



Senior Phase and Youth Participation Team Resilience Group Stirling



In January 2020, Stirling Council Senior Phase and Youth Participation Team worked with local primary schools to pilot Resilience Group for young people aged 9-11, offering a combination of outdoor learning, community-based activities, local trips and activities at a local youth centre. Youth workers worked with schools to co-design the programme and schools helped to identify young people who would benefit - young people facing a range of challenges, particularly those struggling with confidence and self-esteem. The main focus of the group was to enable young people to build relationships with their peers and with youth workers - and develop skills and confidence to work with others in a group setting. Face-to-face group work was cut short in March, but the vulnerabilities of the group meant that it was important to maintain contact. Youth workers continued with doorstep visits each week, where they delivered activities to promote health and wellbeing. If young people received free school meals, youth workers also delivered these to the door. This allowed youth workers to do welfare checks on young people and offer advice and support for families and young people.

Direct Impact

All 8 young people involved in the programme showed improvements in health and wellbeing, engagement in learning and all developed new skills. All had to overcome some barriers to learning in order to participate fully. Feedback suggests that the support from youth workers also helped them to feel more confident about returning to school in August.

Additional outcomes

Ricky Williamson, Youth Worker

"Young people made friends from other schools and these social connections proved vital through lockdown. Parents and families also benefited from the support – before lockdown we had no contact with the families, only the young people. We now have a great relationship with all families."

Accredited awards

All 8 young people worked towards a Hi5! Award.

Feedback from parents

"Y was not confident in social situations. We had tried various groups and clubs over the years with no success...[The youth workers] working with him in school gave him the confidence to go to the group... even going himself which is a huge deal for him...[The youth workers] understand Y so well and have helped linking up with school too."

Feedback from Headteacher, Allan's Primary School

"The Youth Participation Team have worked alongside Allan's Primary School during term 3 and throughout school closure supporting our vulnerable children. They have delivered a resilience programme which has been effective in supporting the school to deliver an alternative curriculum for a targeted group of children. The team built up strong relationships with our children and their families which was pivotal in raising their self-esteem and self-worth. This then impacted positively on their engagement in class which led to raised attainment. This project has been so successful that we are using a portion of our Pupil Equity Funding to deliver a similar project in 2020/21"