



WELCOME TO OUR FIRST NEWSLETTER

Evolve Intervention

Newsletter

1st January 2018

NEW INTERVENTIONS ON OFFER

We Are Evolving

Emma Prince. Director



A very warm welcome to our new readers and a happy 2018 to all!

I always find that seeing in the New Year brings with it an opportunity for reflection, time to think about what we have learnt over the past twelve months and how we can use that to create positive change.

Evolve Intervention was recently set up in September 2017 with the intention of providing much-needed early help and support to children and young people in Essex. It was born out of having worked in education for many years and seeing first-hand how devastating the outcomes can be if children do not receive appropriate help. Whilst there is no such thing as a 'silver bullet', the benefits of putting such support in place are widely researched and agreed on. We are always looking to identify a need and respond to it and so have recently expanded our offer to include Yoga, Mindfulness and Meditation Workshops. We are also developing plans to

bring in further professional expertise to enable us to support those with more complex needs as well as expand our support offer for schools.

We are delighted to have already been commissioned by a number of schools and organisations Essex Youth Service and Hathaway Academy. It is never easy to take a leap of faith but it is helped if you believe totally in what you are doing and are determined to do the very best you can. Our team here at Evolve Intervention are absolutely passionate about helping and supporting children and families. We aim to be reflective and mindful practitioners who can work around the needs of the young people we are supporting so that they receive a bespoke service where a strong working relationship is at the heart of everything we do. We also offer training and support for staff.

I hope that you enjoy finding out more about Evolve Intervention and will keep us in mind if you know of a child or young person in need of help or support.

Happy New Year!



Yoga, Mindfulness and Meditation Interventions

When designing our interventions a great deal of time was spent researching different approaches in terms of improving emotional health and wellbeing. We came across an article published by Harvard Medical School (2016) which succinctly outlines the benefits of yoga, mindfulness and meditation for children and young people in schools:

"Yoga and mindfulness have been shown to improve both physical and mental health in school-age children...Yoga improves balance, strength, endurance, and aerobic capacity in children. Yoga and mindfulness offer psychological benefits for children as well. A growing body of research has already shown that yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children."

Harvard Health Publishing, available at <https://www.health.harvard.edu/blog/more->



[than-just-a-game-yoga-for-school-age-children-201601299055](#)

We set about trying to source expertise in this field and were delighted to find professionals already delivering this type of intervention to children with amazing results. We are now collaborating with them and are pleased to be able to offer their services under the Evolve Intervention umbrella. Sessions will be tailored to the group or individual over a period of at least 6 weeks. Workshops will consist of breathing techniques to help with anxiety, depression and relaxation. In addition to gentle yoga poses incorporating breath work, there will also be mindfulness, meditation, relaxation and positive affirmations. We can also offer this service to staff; as we know, **staff wellbeing** is incredibly important and many of those working in schools or children's services can find themselves feeling highly stressed or overwhelmed. Many employers are looking for ways in which they can **promote staff wellbeing and offer support**. If you would like to find out about our packages for staff get in touch today by emailing info@evolve-intervention.com.



NEW PROJECTS

We have a number of projects already underway in schools and other children's settings across Essex, including:

Life Skills Project: supporting children in year 9, 10 and 11 to learn skills in areas such as cooking, money management, employability skills and household management.

Exam Prep and Reducing Stress: working with year 11 students on revision techniques, managing stress and building resilience.

Social, Emotional and Mental Health: Supporting students in years 7, 8, 9, and 10 with managing issues such as anxiety, self-harm, conflict, communication, anger, bullying and friendships.

Our upcoming projects starting in 2018 include:

- Building Resilience Programme
- Peer Mentoring Scheme
- Anger Management Programme
- Mentoring Children in Care
- Behaviour Management Intervention

DID YOU KNOW?

'PSHE-STYLE INTERVENTIONS HAVE BEEN SHOWN TO HAVE A SIGNIFICANT POSITIVE EFFECT ON ACADEMIC ATTAINMENT AND...ATTENDANCE'

Times Educational Supplement, 2017

Staff Training and Consultancy

We are now able to offer additional support for schools through staff training and consultancy. Our team have a wide breadth of experience and expertise in delivery, whether it be across the whole school, in a one-to-one capacity, or with multiple schools coming together. We can provide support in the following areas as examples:

Classroom Behaviour Management

Supporting Children in Care

Philosophy for Children (P4C)

Healthy Schools Award

Wellbeing Audit

Attachment Aware Schools Award

Supporting Children with Mental Health

