



# HAPPY NEW YEAR

*May all your wishes  
come true!*

## Evolve Intervention

### Newsletter

23<sup>rd</sup> January, 2019

NEW INTERVENTIONS ON OFFER!

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### Welcome to 2019!

We hope that all of our readers had a wonderful Christmas and New Year! Here at #TeamEvolve there have been some fantastic developments to our service to kickstart 2019, welcoming on board new team members, who you can read about in this newsletter; and some great new interventions on offer for the remainder of the academic year. Our focus for 2019 is going to be further developing our offer so we can reach more children and young people; if you or someone you know would like to work in partnership we would love to hear from you! In the mean time, we hope you enjoy hearing about what we have been up to since our last newsletter ☺



Emma Prince, Director

## Essex Business Awards Finalists!



We were absolutely delighted to find out that Evolve Intervention were finalists in the Essex Business Awards 2018, for 'Business of the Year - Community'. We attended the

awards ceremony on Friday 26<sup>th</sup> October 2018, held at the Radisson Blu hotel at Stansted Airport. It was fantastic to see such an array of business' represented at the black-tie event and to be part of the competition. Although we didn't win this time, we were very grateful to have reached the finals and will certainly be having another try in 2019! A big thank you for all the support we received in the run up to the event via social media, it is great to know we have so many people behind what we are doing and all we are trying to achieve.

*Some of the team at the ceremony!*



## ACE-AWARE AND TRAUMA-INFORMED: WORKING WITH SELF HARM AND SUICIDE

*Helen Prince,  
Lead Practitioner*

*I recently attended an outstanding training day around 'Dealing with Distress: Working with self-harm and suicide'.*



*"Suicide is a calamity of the inner world, where feelings, memories and beliefs may brew up hurricane winds of anguish, powerful enough to blow someone away" – John Maltzberger.*

*Sadly, the numbers of children and young people self-harming or taking their own lives is increasing. Carolyn Spring, Director of PODS (Positive Outcomes for Dissociative Survivors) delivered the training which included a significant section on 'Early Years Trauma and its Impact'.*

*Thankfully, society as a whole is becoming more aware now of the rising concerns around children's mental health and well-being. As professionals, we must be more knowledgeable about the impact of Adverse Childhood Experiences (ACEs) on children's brain development, mental and physical health as well as their behaviour. I am currently working with staff at James Hornsby School, who identified the importance of having key support staff fully trained on ACEs and Trauma, so that they are able to build on their knowledge and skillset in supporting their children who are struggling with a range of behaviours that can impact their capacity to learn. We offer this training across Essex and would be glad to discuss how we can support in your setting through CPD.*



CALL US TODAY TO  
DISCUSS HOW WE  
CAN SUPPORT YOUR  
STAFF  
01245 526069

## Y6-7 Transition Support

Our team has a wealth of experience in managing that all-important transition for children as they move to secondary school and can offer support via **group work, summer schools or 1:1 mentoring**. One of our Lead Practitioners, Marie Smith, outlines some important things to be aware of and shares some tips for supporting your students:

The move from Year 6 to Year 7 is an exciting but often daunting time. I am sure we can all remember that feeling of starting a new job and not knowing anyone. Now just imagine being 11 again. Who will I have lunch with? Where are the toilets?!

Many children are ready to move on and cannot wait to bid farewell to year 6 (especially after the SAT's!). There are some however, who will struggle with the change. Particularly those who have/may be experiencing change at home. Here are some strategies that may help:

1. You could have a worry post box in class for children to share any concerns they may have. This could be incorporated as a whole class discussion or start a one to one conversation if the pupil is happy with this. Reassure them that no question asked is ever silly.
2. Arrange for ex pupils with positive experiences to come back to year 6 and share this with the pupils.
3. Receive a letter (or email!) from an ex pupil sharing their positive experiences and bring this into an assembly.
4. Arrange extra visits for worried pupils picking suitable quiet time such as after school or during lesson time.

Transition can also conjure up a whole host of emotions for the parents too. It can be helpful to remind parents to refer to the move to secondary school as a positive and exciting time. Sharing their own negative school experiences only adds to anxieties.

For those children with SEND issues, having examples of the school timetable and a visual timetable can also be helpful.

It is important to remember that as much as we want our students to become confident and have the coping skills required to adapt to this environment, they are essentially the same children but in a bigger building. For many, their primary school is a safe and comfortable space with familiar faces. With some care and support, their secondary school can be the same too.

## Peer Mentors are on a roll!

*Our staff have been out delivering Peer Mentor Training across schools, fully funded by Essex Youth Service YSG. Feedback from staff and students alike has been incredible; to see so many young people so confident and enthusiastic about supporting students in their schools is fantastic! A big thank you to Woodlands School, The Billericay School and Bromfords School for all their enthusiasm for this project so far! We are looking forward to working in more schools over the coming months.*



**Newly trained Peer Mentors at Woodlands School!**

## MEET SOME OF OUR NEW RECRUITS!

### Clare Baker

Clare has recently come on board and brings great experience as a Pre School Practitioner and Young People's Mentor. Clare has worked across Secondary Schools and Alternative Provision settings, having delivered mentoring and coaching students on a 1:1 basis. Clare is currently studying to become a BACP qualified Counsellor and is passionate about giving young people the tools to steer themselves through challenging times and supporting them to empower themselves to become valuable members of society and to make positive life choices. One of Clare's specialisms is supporting children and young people with anxiety and managing emotions.

### Steve Rawlins

Steve has recently joined us bringing 40 years of varied Community Safety and policing experience after a lengthy and varied career in the Metropolitan Police. Previously lead officer for Parks Policing, Emergency Planning, CCTV and ASB reduction in the London inner city of Newham, his role included designing strategies to reduce the prevalence of crime, antisocial behavior and gang culture. Steve was instrumental in designing and implementing Havering Parks Protection Service, whose remaining constables still consolidate their success as a compact Parks Constabulary. Steve was also very much involved in developing and implementing longer term parks safety and ASB prevention in Havering. To this end he presented numerous wintertime focused 'Parks Protection for Kids Roadshows' to many thousands of Havering primary school children. We are so pleased to be able to utilise his expertise in our support of children and young people when looking at areas such as reducing Anti-social behaviours, safeguarding and raising engagement with education and the community.

## ANGER MANAGEMENT

Schools with whom we are working, regularly contact us for support and intervention for their students who are really struggling with managing and controlling their anger and behaviour. We cannot underestimate the negative impact that poor behaviour has on all students and staff. The impact of anger is significant. It destroys relationships both with other students and staff, leads to increases incidents of bullying, breeds negativity within a classroom and makes learning (for all students) challenging.

Our experienced staff, some of whom are qualified teachers, can offer six-week courses on helping students understand their anger. Currently, we are supporting over 50 young people across Essex covering the following:

- What anger feels like for them emotionally and physically
- Their individual triggers, exploring the origins and what the bigger feelings are that underpin the triggers
- Helping them understand anger in others and how to respond
- Exploring a range of strategies to help them manage their anger
- Learning about PMR, Meditation and Mindfulness

At the end of each course, students put together self-care plans to help them manage their anger and feel more in control.



**Keep reading for more details of our growing team!**

## Marie Smith

Marie has extensive experience working as a Learning Mentor, where her main focus was to remove barriers to learning by offering social, emotional and behaviour support. This has been in the form of 1-2-1 and group work with students and parents. Marie has a specialism in supporting staff, students and families with the transition from year 6 into year 7, having previously worked as part of a transition project across Basildon. Marie's experience covers a very broad age range, from early years, all the way through to sixth formers. She is currently training to qualify as a counsellor and is absolutely dedicated to improving outcomes for children and young people.

## Sue Rawlinson

Sue has been teaching Maths at Secondary Schools since for over 13 years including undertaking roles such as Deputy Head of Mathematics and Teaching and Learning Manager for an alternative education centre, She has a passion for seeing progress in Maths. In her delivery of Maths tuition for Evolve Intervention Sue particularly enjoys seeing the students thrive with the confidence that they can achieve. Each student is an individual and so approaches to building confidence are always tailored to meet their needs. Sue relishes the opportunity this brings for her in terms to not only support progress, but to see some students go from being scared of Maths to actually enjoying the subject.

## BEING INTERVIEWED FOR STUDENT HUB LIVE

Our director, Emma Prince, was recently interviewed for the Open University's online chat show, Student Hub Live.



This came about after Emma won the Student Entrepreneurship Competition last year for the setting up and development of Evolve Intervention. Emma had a great day sharing her experiences and hopes it encourages many OU graduates to enter the competition this year!

To watch the full interview, use this link: <https://youtu.be/gJgZPIbFI2A>

## 1:1 TUITION, GCSE MASTERCLASSES AND STRESS-BUSTER SESSIONS

We are currently working across Essex delivering tuition to students; as with all our interventions, parents and carers can refer to us directly. The majority of our tutees from last year saw dramatic improvements in their levels and feelings of confidence around their exams and assessments, with many of them going on to exceed their target grades.

Our qualified teachers can also deliver targeted support to classes of students in schools, designed to elevate and enhance knowledge, build their confidence in exams, as well as reduce levels of anxiety.

We are currently taking bookings for our Easter workshops; if you'd like us to come into your school get in touch with us today.



## Here To Help

If you know a child or young person who would benefit from our interventions, we take referrals from parents, carers or professionals. We are happy to answer any questions you might have or discuss a referral with you, all you have to do is pick up the phone or drop us an email.