improve and measure children’s awareness of mental health, reduce stigma, and increase their resilience. This resource also allows us to measure and evidence performance and quality. The feedback generated during the guided process and interaction, enables us to evaluate the project and ensure continuous improvement. In addition, action plans documented periodically inside the resource, also allows us to evidence activity between the adult and child.

Mind Angel's approached Marlborough Primary in October 2020, before the pandemic and lockdowns. We reached out to deliver the project after sponsorship was received from a local IT company “Xirocco”. Xirocco expressed their concern about the impact of poor mental health and this awareness motivated them to invest in this priority area. The demographic which would have the most significant long-term impact, with children.

We originally started to scoped this project in 2017, after a long period of due diligence. The resulting work was the brainchild of the charity's founder, Andrew Samuels. The combination of effort from psychotherapists, psychologists, other mental health professionals, parents, laypeople and children produced the resource which, after many versions, was finally fit for purpose.

Although this Marlborough Primary School project was intended to be a three week project, in ideal circumstances, we could've never predicted the turmoil created by the pandemic. The ensuing impact, specifically relating to mental health, we all witnessed as it unfolded over the coming months and years. Not only was mental health finally exposed as the elephant in the room, but the suffering children and young people had endured for years was now in the forefront of our minds.

This report summarises our engagement with Marlborough Primary School in Harrow and results of the project.

The following report pages contain:

1. A quickview infographic showing results of the project and feedback from parents/children.
2. Marlborough School’s project feedback.
3. Mind Angels project feedback.
4. The Project Timeline showing details of the activities.
5. Summary and Conclusion

Results Infographic

The infographic below shows the results of our project at Marlborough Primary School. Statistics were collected using an initial questionnaire, before starting the workbook. These figures established a starting baseline level of awareness, stigma and resilience. The same questionnaire was completed at the end of the workbook, and the resulting changes indicate the improvements. From the participating project group's feedback, we demonstrated an increase in mental health awareness of 31%, reduced stigma by 40% and increased resilience by 39%.

We consider this project a success which is further echoed by the feedback quoted in the infographic.



Marlborough Primary School
& Mind Angels Charity



The ultimate outcome of the effort invested in this project by parents, children, Marlborough School staff and Mind Angels staff, is the creation of a safe “space”. This space is then available for the child to openly disclose their emotions and feelings. We call this space a “psychological anchor” because it is a mental space which we have established early in the child’s mental and emotional development. It is “anchored” in the child’s memory and can be available, for the child and adult, to engage in the future discussions.

Marlborough School Feedback

The feedback on this page was provided at the project end. This is our primary measure of success and helps us to review our process to continually improve outcomes.

Please share your comments on the Roxy's School Programme?

1. Roxy's School Programme has been a fantastic resource for pupils at Marlborough Primary School in order to increase awareness about mental health and reduce any stigma associated with it. The situation in which we found ourselves due to COVID this year has meant that the need for such comprehensive content has become even more important. The programme has been especially beneficial to pupils over the period of lockdown as reduced contact with the outside world due to COVID-19 has resulted in feelings of stress, anxiety and loneliness becoming increasingly apparent amongst children. This programme has been invaluable in promoting wellbeing and resilience amongst our school community and has taught our older pupil's lifelong skills in staying mentally healthy as they transition to secondary education. The tools they have picked up within this course are ones that will stay with them for a long time. The programme has been extremely well planned and sequenced in order to maximise engagement at every stage. Each chapter provides an insight into an aspect of mental health and leads the pupils through a journey of reflectiveness and self-application through the end of chapter tasks. Roxy's School Programme has been accessible for all pupils, including SEND. It has been tailored to meet the needs of visually impaired and hard of hearing pupils, as well as those with cognition and learning difficulties. Parent feedback has shown that this was hugely positive to them, particularly as we ensure SEND pupils are given the same opportunities as everyone else.

"This programme has been invaluable in promoting wellbeing and resilience amongst our school community and has taught our older pupil's lifelong skills in staying mentally healthy as they transition to secondary education."

2. Have there been any changes in students behaviour or their perception of mental health?

The pupils who participated in this programme now have greater awareness of the importance of mental health in themselves. By navigating through the book, they have come across scenarios and topics in a way which they had not considered before, and were intrigued by the strategies used by the characters in the book. By normalising such issues, pupils are now openly talking about mental health much more frequently, and with their teachers as well as at home. The programme has been used alongside our PSHE curriculum, which has meant that pupils can link together the learning from lessons and the workbook. This reinforcement has ensured that key topics have had sufficient coverage to allow for deep discussion and comprehension. Several pupils have even referred to the book and certain scenarios when speaking in their social skills/nurture groups that we run in school. This shows that the programme has had a positive impact on their views about mental health. As a school, we are continuing to strive to build a safe space where sensitive topics can be discussed, and this book has assisted us in doing just that. Our pupils recognise that mental health is just as important as physical health, and that it is our responsibility to actively look after both through different strategies.

"As a school, we are continuing to strive to build a safe space where sensitive topics can be discussed, and this book has assisted us in doing just that."

3. How effective was Roxy's School Programme?

Roxy's School Programme provides the perfect opportunity to explore complex issues such as mental health in a way that is applicable and engaging for pupils. It allows pupils to discuss sensitive topics in a safe environment whilst strengthening parent-child relationship. Not only does it heighten this special bond, but it also ensures that children know they have a dependable adult to trust and approach in the future about such matters if need be. The programme is effective at raising awareness of all aspects of mental health, even those that we are often tempted to shy away from due to the negative stigma our society has created.

"Not only does it heighten this special bond, but it also ensures that children know they have a dependable adult to trust and approach in the future about such matters if need be."

"In order to maximise engagement, it may be better to facilitate future parent and pupil sessions in person rather than through online platforms, when government guidelines allow to do so."

4. How do you feel the programme could be improved?

In order to maximise engagement, it may be better to facilitate future parent and pupil sessions in person rather than through online platforms, when government guidelines allow to do so. By having face to face sessions, parents will have a greater understanding of the importance of such programmes and the significance of commitment to the programme will be reinforced, resulting in a bigger impact for pupils.

5. On reflection, do you have any further comments?

The entire programme has been facilitated by Andrew impeccably and with the pupils' best interests at heart at every step. He has always gone above and beyond to support the school in delivering this programme during such a turbulent and difficult time due to COVID-19 and its challenges. Andrew, and all those working behind the scenes, have been always been as flexible as possible to work with the school's priorities and needs, from delivering multiple parent sessions online to countless mid-reviews and check-ups with the school. It would not have been possible to achieve this impact without the hard work and dedication from Andrew and Mind Angels. All staff and pupils at Marlborough who have been involved in this programme are grateful for this opportunity and are excited to put the tools they have learnt in practice, with the aim of increasing resilience and promoting mental health awareness across the rest of our community!

"Andrew, and all those working behind the scenes, have always been as flexible as possible to work with the school's priorities and needs, from delivering multiple parent sessions online to countless mid-reviews and check-ups with the school."

How did we engage Marlborough Primary School?

Mind Angels source the funding for this project from local businesses to sponsor the project in a local primary school. In return we offer a marketingspace for their organisation's logo on the back cover of the workbook, the primary resource. Once funding is secured we approach a local primary school, as we did with Marlborough Primary School, with an offer to provide the workbooks and manage the project for free. I cannot state how critically important it was to connect with Mrs Mamdani. Without her passion to support her students and her awareness of mental health as well as it's impact on children, this project and its success would never be realised as it has been. I believe, the combination of a SENDCo who is passionate about their work with Mind Angels providing support and leading the project produced this successful outcome.

What were the challenges, barriers & difficulties?

1. Timing:

This project was conceived in 2017 and has been through a long process of scoping, creation and improvement to make it fit for purpose. Initially based purely on theory, the project was only ready in March 2020 after receiving very good user feedback (mind-angels.com/reviews), which was ironically at the beginning of the pandemic and lockdowns which made progress almost impossible.

2. Parents Buy-in:

There are many projects and resources provided for PSHE, many more since the pandemic. There is no shortage of information and school interventions to educate the child. We feel the best way to make a significant impact is to engage parents. We believe they are the teachers at home and education about managing your emotions and feelings (i.e. mental health) should be taught at home to have a lasting impact. The reason why we deliver the initial project presentation to parents, is to share the the impact of poor mental health on children, and how this effect is translated as they move into secondary education, become young people and then adults. Without their opt-in (which will require a commitment of approx. 3-4hrs of time, spread over 4weeks), the child will not benefit from this project.

3. School Buy-in:

The school are an obvious means to connect with parents/carers. Without their support and insight we cannot proceed. This project is designed to have minimal impact on school resources but maximum effectiveness when it comes to resilience for children. There can be no successful outcomes without the support of the school to connect their parents with our project. We are delivering an online session aimed at parents over the summer 2021 and will request schools to share this with their parents for the wellbeing of the child. This will be specifically for children transitioning into secondary education in September 2021.

4. The Pandemic:

Without a doubt, the pandemic has tested our project timescales and the relationship between the school and Mind Angels. I am pleased to report the project survived and we are both happy to work together again in the future.

What made the difference?

Mind Angels are motivated with a very specific purpose which we are dedicated to. To meet other individuals who share the same dedication and focus in their roles for the benefit of others is a meeting of minds. When this happens great things are possible. Without hesitation, I can state the difference has been made by Mrs Mamdani, Marlborough Primary School Acting SENDCo. Her exceptional patience throughout the school's difficulties during the pandemic and her continual focus on the benefit of the children has been inspirational. We can only hope to meet the same level of professionalism working with other schools and organisations in the future.

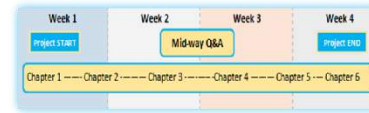
What were the Highlights?

The positive feedback received from a disabled student, whose father requested large print to read and work through the resource with his son was the highlight for us. This highlights the support from the school in providing the large print, and a young male read to by his father is inspirational. Traditionally men have difficulty expressing emotions and feelings. This father has taken the lead and I would like to acknowledge his dedication and devotion to his son.

“ROXY SAYS” PROJECT

MARLBOROUGH PRIMARY SCHOOL TIMELINE INFOGRAPHIC

QUICKVIEW: THE ORIGINAL PROJECT PLAN



Working together with Marlborough Primary School, we delivered this project in Harrow for children’s mental and emotional wellbeing. An encouraging, healthy response was received by parents and children engaging with the program, we had no more workbooks remaining so also offered the project to year 5 parents. The project eventually started 4weeks before Christmas but as a result of the pandemic and a turbulent year, we overran into 2021.

We kicked off the start of the project with an online Zoom Q&A session attended by the school, the author and parents. The intention of this Q&A session is to share an understanding about children’s mental health and emotional wellbeing, and the importance of this work. We set the expectations for the parents and children, gave a detailed explanation of the project design and reassured everyone that support would be available throughout.

The introduction in the resource is followed by six chapters to read and exercises for the adult and child, followed by space to define action plans. The guide of a 4-week period would usually be achievable, the intention is for parents and children to invest the time and maintain the momentum to the end. Another Q&A was scheduled for mid-way through the project. This was to determine how everyone was getting on, guide and keep the parents on track, express the importance of the final 3 chapters, confirm how to submit their feedback, and plan for the final stage (the project end).

At the project end, we held a final Q&A sessions and reiterated the importance for parents and children to “hold the space they have created”, and continue to maintain the process through regular discussion.

CONTACT ESTABLISHED WITH MARLBOROUGH

Posted our school information pack and scheduled a zoom call with the school to discuss the project and answer any questions. Working within the school’s timeline, we planned a rough schedule of events, decided how we would kick off the project and engage parents to opt-in.

This project is designed for children 7-11yrs old, to be effective in raising awareness of mental health, reducing stigma and increasing resilience.

In addition, we understand the school have limited resources, and only ask the school to help us facilitate the project by reaching out to parents. We provided communication templates to help engage parents, and maintain communication with the school at every stage.

C-19: At this time a 2nd Lockdown was announced by the government.

PROJECT START

Finally, with a combination of year 5 and year 6 parents we kick off the project over a Zoom session. This is to present the project, it’s aim and objectives, the process and it’s timeline.

Marlborough School recorded the session for parents unable to attend at that time.

We hoped to follow the advertised timescales and complete the project before Christmas.

2021 NEW YEAR

At this point we had expected to gather and collate all feedback and end the project. Due to the low response we extended the end date allowing more time for parents to respond.

Parents are at home with children and still have the opportunity to complete the work.

To encourage parents we reached out with a New Years message, drawing attention back to children’s mental health. Helping to re-focus parents towards completing the workbook.

C-19: Mr Johnson announces a third national lockdown for England which will see schools shut to most students and people urged to stay at home to prevent the NHS being overwhelmed by surging coronavirus infections.

ALL CHILDREN RETURN BACK TO SCHOOLS

ALL children in ALL year groups return to classrooms in England, with outdoor after-school sports and activities also allowed to restart.

As the schools open up with new procedures and processes regarding social distancing and safety poses new challenges. A challenging time for children and schools and a major step towards normality.

C19: 1 year anniversary since the pandemic was declared.

COLLATE REPORT

Marlborough Primary School feedback was received. Mind Angels review all feedback, plan and apply improvements for the next project.

The report is formatted and prepared to send the school to review. This report will be published to parents.

C-19: The total number of vaccines administered in England exceeds 50 million

NEW ONLINE PROJECT OPEN TO PARENTS

Mind Angels are creating an online event for summer 2021. This is to offer this project directly to parents of children before they attend secondary school.

We will be reaching out nationally to primary schools to share this with their parents. We feel this summer is the last opportunity to connect with year 6 parents/children to enable them with tools for children to be more resilient. Secondary school will bring new challenges for everyone.



PROJECT CONCLUSION

Project Results

ACHIEVING OUR GOALS UNDER THE SPELL OF A PANDEMIC

WITHOUT COMPROMISING QUALITY OR INTEGRITY

Increased awareness 31%,
Reduced Stigma by 40%,
Increased Resilience by 39%



We are very pleased to state with confidence, this project has fulfilled all its goals - raising awareness of mental health, reducing stigma and increasing resilience for children. Working together with Marlborough Primary School, we have successfully delivered the full project lifecycle, creating an easily replicated, scalable model with processes.

From the feedback we have learned how to adapt and overcome unexpected challenges, but will strive to complete the project with schools and parents within three weeks in future. To bring this success to more children we also look to encourage more parental involvement. This will start with our Summer 2021 online session. In order to share the project to a wider audience we will be delivering the project nationally directly to parents to work with their children transitioning to secondary education in September. We aim to complete this before the next set of cohorts in the school year this Autumn.

We will reach out to schools to promote this project to enable us to gather more feedback, and further prove the success of the project. We will continue to help adults lead this educational home, enabling children with the tools to become more resilient, and promote a healthy coping strategy that will support them in the future. Furthermore, we hope that nurturing empathy will help children to comfortably disclose their emotions and feelings which will support children in healthy relationships as young people and eventually adults.

Marlborough Primary School have seen the changes and impact of the project on individuals, children as they have shared with teachers the effects of their learning. We have a successful formula and are excited to reach into all areas of society to help relieve the negative impacts of poor mental health. We know the most significant impact can be made through educating children. The most effective way is to engage adults to work with their children, one-to-one. We understand how to turn mental health around for most children, to create more positive empowering individuals. We support children, families and *professionals.

Looking forwards with enthusiasm and determination, this foundation we help us continue to make positive impact in all areas of Mind Angels Charity.

Contact us

Contact Email: info@mind-angels.com

Visit us at: www.mind-angels.com

Charity Registration Number: 1176005

Contact us

* Please review our Local Authority report detailing how we can support statutory services at www.mind-angels.com/LAuthority