



# TOWER HAMLETS WELLBEING AMBASSADORS PROGRAMME 23-24'

FINAL REPORT: 1ST SEP - 25TH JULY

Spotlight.



**Official logo designed by  
Anika Ali, year 11 student @  
Langdon Park School**

# About Spotlight



## Open To Inspire

Spotlight is a youth service like no other. We're here to help young people have fun, find new skills and try new things - and our youth work team is always on hand to support with anything that might be going on in a young person's life.

Spotlight also supports young people's health and wellbeing through our Healthspot service and Get Supported programming strand.

**Our Wellbeing Ambassadors Programme extends this mission of improving the lives of young people into eight schools in Tower Hamlets, by using evidence based tools to help young people help each other feel better.**

**Using an evidence-based toolkit developed and piloted in East London by the Anna Freud Centre, Spotlight recruited young people from across eleven schools across the borough and trained them to become Peer Mentors, with a specific focus on mental health and emotional wellbeing.**



# Purpose of the Wellbeing Ambassadors Programme



## Overview

The Mental Health Ambassadors Programme includes six training sessions for 15-18 year-olds at Spotlight from November to December. Mentors are prepared to support peers. Monthly group catch-up sessions and 1:1 support from clinicians are offered from January to July, with additional support from Spotlight Youth Workers available as needed.

## Mission

The programme's primary goal is to enhance mental health and emotional well-being outcomes for its mentees. Furthermore, it aims to establish a comprehensive school-wide strategy for health and well-being at each site and enhance the utilisation of local statutory services by youth.

## Objectives

The Wellbeing Ambassadors Programme has its focus as the following:

- Improving the mental health and emotional wellbeing of young people in Tower Hamlets
- Improve usage of primary care networks in the borough by young people

# **Wellbeing Ambassadors Programme Curriculum 23-24'**



**Week 1 - Intro to Mental Health**

**Week 2 - Identity + Mental Health**

**Week 3 - Social Media**

**Week 4 - Trauma**

**Week 5 - Communication**

**Week 6 - 1:1s**

**Week 7 - Workshops**

**Week 8 - Re-cap + Celebration!**

# Session Delivery: Inside Out Wellbeing



Inside Out Well-being are a not-for-profit social enterprise committed to helping you improve your mental health and wellbeing.

They are on a mission to improve access to mental health education and support. They believe that you should be able to find solutions to manage and optimise your mental health, no matter what stage of the journey they are at.

The Wellbeing Ambassadors Programme was delivered in partnership with Inside Out Wellbeing.

Using their sector specific knowledge, their facilitators were able to bring their expertise to delivering key sessions throughout the programme timeline.

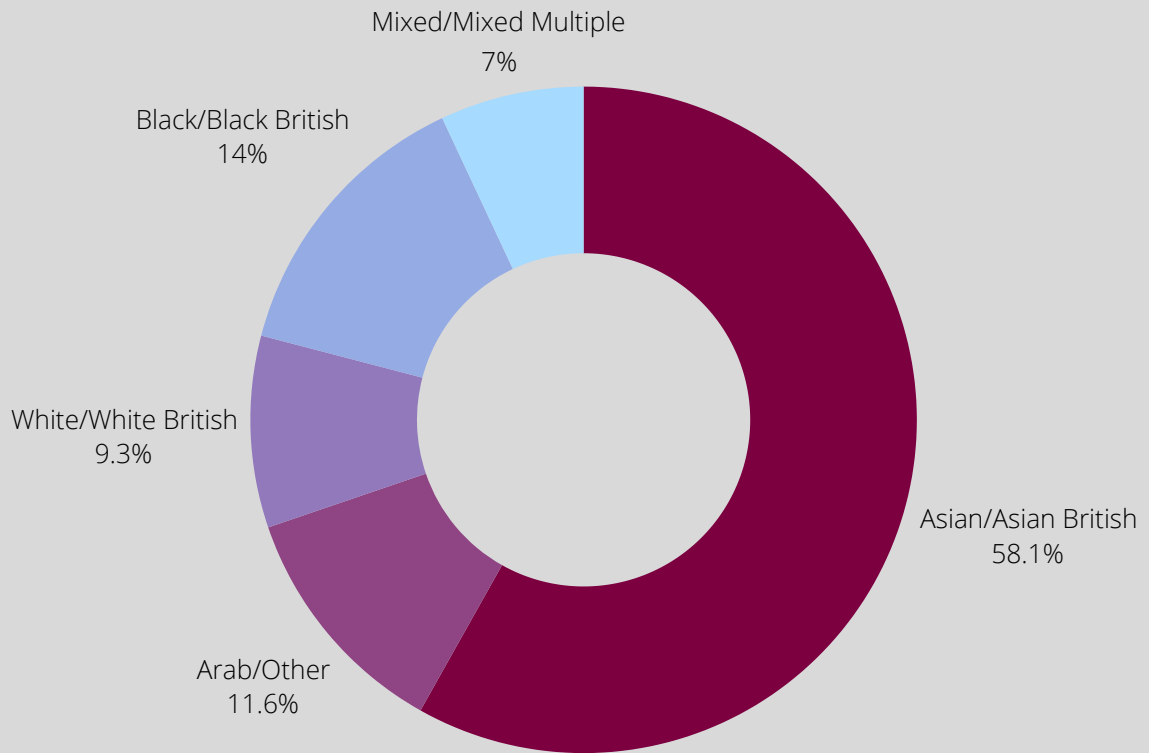


# Schools Involved 22-24'

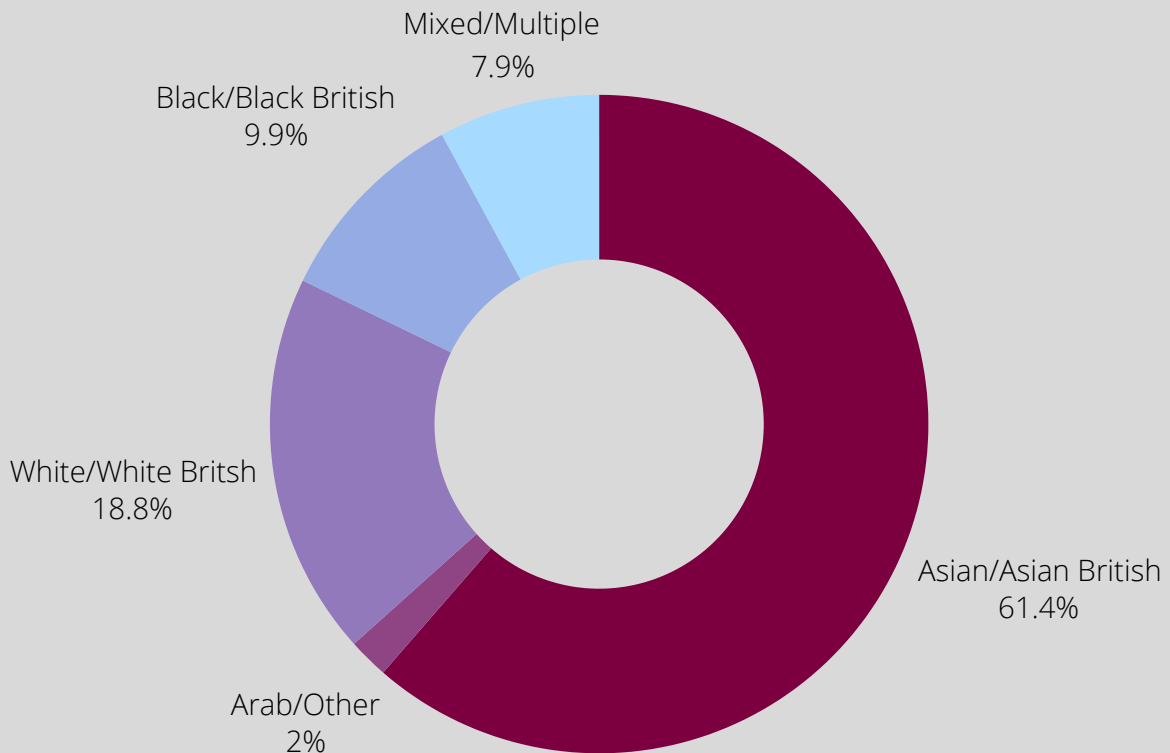
2022-2023	2023-2024	2024-2025
Bow School	Bow School	Bow School
Morpeth	Morpeth	Morpeth
Stepney All Saints	Stepney All Saints	Stepney All Saints
Langdon Park School	Langdon Park School	Langdon Park School
St Paul's Way	St Paul's Way	St Paul's Way
Central Foundation School for Girls	Central Foundation School for Girls	Central Foundation School for Girls
Mulberry School for Girls	Mulberry School for Girls	Mulberry School for Girls
	Stepney Green Maths and Computing College	Stepney Green Maths and Computing College
	ELAM	ELAM
	Mulberry UTC	Mulberry UTC
	George Greens	George Greens
		Swanlea
		Bishop Challenor
		Oakland's
		Wapping High
		London enterprise Academy
		Mulberry Academy Shoreditch

# Demographics

## Ethnicity



## Ethnicity in Tower Hamlets\*



\*Data taken from 2011 census for children aged 0-15



# Demographics

## Gender of Mentees



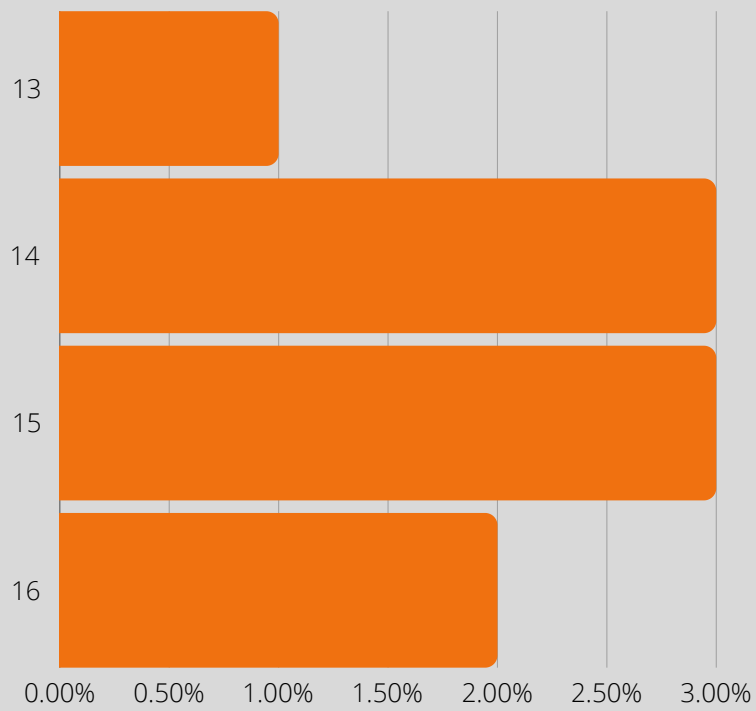
## Gender in Tower Hamlets



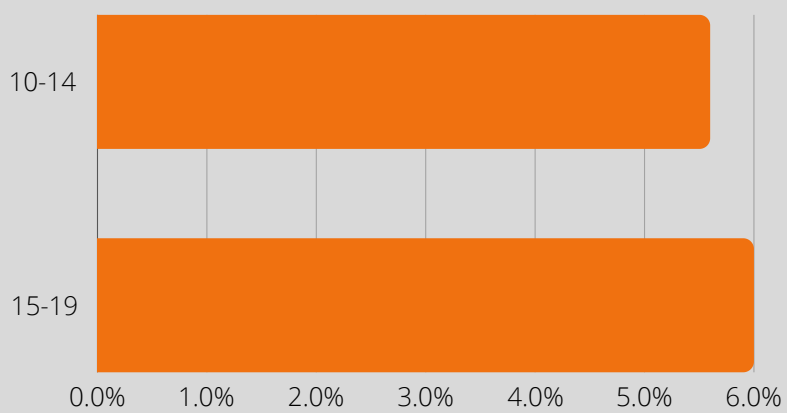
Data taken for 2021 Census for children aged 10-19.

# Demographics

## Age of Mentees

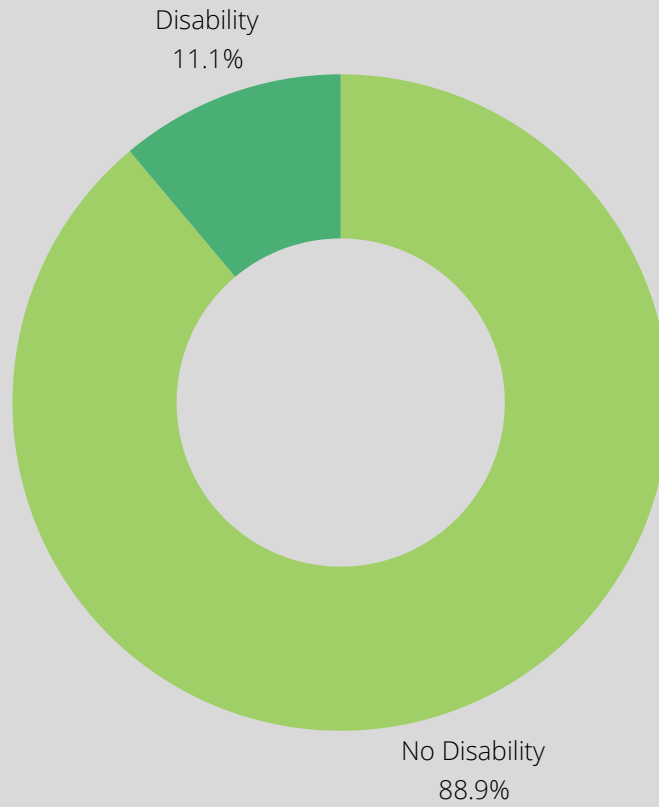


## Age in Tower Hamlets

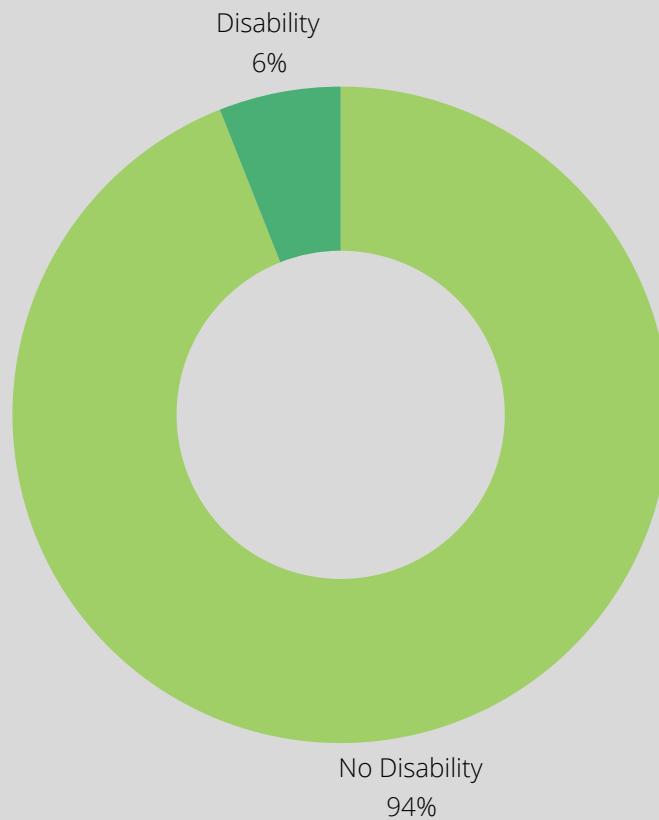


# Demographics

## Disability



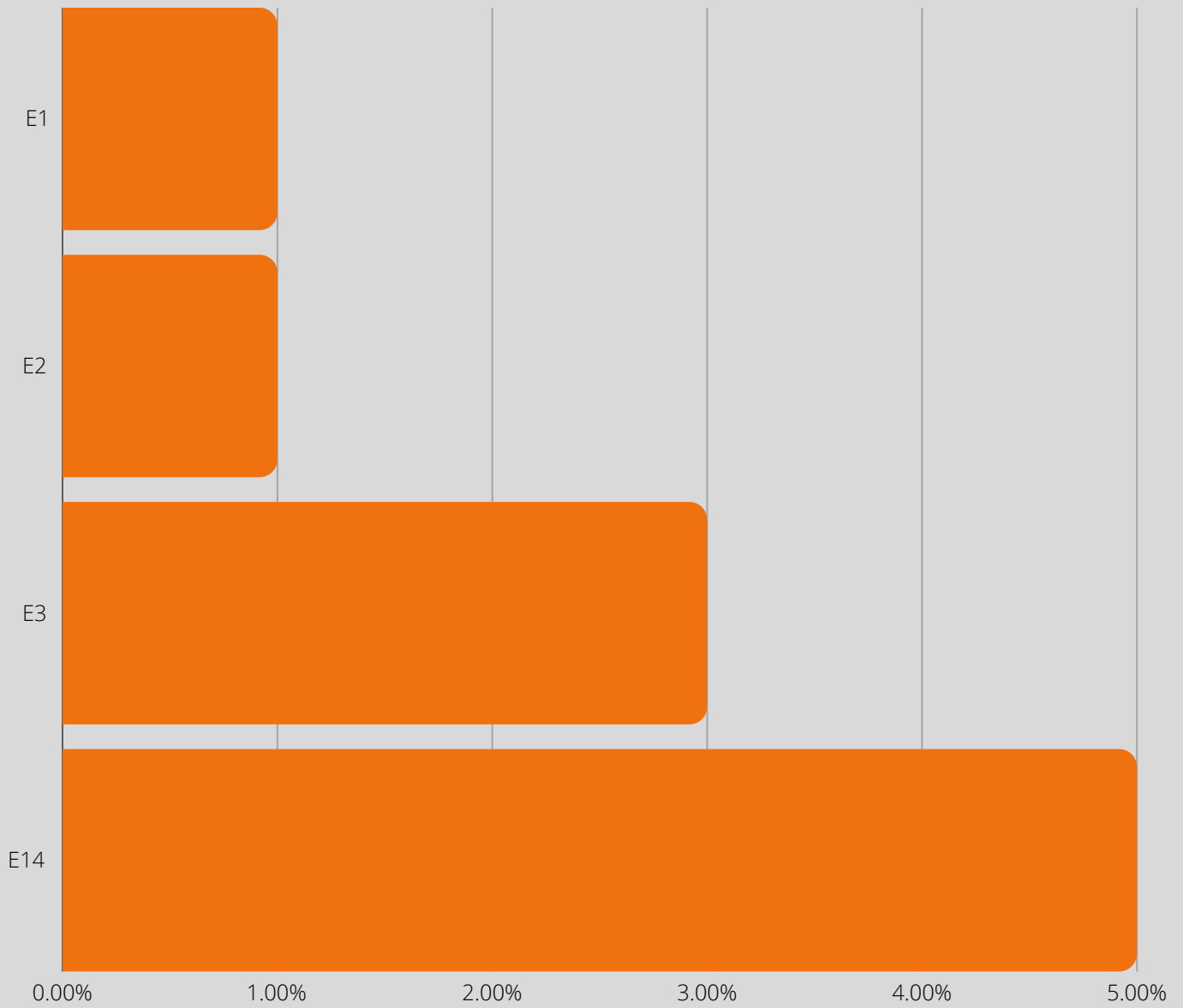
## Disability in Tower Hamlets



\*Data taken from 2011 census for children aged 0-15

# Demographics

## Mentees' School Postcodes across Wellbeing Ambassadors Programme



# Highlights

Sept - Nov

## September

- Website updated
- Promotional materials produced
- Additional schools contacted and existing schools re-onboarded
- Safeguarding Leads / Heads of Year / EWP's onboarded
- Young people identified and recruited by schools
- Facilitators booked, training content devised
- Contracts signed by Mentors

## October

- Training Sessions 1-3 delivered every week on Tuesdays and Thursdays at Spotlight
- SLAs sent, signed and returned by schools

## November

- Training Sessions 3-7 delivered every week at Spotlight

# Highlights

Dec - Feb

## December

- Training sessions completed
- 2 Celebration dinners at Nando's
- Wellbeing Ambassadors received their lanyards/ID badges

## January

- 2 Refresher Training sessions completed
- Schools launched the Wellbeing Ambassadors programme at their schools/colleges

## February

- Wellbeing Ambassador promotional videos completed
- The first of six Reflective Practise sessions started

# Highlights

Mar - May

## March

- 2 Reflective Practise sessions completed
- Schools launched the Wellbeing Ambassadors programme at their schools/colleges

## April

- 2 Reflective Practise sessions completed
- Wellbeing Ambassadors Awards Ceremony!
- Wellbeing Ambassador of the Season 2023-2024 was selected

## May

- 2 Reflective Practise sessions completed
- Cllr Q&A Event



# Highlights

June - July

## June & July

- Wellbeing Ambassador Season spoke at LBTH + ELFT Steering Group
- Final reflective practice sessions completed
- Wellbeing Ambassadors invited to speak at Tower Hamlets Together Board meeting on 1st August regarding mental health in the borough (Tower Hamlets Town Hall)

# Highlights

## Outputs & Outcomes

- **Number of Attendees at Wellbeing Ambassadors Awards Ceremony - 62**
- **Number of Nominees for 'Wellbeing Ambassador of the Season' - 9**
- **'Wellbeing Ambassador of the Season' invited to sit on the LBTH & ELFT Steering Group**
- **Number of Mentees Being Supported - 9**
- **LBTH Arranged Further Training to Upskill WBA's**

# Wellbeing Ambassador Programme

## Testimonial:

"I decided to participate in a program that trains young people like myself to become well-being ambassadors. During the programme, a mental health organisation called Inside Out Wellbeing taught us more about mental health, how to handle sensitive information, and how to signpost. Looking back not only have I learned from the organisation I also learned a lot from my fellow well-being ambassador peers from the different schools in Tower Hamlets. listening to everyone's opinions and working together to address the problems that need to be tackled. By participating in this program, I have had the opportunity to refine a multitude of valuable skills, including but not limited to interpersonal communication, team collaboration, and effective communication

I am determined to use the knowledge and skills I have acquired through this program to help young people in my community and encourage others to do the same. Initiatives like the well-being ambassador program are essential as they provide a professional platform for young people like me to communicate with one another. It offers a safe space for young people to express themselves without fear of judgment and any stigma associated with mental health".

Nazat, Stepney All Saints

# Award Ceremony Media:



# Wellbeing Ambassador Promotional Videos:

Our Wellbeing Ambassadors created promotional videos to explain their roles and the programme.

You can view some examples via the links below:

 - [Mulberry UTC](#)

 - [Stepney All Saints](#)

 - [Saint Paul's Way](#)

 - [Langdon Park School](#)

# Case Study



## St. Paul's Way:

(WBA) was chosen as the mentor expected to be most suited to difficult students. As such, she was paired with a student who was of some immediate concern and in need of consistent mentorship. (WBA) did two shared sessions with the school's therapist and her to-be mentee (3 in one room), where she quickly developed her skills and learned how best to use them in real scenarios. After that, she solo-ran multiple private one-to-ones with her mentee, which have gone very well, increasingly so, and her mentee appears visibly more comfortable thanks to her presence. This student was initially of some concern, and these interventions have helped a lot in that regard.



# Quotes



## Quotes from Nomination Forms:

**“Despite own targets and assessments, (WBA 1) has remained resilient. Handling sensitive topics with grace and encourage fellow students to seek help when needed. (WBA 1) has been an exceptional WAP” - Mulberry UTC**

**“(WBA 2) has been proactive in her role. She has taken it upon herself to work on the 6th form safe space.” - Central Foundation Girls**

**“(WBA 3) has been an enthusiastic and very professional Wellbeing Ambassador who has helped pupils to address some complex personal problems with kindness and grace. She has been a wonderful friend and very supportive Wellbeing Ambassador and a pleasure to work with.” - Mulberry Stepney Green**



## The outcomes:

When asked how they would rate the training for the programme, respondents rated:

**4.77 out of 5**

When asked how they would rate the reflective practice sessions for the programme, respondents rated:

**4.69 out of 5**

When asked how they would rate their school's efforts in implementing the programme, respondents rated:

**3.92 out of 5**

## The outcomes:

When asked how the training could be improved, respondents said:

“it went on too long, like we could’ve made the sessions longer so we didn’t have to go to so many sessions”

“give volunteering opportunities with mental health”

“manage attendance better / stricter”

“more chances to use skills learnt in school”



## The outcomes:

When asked how else they would like to receive support, respondents said:

“A Teams channel with opportunities given to us

“More work experience related roles”

“Volunteering opportunities”

# Key Learnings from this year:

## Exam season clashes:

During the exam season, our Ambassadors, ranging from Year 12 to Year 13, faced challenges attending sessions from March to June. The prevalence of mock and official exams during this period led to lower turnouts, with many Ambassadors prioritising exam preparation over their regular monthly commitments.

## End of school year:

As the Wellbeing Ambassador Programme operates in alignment with the academic year, a notable challenge arose in retaining participants beyond May. Many Ambassadors concluded their school term, leading to a decline in commitment to the role of a Wellbeing Ambassador within their school.

## Calendar alignment:

As per the teacher's feedback, altering the timeline could alleviate the aforementioned issues. A different start date would allow Ambassadors to fully engage in their roles before the exam season and their departure from the school.

# Key Learnings from this year:

## School buy-in:

Feedback received indicated that some of the Wellbeing Ambassadors did not feel that their schools were proactively supporting them to deliver sessions or implement ideas. In the future, a closer relationship and feedback loop system will need to be put in place to address this.

# Looking forward:

## Engaging more schools:

In the 2024 - 2025 cohort we plan to engage 16 schools across the borough, increasing the number of Wellbeing Ambassadors to 80 (5 nominees per school).

## Increased participation:

Utilising our learnings from the previous two cohorts, we will be building a timeline that works in line with the academic year, and promotes consistent engagement across the entire programme length.

## Options following the programme:

Once Wellbeing Ambassadors finish the programme, we'll be looking to signposting them to further opportunities within the borough, to strengthen service ties and usage.