

**Partnership
Celebratory Report
2019–2024**



**Westminster
Foundation**

HEALTHBOX

COMMUNITY WELLBEING SERVICES

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About Healthbox CIC

Healthbox CIC are a not-for-profit health promotion organisation, based in Ellesmere Port in Cheshire. Established in 2010, Healthbox has grown from offering school healthy families programmes in Chester and Falls prevention classes to support older peoples' mobility and independence, to offering a wide range of community-based health and wellbeing provision.

Services include:

- Counselling
- Social prescribing
- School wellbeing services
- Training and supervision (including mental health and oral health)
- Falls Prevention

As a Community Interest Company our core vision is that every service user will leave Healthbox feeling they have been heard and supported.

How does Healthbox do this?

Healthbox has a diverse team of qualified health professionals who enjoy providing bespoke, needs adapted programmes and services. As well as working in a partnership with the Westminster Foundation, Healthbox view every stakeholder, school and service user as a partner, to deliver the best outcomes together. When working in schools and with young people everything we deliver is child-centred and follows best practice guidance. We link with the curriculum where this benefits schools and focus on enriching the children and young people's learning, while building healthy life skills. We work alongside schools, delivering sessions that are engaging and fun, while at the same time providing further learning or support and development opportunities.

Visit Healthbox's website to find out more: healthboxcic.com



Why were Healthbox invited to join this partnership?

The Westminster Foundation is passionate about ensuring rural communities are able to access the same level of support as their urban counterparts. Rural children, young people and their families can often experience barriers to access support due to lack of transport, travelling time and being further from core service hubs.

The *Thinking Well, Feeling Well* project was designed to bring early intervention and counselling services into rural schools, removing some of these access barriers.

Healthbox CIC's team of health professionals provide a holistic wellbeing approach that is adapted to the needs of each school, setting and group.

About The Westminster Foundation

The Westminster Foundation is an independent grant maker and registered charity representing the charitable interests of The Duke of Westminster and Grosvenor businesses.

We provide long-term sustainable help to organisations working with vulnerable children and young people and the support around them. Our grants are focused on early intervention work that inspires children and young people aged 0–25, giving them opportunities to thrive, build confidence and raise their aspirations. Our early intervention focus is critical to young peoples health, security and fulfilment. We seek guidance from local and national experts to help us work at the heart of systemic issues that perpetuate intergenerational inequalities.

Through our funding, the Westminster Foundation supports organisations to provide opportunities to young lives, families and the communities around them. The Foundation collaborates with those we trust and who care about the same issues.

What we fund

- Charities registered with the Charity Commission or organisations with exclusively charitable objectives operating in Westminster, Chester, rural Cheshire West, rural Lancashire, rural Sutherland, and those delivering programmes nationally to rural areas of the UK.
- Community organisations (e.g. youth hubs) that understand the local need and have the long-term capacity to support their young beneficiaries.
- Core costs and project-specific grants.

Where we fund

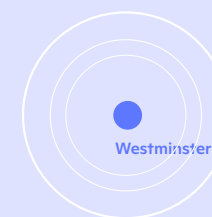
We are primarily a place-based funder operating in Westminster, Chester and rural communities in the UK. We also support national and international organisations that play a role in preventing long-term systemic problems for children and young people.

Partnership Grants

Partnership Grants are a multi-year strategic investment, typically £100,000 per annum over five years. These grants are collaborative endeavours, working with organisations as experts in their field to understand an issue, improve learning, experiment and influence change. We see these organisations as our partners. We back them to undertake their crucial work every day and sit alongside them, providing the support they tell us they need.



Visit our website to find out more:
westminsterfoundation.org.uk



Achievements

The Westminster Foundation Funding has enabled us to offer counselling, small group workshops, family fun days, family support and supervised toothbrushing to our rural communities.

Our participating rural schools have reported the huge benefit they have had from having these services provided for them free of charge and over a long enough timeframe to build trust and excellent working relationships.

The five years of funding has also enabled us to develop, adapt and improve our offer for young people. One of the best examples of this is our **Skills to Go BIG! Programme**, that evolved through an immediate need during COVID to support year six to transition to high school. From its initial creation of an online programme of support, it has now become a successful four-week class-based scheme of work. We utilise practical and creative activities to develop and empower year six with skills to move upwards and onwards with confidence.

We also have our **MARVIN programme** working with small groups of children with whom one-to-one counselling is not the most appropriate support. MARVIN has been extremely popular with the rural primary schools, providing early intervention and emotional regulation support over five weeks for 4–11 year olds

The partnerships developed with the schools have been based on listening to needs and working as closely as possible with the schools to support their children, young people and families.

The five years of funding has been the significant factor, as services have had long enough to develop and evolve, with Healthbox staff becoming known faces to both children and teachers and vice versa. We have always strived to achieve as much as possible with the grant funding we receive, ensuring that our programmes deliver effective, needs-aligned support for our beneficiaries. We hope that this approach continues to foster positive and impactful partnerships with schools, communities and funders.

“

They (Healthbox) have provided an all round support network for a variety of issues and areas of worry. The team has supported children with anxiety, year 6 moving onto high school, parents through tricky periods in their parenting journey and establishing great oral hygiene practices.

Rural Head Teacher

”



Achievements

Impact for young people

The Westminster Foundation funding has enabled over **3,300 beneficiaries** (children, families and teachers) to access face-to-face and individualised support, activities and training over the five years.

Over **500 children and young people** have been supported with one-to-one counselling or small group emotional wellbeing.

Support has been provided for a raft of emotional wellbeing needs from family separation, bereavement, anxiety, low self-esteem, difficulties with peers & friendship, Neurodivergent and SEND needs, struggles with settling into school and transitions, and of course the impact of lockdown and school closures.

On average **87% of children and young people** recorded a clinical improvement in their wellbeing (reduction in anxiety/depression). Direct feedback from the children and young people has been powerful.

"It (counselling) has helped me a lot over the past few months. Things feel better around my family, nicer, happier. Relationships at home have improved 100%. I also feel I'm able to tell when I'm going to get frustrated or angry."

12 year old boy supported during the pandemic

The project also aimed to leave behind sustainable and long-lasting impact and skills to support schools and young people. We are particularly pleased that **40 teachers and TAs** attended two-day training courses to become Mental Health First Aiders in their schools. In addition, over 70 Year 12s (lower sixth) completed this accredited training to take these skills with them as they progress through higher education or employment.

During the project we also had over 90 children access our **SHINE programme**. This five-week intervention works with identified children who would benefit from a bespoke, small group approach to building confidence, independence and healthy lifestyle skills. They explore positive affirmations, emotions, identify healthy routines, try yoga or mindfulness and explore healthy eating through making smoothies or pizzas. All children benefit from this programme and schools have reported how much the children have gained.

We are also so pleased that one of our project volunteers who supported a local Stay and Play group in a rural village has now completed their training as a qualified counsellor and is working in one of the rural high schools now as a counsellor through Healthbox. The 18–25s lower-level counselling support was set up to be accessible by GP referral through the project. This support is currently continuing as part of the Mental Health Link Workers roles, who are hosted by Healthbox and part of the Rural Alliance Primary Care Network's social prescribing offer.



"Mental Health First Aider training has empowered adults in our school to feel more confident identifying and supporting with mental health needs."

Rural Primary School

Case study

Thanks to Healthbox, children and young people have been supported to improve their mental and emotional wellbeing, increase their confidence, and build resilience.

Funded by the Westminster Foundation partnership, Healthbox has been delivering a range of support programmes and services to 10 primary schools and two high schools in rural West Cheshire over the past five years. Healthbox empowers schools to choose the programmes that best meet the needs of their children, young people, and families.



The menu of services includes:

- **One-to-one counselling** with BACP registered counsellors and a play therapist
- **MARVIN (emotional wellbeing programme)**
- **SHINE (confidence building and healthy lifestyles)**
- **Skills to Go BIG!** (Year six programme to support transitions to high school)
- **Oral health workshops and supervised toothbrushing**
- **Puberty and growing up workshops**
- **Parent carer support through the Chaos to Calm programme** (for parents of children with low to medium level anxiety)

These programmes and services support children and young people from ages 2–18 and also provide additional caregiver support and Mental Health First Aid training for teachers and teaching assistants.

The impact has been significant, with **80% of children (ages 5–11) and 90% of young people (ages 11–18) reporting improved mental wellbeing scores.**

Over the five years, the project has **supported more than 278 school-aged children** with one-to-one counselling in their schools, and **1,445 children and young people have accessed HealthBox's wellbeing workshops.**

Participating schools have reported benefits for both children and families. The project's ability to bring support into schools and directly to families, especially in a rural area, has been highly valued.

"Healthbox have provided years of invaluable support. As rural schools our most vulnerable families would have to travel to Chester, and when you don't have a car expecting to make appointments via bus routes takes an entire day out of a child's education."

Farndon Primary School

278

school-aged children supported

1.4k

accessed wellbeing workshops

80%

children (age 5–11) reported improved mental wellbeing

90%

young people (11–18) reported improved mental wellbeing

Reflections on our partnership

Healthbox

The Westminster Foundation funding has enabled us to develop our children and young people's offer and work closely with some wonderful schools and families in our rural communities. Without the funding provided, we would not have been able to support these young people and families on this scale.

We have certainly seen the impact for areas which are more removed from local support services. Schools have reflected that having the support from Healthbox has meant children can be supported in school, with minimum disruption to their learning and the school day

The Foundation has been very supportive and flexible, giving us the opportunity to adapt and define the programmes and the offer as the grant progressed.

Our grant manager has always been available to talk through any queries or adaptations to the yearly delivery plans, making this a supportive experience. This support and flexibility has allowed us to change delivery and project plans to best meet needs as the project developed. This has been so important due to the Covid-19 pandemic and the challenges this presented for children, families and schools (as well as us as an organisation).

We feel we've grown with the support of the Westminster Foundation and that we truly had a partnership approach to the whole project.



The Westminster Foundation

The partnership has been a strong and impactful one, with Healthbox always exceeding expectations.

The partnership began just before the onset of Covid-19 and little did we realise just how important their work would become. Healthbox were creative and resilient, adapting delivery and communication methods to ensure that young people were able to continue accessing some support even during lockdowns. Once back in school and in the community, the response from Healthbox was well thought out and adapted to meet the emerging needs.

The Healthbox team always listen and pivot their support to ensure it is appropriate and able to meet the needs. Honest and transparent, highly skilled, hard working, caring and committed are just a few of the adjectives that could be chosen to describe them.

Reporting has always been on time and comprehensive and the feedback received from those who have accessed their support has been outstanding. We have been very proud to partner with Healthbox.



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Future developments

As an organisation we are **focusing on our work with the NHS** and **looking for funding to support our children and young people's counselling services.**

We are keen to showcase what has been achieved through our Westminster Foundation funding. We've gathered powerful qualitative feedback from schools and families during our partnership with the Westminster Foundation, which we hope will evidence the impact of the services available. We would ideally like to be commissioned on a wider place-based scale to support children and young people's services in Cheshire.



One of the challenges as a not-for-profit organisation is that we are always seeking further funding to continue delivering and supporting our local communities. We are excited to be delivering **Supervised Toothbrushing training** across Cheshire and Merseyside for the All Together Smiling Team based at Alder Hey Children's Hospital.

We are also working more closely with other Cheshire West and Chester charities and **continue to look at ways to collaborate for better outcomes** for our local children, young people and communities.

We are planning to **develop some of our own training programmes**, these would be delivered to schools, NHS and private providers. The income generated from these activities will go to help support more children and families.