

# **OA Inclusion Programme**

## IMPACT REPORT 2021



BRIDGE THE GAP

You matter, you are loved,  
you are not alone...

[www.jwbridgethegap.com](http://www.jwbridgethegap.com)

@bridgethegap\_cmh

01332 600827

# OUR DELIVERY

1:1 Support Emotional  
Literacy Support for  
children

Small group work (up to 6  
children) on emotional  
literacy

Connection and  
Co-regulation Training  
for school staff

Clinical supervision for  
school staff

'Whole School Mental Health' Online  
Platform including emotional health  
lesson plans, CPD for staff, wellbeing  
sessions for staff and parents and full  
parent course on supporting child  
mental health

- To support whole school mental health including children, parents and school staff
- To allow children a safe space to explore emotions through use of emotional literacy
- To support schools in the delivery of emotional literacy within the curriculum in order to positively influence child emotional education, through the use of our online platform
- To focus on 'bridging the gap' between home and school through use of our 'whole school mental health' online platform
- To improve staff's knowledge of emotional education within the school environment
- To maintain and improve positive relationships with schools so that they continue to feel supported around the area of emotional health and wellbeing.



# MEET THE TEAM



NIKKI



JENNIFER



BEV



MARIE



LAURA



KATE



KIRSTIE



ANGELA



DANI



CARLY



LISA



TORI



KATIE



ANDREA



ALISON



# BRIDGE THE GAP CHILD MENTAL HEALTH LTD

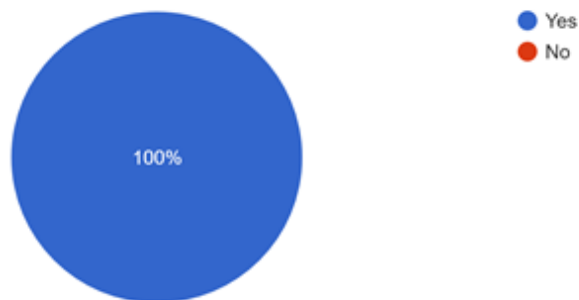
## OUR IMPACT

-  120 school staff trained in connection and co-regulation and supporting children's mental health
-  Support to 93 children and young people in a face to face capacity
-  Support to 14 schools through our whole school mental health online package. Supporting over 2800 children, over 2000 parents and over 500 school staff
-  100% of schools involved in the program have noticed positive changes in the children who have accessed the support
-  100% schools feel this programme has been beneficial to whole school mental health
-  100% of schools would like to access further support through Bridge the Gap again
-  100% of children who attended sessions with Bridge the Gap rate an increase in their ability to understand and manage their emotions
-  100% of children feel that they were safe, supported and listened to in sessions with staff from Bridge the Gap.
-  100% schools stated they had found our training helpful.

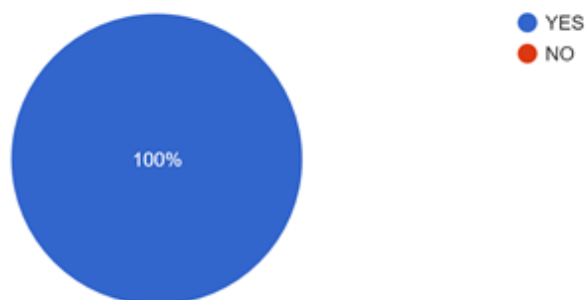
# BRIDGE THE GAP CHILD MENTAL HEALTH LTD

## OUR IMPACT

Have you felt better supported as a school with regards to 'Whole School Mental Health'?



Have you found the support with Bridge the Gap beneficial?



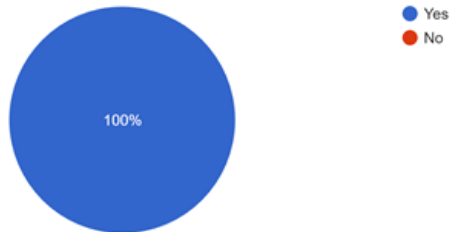
After such an unusual 18 months, Bridge the Gap have been such a valuable group to work in partnership with. The children have loved all of the sessions and couldn't wait for a Friday morning to arrive! The fact they were so disappointed after missing out on their final session due to isolating shows how much they enjoyed the sessions.

**Fraser Smith, Principal, St Peter's Junior School**

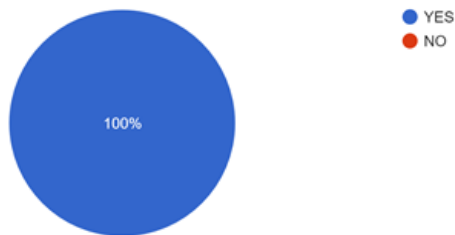
# BRIDGE THE GAP CHILD MENTAL HEALTH LTD

## OUR IMPACT

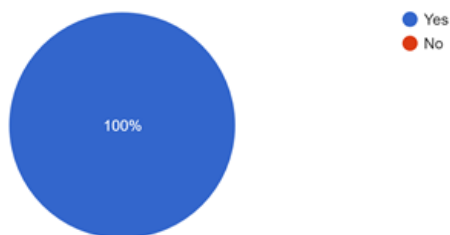
Would you be interested in accessing further support through Bridge the Gap in future?



Has there been any subtle changes you have noticed within the pupils since our engagement with them? (For example seeming less worried, more aware of their emotions)



8. Do you feel that being involved in this program has supported your mental health and wellbeing?



For us at Highfields the impact has been that pupils who traditionally would have been considered too young for mental health support have been supported. Through the work that Jennifer did with them we have seen pupils who were suffering from anxiety, low self esteem and anger management difficulties finding ways to address these issues, to believe in themselves, to develop value in themselves and their abilities. For many of these children we have seen a longer lasting positive impact on their social interaction with peers, their engagement in their work and their willingness to try with work they would have reacted against because they perceived it too challenging or something that they would be unable to complete- their resilience, perseverance and happiness levels are much higher than they were before. For us access to this support for our Reception children has been absolutely invaluable and would definitely engage again if given the funded opportunity as with such a small budget as a new school this would have been something out of our reach otherwise.

**Anna Smith, Principal**

Well done with the programme. You have created a strong thread of conversation and deepened awareness that could insight positive change. Hugely inspired by you both.

Without the ability to work in partnership with Bridge The Gap, many of our children, families, and indeed staff, would not be able to get the right support, at the right time, that helps them to keep navigating through times in their lives that can be emotionally and mentally difficult.

The relentless ambition to support the well-being of others is just incredible and is making a difference to our children. Evidence illustrates that this could translate into a greater proportion of children and young people having successful lives. Their work is quite simply, invaluable.

**Kirsty Ryan, Principal, Wyndham Academy**



The support we have received from Bridge the Gap has been invaluable at all times and even more so during a global pandemic. We have seen an increase in pupils' willingness to speak to trusted adults and each other in group sessions. The children have been able to form close relationships with their peers. 1:1 sessions have targeted some of our most vulnerable children and have given them a safe space to talk and share. The team at Bridge the Gap are so knowledgeable, kind and open. Their advice is always tailored to individuals and families. We look forward to working with the team again in the next academic year aiming to reach more children, more families and our staff too.

**Lucy Clarke, Wellbeing Lead Redwood Primary**

The year 2 children thoroughly enjoyed participating in the sessions, they all reported that they were fun and exciting. Parents and Teachers have all reacted positively to the content of the sessions and state it has made a difference. It is felt that having an external provider enabled the children to open up, relax and be themselves. The children all came away with a variety of new skills and strategies that will support their social and emotional wellbeing in the future.

**Rachel Oliver, Wellbeing Lead Hardwick Primary**

"Bridge the Gap have helped me know that it's ok to feel angry and that I am not naughty. I loved the sessions because I talked about having autism for the first time, saying how it makes me feel and this helped me.."

**Child Age 9 years**





# BRIDGE THE GAP CHILD MENTAL HEALTH LTD

## OUR REFLECTION

*The 6 weeks we have spent with children in the programme has shown us that we need to be able to work with children over a longer time-frame. We have had safeguarding disclosures shared throughout the sessions and this has enabled us to ensure that support is continued through our organisation throughout the summer. The 6 weeks are still valuable, but the positive impact could be increased further.*

*Below is a testimony of 1:1 support delivered in a school outside of the programme, working over a full school year.*

Thank you so much for agreeing to work with P and being there on a consistent basis all year. Too often support people just come and go.

I knew you and Bridge the Gap were what she needed to begin to process all that has happened and will happen to her to give her a chance of fulfilling the potential P undoubtedly has. You have proved me right - she has seen you as something for her, someone to confide in and share and begin to process. The young girl who leaves us now is dramatically different to the girl who came in for just a few days in July during the lockdown last year. Your role in that process cannot be underestimated. Children only learn if they are happy. Over the last thirty years I have watched the lack of money mean that all those people and services who supported children in being happy when rubbish happens to them, or those around them, just gradually disappear. The work you and your colleagues do helps reverse that. It needs so much more but at least you are there to help the ever increasing numbers of children crying out for help.

I wish Bridge the Gap all the best in being that beacon of hope.

Thank you

**Simon Webster, Principal, Richard Wakefield Primary School**



# BRIDGE THE GAP CHILD MENTAL HEALTH LTD

## OUR REFLECTION

*For the following year we would like more time to liaise with school and we have arranged 'in person' school visits where parents can ask questions as well. This helps us to nurture relationships right from the start. It also helps us with conversations around safeguarding, as well as sharing valuable information that can contribute to the positive outcomes for each child.*

*We would also like to add an extra week onto the end of our group sessions, this would be delivered by Siddiqui Education and would allow children to create a podcast for younger year groups sharing what they have learned about emotions and valuable tools to support children with their mental health. This helps to create permission in the school for other children to open up and share with each other, as well as helping to teach other children valuable Emotional Literacy skills.*





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Bridge the Gap Child Mental  
Health



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