

Success Club Mindfulness Programmes



Be better in the next second
than you were in the last



Success Club is a registered charity, we support young people who are potentially at risk of under-achieving, both academically & socially.

We are dedicated to the pursuit of excellence both in and outside the classroom.

Success Club believes when children succeed in the moment, they are able to create templates they can refer to at any time.

We help students understand the wider implications of negative attitudes, allowing them to find solutions to issues they may face now and in the future.

Our team puts mindfulness at the heart of our intervention, teaching young people how to develop a better relationship with themselves.

Our Programmes include:

1. BounceBack Programme
2. Talk Shop programme
3. Restart programme
4. Mindfulness for change
5. Transition programme



What we're facing

With up to 11 months of no formal education children are going back to school and facing a totally different landscape than before. By the time children go back to school some will have had nearly a year with various levels of home education.

At Success Club we want to make the transition back to school as easy as possible for children, parents and teachers.



We can help

Success Club run carefully structured, engaging enrichment programmes. that are facilitated by highly professional coaches who are DBS checked and safeguarding trained.

The workshops consist of discussion groups, fun interactive team games, growth-mindset workshops, target setting, self-reflection and storytelling for transformation of the whole class group.

All the work is underpinned by introducing the young people to a variety of everyday mindfulness exercises and skills that can be used habitually. Developing the habit of daily mindfulness will improve emotional wellbeing, bringing with it a sense of inner peace and improve the overall quality of life. This is a very important part of the programme for both adults and young people.

We have created back to school programmes based on our six key pillars; where possible and unless stipulated we work with the whole class groups in order to emulate the way society looks and to teach all children how to operate as an effective community.

We provide support and learning opportunities to primary school children which leads them through an effective transition into secondary school and continued guidance throughout their educational journey up to year 9 and sometimes beyond.



Helping young people

Our core aim is to support and maintain mental and emotional well-being through the personal self-development of young people who are potentially at risk of under-achieving academically and socially as a result of challenging and negative behaviour patterns and now the addition of the Covid-19 lockdown.

Programmes of intervention

Our programmes of intervention aim to help vulnerable students understand the wider implications of negative attitudes, e.g. anti-social behaviour and gangs but also give them the emotional and mental support to seek solutions for any issues they may face now and in the future.

The 6 pillars

Success Club has created a bespoke system of evaluation based on 6 key Success skills identified by teachers as being fundamental to the success and achievement for children in school.

Resilience

A persistence to keep going and keep trying despite setbacks and failure. The ability to bounce back from mistakes or negative experiences, learn from them and move onwards and upwards to even greater success.

Leadership

Effective leadership is defined as actions being taken for the good of the whole community rather than for the minority or worse, for themselves. An effective leader listens carefully to individuals and identifies the strengths and strategies that can be used to benefit the group as a whole.

Attitude to learning

An excellent attitude to learning features a commitment to self-improvement. Students focus on improving their own learning ability rather than simply completing a task or project – it's about constantly striving to improve and learn as much as they possibly can.

Communication

The ability to listen carefully to and discuss a range of ideas and issues in a clear and considered way, using an effective and varied vocabulary and showing respect for others' viewpoints.

Problem-solving

This is all about flexible thinking: it also encompasses the ability to apply relevant, acquired knowledge and skills to solve problems independently and as a group.

Growth mindset

This really is the lynch pin that binds all our core skills together and works on the fundamental belief that with practice and determination you can learn and be better in the next second than you were in the last. Students who have mastered this key skill, understand that making mistakes are a key element of learning and that they can always succeed and develop new skills simply by believing they can.



BOUNCE BACK

Bounceback Programme

The programme consists of 10 weekly after-school wellbeing sessions for young people aged 9–11 who have been adversely affected by the Covid pandemic.

The programme consists of mindfulness work, guided meditation, fun interactive group activities which encourage peer support and for young people to develop confidence and coping strategies to self-manage their own wellbeing.

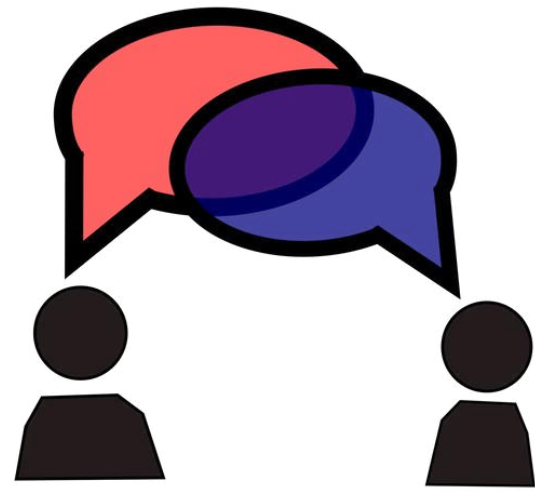
Workshops are delivered by experienced facilitators to support discussions where young people are encouraged to share feelings and difficult emotions about the impact of the pandemic on their general wellbeing.

10
Wks

Selected
Group



TALK SHOP



Good communication involves talking and listening in ways that make children feel valued and important.

Young people will come away with the feeling that 'it's good to talk.'



8
Wks

12
Wks

Whole
Class

This programme encourages young people to express thoughts and feelings.

They are run over a term and are fully interactive, with children choosing 'Talk Shop' topics.

Our workshops also include sessions about focus, interaction and active/full-body listening.



"Your story is what you have,
what you will always have.
It is something to own,"

– **Michelle Obama**

Restart

For some young people getting back into a routine may prove difficult.

Success Club's Re-start programme uses age appropriate mindfulness practice to help with focusing attention and reducing anxiety; discussion groups to build confidence and self-esteem as well as storytelling and creative writing opportunities that inspire young people to reflect on what successful habits and behaviour look like.



1
Term

1 on 1

Selected
Group

Our experienced facilitators will provide mentoring and pastoral care for young people (on a 1:1 basis, if necessary) to deliver practical steps to create regular routines and healthy study habits to smooth the way for a return to normal routines eg sleep patterns, food, exercise and homework.

Mindfulness for change



Setting an intention for the day is a very powerful thing to do;
if we can learn this skill no day will ever be the same.

This programme teaches children how to integrate mindfulness into their everyday life and helps them enjoy the huge benefits of living in the moment.

1
Term

Yearly

Whole
Class

Selected
Group

TRANSITION PROGRAMME

Success Club are an external provider of specialist programmes and interventions to primary and secondary schools and other youth organisations.

We engage our students within the school setting, identifying those most at risk of academic, social or behavioural difficulty. We deliver skills-based sessions to encourage all young people to become the best they can be, encouraging a community of children and young people towards a life of wellbeing and happiness.

When individual children and young people are not able to access the group sessions, or have difficulty learning these valuable skills and positive attitudes to learning, we intervene with 1-2-1 personal coaching sessions to discuss progress (or lack thereof) and set achievable goals.

By the end of Year 6, once those relationships are built, we further support the students by bridging the transition gap between Primary and Secondary school.

We are able to work with and inform secondary school teachers about the work already done with students.

We run inset training sessions, mindfulness and wellbeing introductions so teachers can better understand the concepts of Success Club. Also, because of the work already done with their children, we are able to build better and stronger relationships between ourselves, teachers, key staff members', parents and carers.



Once a
week

Yearly

Results

There has been a marked increase in the number of students reaching the top level in their performance to the 6 Success Club pillars but most notably in Attitude to Learning and Growth Mindset.

How many students made progress in each of the key pillars over the year?

70% increased their Resilience.
61% improved their ability to communicate.
68% improved in their Problem solving ability.
76% increased their Leadership skills.
77% improved their Attitude to Learning.
71% improved in Growth Mindset.*

*Based on an initial evaluation of the individual needs of every cohort of students, we would choose two pillars to focus on in order to deliver similar results over an 8 week period.

All statistics are based on the evaluation data collected from one of our local primary schools during the academic year 2018/19

On average
89% of pupils
say the
sessions
helped them
become more
focussed in the
classroom



97% of teachers
said they would
continue to use
mindfulness
techniques in
the classroom

Please note we have a mindfulness programme designed specifically for teachers ...
Please contact us for more information.





Contact us...

For more information costings, questions, requests, or even a virtual cup of coffee and a chat we are happy to help, please email us at:

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or phone

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