



Norfolk County Council

The Norfolk RISE Up programme, now in its third year, has significantly supported the mental wellbeing of over 30,000 young people across more than 70 Norfolk schools.

Funded by Norfolk Virtual School, the programme provides fully funded access to Future Action's RISE Up Early Intervention Mental Wellbeing Teacher Training Course and Trauma Informed PE Teacher Training Courses for educators in Norfolk secondary and special Schools. Over 600 teachers have accessed the training.

Programme Impact:

- **School Wellbeing Scorecard:** Across seven schools that completed the School Wellbeing Scorecard, there was an average **improvement of 32% in wellbeing provision**. This indicates a substantial enhancement in school environments and support systems for student wellbeing.
- **Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS):** Data collected from five schools showed consistent improvements in students' mental wellbeing across all measured aspects. Notably, teachers **reported an average increase of 20% in their students' wellbeing scores**, indicating significant positive changes post-intervention.

These results reflect the programme's comprehensive approach, including training educators to understand and address the mental health needs of students, fostering stronger relationships, and emphasising the connection between physical activity and mental wellbeing.

The 'Norfolk RISE Up' programme aims to equip frontline educators with the tools and knowledge to address the mental wellbeing needs of students. The early intervention programme's four primary aims are:

1. **Early Identification and Support:** Identify individual young people struggling with their mental health and direct them to specialist support as early as possible.
2. **Prioritising Relationships:** Train educators to transform their relationships with students, thereby improving wellbeing, engagement, behaviour, and academic progress.

3. **Building a Self-Care Toolbox:** Provide young people with a range of self-care strategies to protect and enhance their mental wellbeing.
4. **Teach the Link between Movement and Mental Wellbeing:** Emphasise the connection between physical activity and mental health, encouraging a holistic approach to wellbeing.

Implementation of the programme includes:

- Providing every school in Norfolk access to Future Action's online RISE Up early intervention mental wellbeing and Trauma Informed PE teacher training courses.
- Offering comprehensive, editable resources and individual consultations to personalise content to each school's unique needs.
- Weekly case studies and blogs showcasing best practices and inspiring the community.

Key Principles to the Norfolk RISE Up approach

1. With, not to

The Norfolk RISE Up programme is driven by local voices and based on local needs.

2. Empower and Upskill the Workforce

The programme focused on upskilling colleagues by providing comprehensive training on becoming a transformational teacher in a post lockdown education world.

3. Teacher Agency

Teachers are given the agency to implement the programme in ways that best suited their settings. This approach ensures that local teachers, who know their students best, can adapt the programme to meet their unique needs.

4. Sustainability and Successful System Partners

The programme's sustainability is supported through continuous listening to local voices and building relationships with system partners.

Collaborative efforts with Norfolk County Council, Active Norfolk, Multi Academy Trusts, University of East Anglia, School Sport Partnerships, and the Norfolk PE Support Service aim to create long-term positive outcomes for Norfolk's young people.

Future Action are keen to collaborate with virtual schools around the country to provide bespoke programmes based on your needs. We have a number of schools on waiting list to access the programme in different areas of England and similar programmes in Liverpool and Manchester. Go to www.futureaction.co.uk for more info or reach out to founder Neil Moggan at info@futureaction.co.uk