

Young Women's Group Report

'Wellbeans'

April 2022 to March 2023



**The Hangleton
& Knoll Project**
Working for a better community

Summary of project

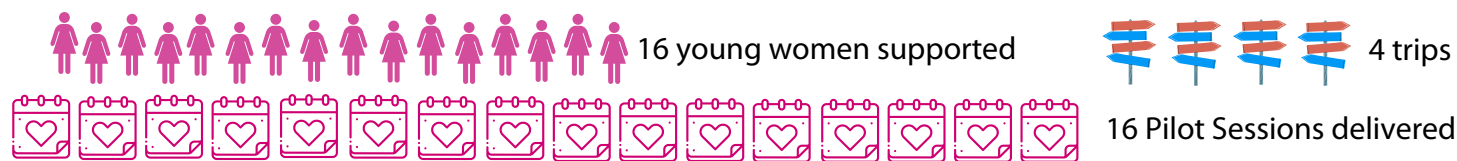
HKP has hosted a Young Women's group for many years, having always been a space for coming together, creativity and nurture the group shifted gear as a response to Covid 19 lockdowns and, as of June 2022, became Wellbeans. Keeping the integrity of Young Women's group, as a safe space of social connection, activities and having fun, Wellbeans was developed to allow young people to learn about their wellbeing in a more active way. What keeps us happy, what makes us feel good and which activities can we do to feel well? Responding to the variety of young people coming through HKP youth clubs, Wellbeans is open to young women, is inclusive of trans and non-binary young people and celebrates gender diversity.

The project has moved through a planning phase (May 2022) pilot phase (Summer term 2022) and now the first round of the project has been delivered. Young people have been working within the NHS 5 Ways to Wellbeing and, each week, focusing on an activity to help them be active, give, take notice, keep learning and connect. During sessions we have been exploring what chemical changes occur in our bodies when we do these wellness activities and young people have learnt a variety of ways to help them feel good and keep well. In addition, the group have each collated a personal wellbeing journal to use in the future and made friends.

What was the need being addressed?

In the wake of the Covid 19 pandemic and many months spent in lockdown loneliness, anxiety, school pressures and general low wellbeing for young people needed to be addressed. Giving our young women's work more of a health focus and recognising the need to empower young people to better understand their own bodies and minds was key. We have aimed to give young people a sustainable skillset to take into their future to boost their own health independently of youth groups.

Outputs



Impacts and outcomes - tell the story

- The group have learnt a toolkit of activities they can do with minimal money or resources to boost their own wellbeing and feel happy, healthy and connected. For example, young people have learnt a small HIIT workout routine that can be done in a small space with no equipment. In addition they learnt a small yoga practice to check in with their bodies after exercises and the benefits of endorphins to mental health.
- Every group member expressed they have felt isolated, bullied at school or that they lacked friendships in their life. The group have built connections at the sessions, in a WhatsApp chat and enjoyed meeting new people.
- Two group members have accessed other Youth Club sessions and youth trips after building confidence and relationships in the Wellbeans group.
- The whole group created their own journals to refer back to and use as a tool outside of the sessions in an aim to create a sustainable toolkit and not just rely on the one hour per week.
- Young women have joined the group via the Health and Wellbeing work in schools, proving the impact of joined up working in this way.

What young people and parents/ carers say

"It has helped me meet new people and I really want to make more friends." (A, age 21)

"She has really changed her behaviour towards me and acts differently at home now, it's very positive." (parent)

"She's really enjoying the club which is a big thing for her"
(parent)



"She was sharing things in Wellbeans that she didn't want to talk about in other clubs, I think that says a lot"
SEND leader



Contacts

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