


December 2018

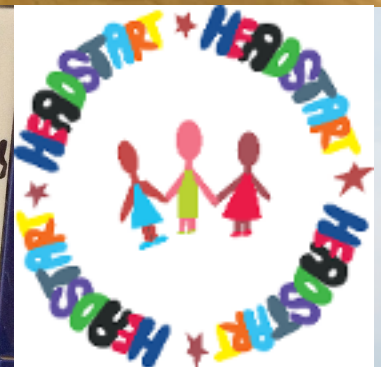
HeadStart MIDDLESBROUGH

▶ *THERE HAS BEEN OVER 250 GUIDED
LEARNING HOURS FOR YOUNG PEOPLE
SINCE THE HEADSTART PROGRAMME BEGAN*

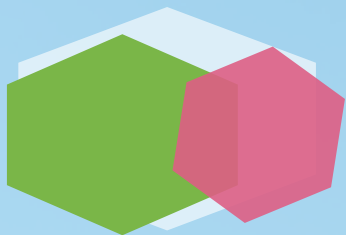
▶ *THERE ARE CURRENTLY 204 HEADSTARTERS;
OUR MENTAL HEALTH AND WELLBEING
CHAMPIONS*

▶ *WE'VE WORKED WITH OVER 1000 YOUNG
PEOPLE DURING TRANSITION WEEKS*

 People will
hate you,
rate you, Shake you
and break you.
But how strong you
stand is what
Makes You



HEADSTART NEWS



It's Bronze for Sunnyside HeadStarters

The Sunnyside Academy HeadStarters group have become the first ever young people in the country to achieve HeadStarters Bronze, accredited through ASDAN.

The Sunnyside HeadStarters have completed the "Introduction to Mental Health" HeadStart resources, which includes over 15 hours of guided learning with the HeadStart team on subjects such as friendships and stress.

The Sunnyside Academy HeadStarters will celebrate this achievement in a special assembly at school in January, where they will be presented with their HeadStarters Bronze awards by Middlesbrough Council Chief Executive, Tony Parkinson.

Record Attendance for Academic Resilience Training

Unity City Academy hosted Young Minds Academic Resilience training on the 8th and 9th of November.

A record number of 30 professionals, attended the training develop their understanding and practice

of emotional wellbeing in a school setting.

The training, which is funded and facilitated by HeadStart Middlesbrough, is available to all schools in Middlesbrough. Please contact the HeadStart team for more information.

School Awards

After the HeadStart Panel met in October, six Middlesbrough schools were successfully awarded higher quality marks on the HeadStart School Standard.

Acklam Grange and North Ormesby Primary Academy were awarded HeadStart Gold while Macmillan Academy, Sacred Heart Primary School, St. Joseph's Primary School and Sunnyside Academy were awarded HeadStart Silver.

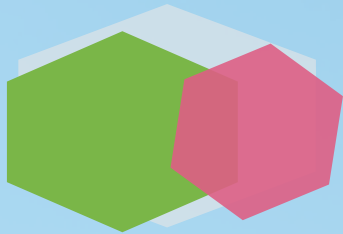
What Schools Say About Us



"HeadStart has really helped to improve knowledge of mental health in our school and has given our pupils vital skills before secondary school".

Shaine Millward, Sunnyside Academy

LOCAL AND NATIONAL NEWS



Manchester to Open First Mental Health Centre for Students

University students from four Greater Manchester institutes will have access to the UK's first regional student mental health referral centre from the 2019/2020 academic year.

Manchester Metropolitan University, the University of Bolton, the University of Manchester and the University of Salford are the universities involved in the scheme, with their combined

student bodies totalling over 100,000.

Working with local NHS services, students with significant mental illnesses and struggles can be referred to the centre.

Mental Illness Costs the UK £94bn a Year

Mental ill-health is costing the UK more than £94bn every year, counting treatment, social support costs and the losses to the economy due to people being unable to work, according to the OECD.

The Organisation for Economic Co-operation and Development report shows the whole of Europe

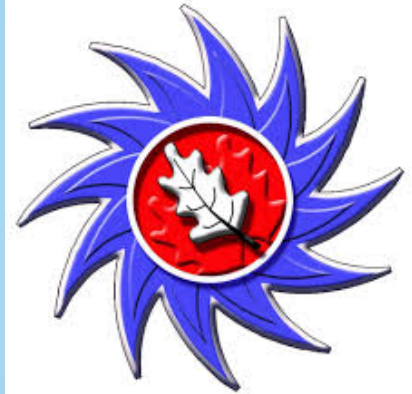
is struggling with the impact of mental ill-health which affects an estimated eighty four million people, around one in six. Nearly half of these costs (£42bn) are indirect costs related to lower employment and productivity.

One in Four Young Women Have a Mental Illness

An official NHS report states that nearly one in four young women have a mental illness, with anxiety and depression the most common, based on a survey of 9000 young people.

The results have been gathered by NHS Digital and assessed by experts to try to ensure that only diagnosable conditions are included.

What Young People Say About Us



"Working with HeadStart has shown me that we're more than just a group of pupils in our own school. We're a big family across Middlesbrough and we all need to support each other as best we can and look after each other".

Acklam Grange Student