

## Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY2024/25

### (Stage 1 Proposal)

#### 1. Name of Project/activity that will deliver the outcome(s)

Me (and my mind) colouring journal and colouring pencils for 2600 year 6 pupils across East Suffolk

#### 2. Key outcome(s)

Help all year 6 pupils in East Suffolk learn about mental health and normalise conversations about mental health amongst their friends and family

Teach the young people the skills that they need to recognise, understand and deal with their emotions.

#### 3. How has the need been identified?

In 2023 about 1 in 5 children and young people aged 8 to 25yrs had a probable mental disorder (NHS survey). Through local Community Partnerships and the Board, mental health and well-being among young people has been raised as a concern, and therefore is a priority for several of the Community Partnerships. Work undertaken by Healthwatch Suffolk over the last five years has shown the ongoing impact of challenges like the Covid-19 pandemic and ongoing cost-of-living crisis on the mental wellbeing of young people in Suffolk and evidence shows that most young people who struggle with their mental health grow up into adults with a range of mental health problems/challenges.

#### 4. Who will benefit from the outcomes?

All year 6 pupils across East Suffolk (all eight Community Partnership areas)

#### 5. How will the outcomes(s) be sustained after the funding period (if appropriate)?

Year 6 pupils are in transition to entering High School and it is widely accepted that this can be a stressful and anxious time for young people. It is anticipated that pupils working through the journal either in School or at home with support from family or carers will help that young person learn how to recognise mental health difficulties, ask for help and improve self-worth. If successful, the use of these booklets with future cohorts of pupils could be funded through other sources.

#### 6. Brief description of the project / activity that will deliver the outcome(s).

The journals have been created with the support of a range of healthcare professionals. A colouring journal about healthy minds with over 50 pages of fully colourable content, the journal is packed full of useful information covering a wide range of topics, with activities to consolidate learning. This booklet complements the Well Minds East Suffolk booklet produced early this year aimed at adults.

Start and End dates: autumn 2024 to Summer 2025

7. Who is involved?	
Who is involved in developing this outcome proposal?	Julia Catterwell, East Suffolk Council Communities Officer <a href="mailto:Julia.catterwell@eastsoffolk.gov.uk">Julia.catterwell@eastsoffolk.gov.uk</a> Jen Rose, Autor <a href="mailto:jen@creativepatient.com">jen@creativepatient.com</a>
Who will deliver the project/activity?	All Community Officers that cover the 8 Partnerships
Name of East Suffolk Community Partnerships Board Member supporting the project	Rosie Smithson.

8. Give information about match funding here:		
Source of match funding:	Funding confirmed?	Amount (£)

Total project / activity cost (For	15,870
Total of confirmed match funding	0:00
Total amount of Strategic funding required	15,870

9. Identify where the Community Partnership Board Strategic Budget will be spent:	
Description of activity or item (by who and by when where appropriate)	Cost (£)
2600 colouring journal for all year 6 pupils in East Suffolk (£4.92 each)	12,870
2600 colouring pencils (£1.00 each)	2600
? delivery/distribution – this will be returned if not required	400
Total	15,870

10. How will the project / activity be monitored, and outcomes reported (including project risks)?
The author (Jen Rose) lives locally and will gather formal feedback from users of the journal including school staff members and or parents of young people. Also, for participants to take part in an anonymous online feedback survey.

Community Partnership Board Member Declaration:
I confirm that I support this proposal:
Name: Rosie Smithson
Signature: <i>Rosie Smithson</i>
Date: 30 <sup>th</sup> May 2024