



Parent Testimonial

“My son comes out happy and tired every single session. He is engaging with the other children and the people who run the group. He is benefiting from the mix of people who are “like him” as he puts it.

Fun, caring, and focused staff who get the children involved, and a mixture of reflective and relaxing activities, which is helping his development and hopefully all the kids too.”



WatfordFC
wellbeing



**Improving Mental Health
Through Sport**



Contact Us

Jodine Williams

✉ jodine.williams@watfordfc.com

☎ 07850 503447

[www.watfordfccsetrust.com/
project/empower/](http://www.watfordfccsetrust.com/project/empower/)



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About Empower

Empower is a free Comic Relief funded 6 month project (24 weekly sessions) that aims to improve young people's mental health through the use of physical activity.

Each session is 90 minutes in length and consists of 60 minutes of physical activity, typically in the form of a sport session such as dodgeball, football, basketball, badminton or dance.

Following the physical activity, we complete a 30-minute wellbeing workshop, which is a facilitated conversation between participants, Wafford FC Community Sports and Education Trust Coaches, and a NESSie psychotherapist.

The aim of Empower is to improve young people's wellbeing by helping our participants to manage their emotions and understand their triggers, increasing participant's resilience and protective factors, and offering a further support network for these young people. Each session is mixed gender and will have 16 young people aged between 9 and 12.

Eligibility Criteria:

To be eligible for the Empower project you must:

- Have a child aged 9-12 years old with low to moderate mental wellbeing
- Can travel to/live in one of the project areas

What We Cover

Over the 12 weeks we will cover a number of topics which aim to support young people in better understanding their emotions, learning coping skills and recognising their triggers. We use phases to classify different sections of the 24 weeks.

Phase One - The Developmental Phase - 12 Continuous Weeks:

In the initial 12 weeks we focus on understanding how to recognise and become aware of emotions and potential triggers. We briefly cover coping strategies in this phase too!

Topics covered include: Goal setting; Resilience; Anxiety triggers; Anger; Coping strategies; Support networks

Phase Two - The Maintenance Phase - 6 Continuous Weeks:

In this phase we focus on coping strategies and problem solving skills young people can employ in their everyday lives.

Topics covered include: Five ways to wellbeing; Self care; Problem solving; Coping strategies; Journalling, art & music; Team work

Phase Three - the Reflection Phase - 6 Continuous Weeks:

Our final phase is focused on reflecting and allowing young people to explore what they have learnt and how they apply this everyday.

Topics covered include: Reflecting on goals; Gratitude; Reflecting on positive events; Team building



Parent Support

Young people are not the only ones that need support! As young people navigate school, life and home, a number of issues can arise, and these can be complex. We want to support parents to help young people to embed the tools and learning from Empower into their everyday life.

What This Looks Like:

- Weekly newsletter which showcases what your young person learns and how you can continue this at home
- 12 week parent drop in sessions
- Parent support videos
- A parent support app to communicate with our project officer and be aware of other projects in the community

Together we can improve young people's mental health.