

# Downpatrick Blues Programme

## Background

Action for Children has been funded to deliver the accredited 'Blues Programme' in three pilot sites across Northern Ireland – Belfast, South Eastern and Derry/Londonderry Education Authority Regions until March 2020 across the UK, the programme has successfully commenced another 9 projects with extremely encouraging outcomes for those students who have taken part.

The main aim is to improve the emotional well-being of those students aged between 13-19 years who require support around anxiety, depressive tendencies and social functioning. This in turn will improve their educational outcomes, reduce anti-social and risk-taking behaviours and improve their coping and life skills.

The criteria upon which the programme is based does not single out individual or a limited group of pupils and is largely identifying those students who are self-identifying with early indicators of mental ill health such as anxiety and poor self-esteem

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## Down LPG Plan Contributions

- All Children and Young People have good physical and mental health
- All Children and Young People live in safety and stability
- All Children and Young People Learn and Achieve

## CYPSP Strategy for NI High Level Outcome Contributions

- All people in Down enjoy good health and wellbeing
- All people in Down fulfil their lifelong potential

HOW

**ACTION FOR CHILDREN**

**WORKS**

## How much did we do?

We are currently delivering the Blues Programme in 9 post primary schools within the South Eastern area. In advance of the programme commencing, all students within the chosen year group will complete a questionnaire (CES-D scale). This questionnaire will determine if they meet the criteria to join the programme.

This is an innovative and evidence-based programme which has proven to be extremely beneficial in supporting young people in Northern Ireland.

## How well did we do it?

### Further data from April 2018 – January 2019

Delivering in 9 schools in post primary education in South Down area, 92 schools nationally within the UK.

We have delivered 39 groups within schools (between 5-15 pupils per group)

A total of 1084 questionnaires distributed to students

32% of students score over the threshold identifying students who would benefit from the Blues. Nationally this is also 32%

75% of students identify as having improved emotional wellbeing as a direct result of Blues

Student satisfaction of the course is 97% with 92% stating they would recommend to a friend

79% of students feel more confident to talk about mental health following undertaking the Blues with 80% stating they have improved confidence.

This in turn supports their learning with 76% of students telling us that they are better engaged in learning as a direct result of the Blues. This is also reflective of improved relationships in school and at home

**HOW**

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# Is anyone better off?

75% improved scores after completing programme (to include increased confidence, increased learning, increased relationships with peers and family).

# Is anyone better off?

**WHAT'S YOUR GOLDEN NUGGET?**

Everyone is going through the same thing. Sometimes it's harder to talk. I've learnt how to deal with my emotions and how to make my life more positive.

SHARE A SHORT QUOTE

**WHAT'S YOUR GOLDEN NUGGET?**

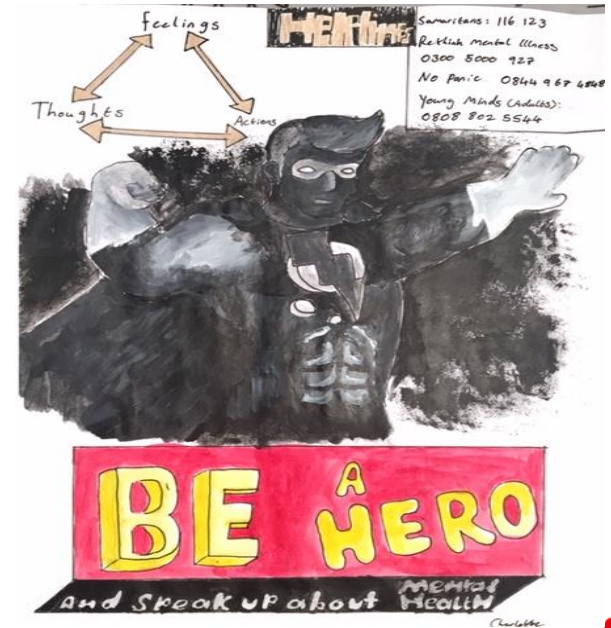
When I first came I wasn't hopeful for change and I wanted to find ways to get over anxiety and that's exactly what I got. Thank you.

SHORT QUOTE

**WHAT'S YOUR GOLDEN NUGGET?**

I have learnt to build my confidence more and to always think positive! NO NEGATIVE ALLOWED! Thank you so much for everything! 😊

SHARE A SHORT QUOTE



HOW

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