



Wellbeing support
Advice for starting year 7



SUMMER *Transitions* PROJECT

Helping with the move from primary school to secondary

Families leaflet


Elmbridge
August 2022



Fun & creative
Outdoor activities



For referrals & queries
communities@eikon.org.uk

SUMMER *Transitions* PROJECT



What is the summer transitions project?

Eikon provides early-stage emotional wellbeing and mental health support for approximately 2,500 individual children and young people across Surrey at any one time. We do this through many different projects and partnerships with schools, youth clubs and professionals including Mindworks Surrey.

The Summer Transitions Project helps 25 young people in year 6 build their resilience and enhance their well-being. We want all young people to feel less anxious about the transition from primary to secondary school.

PROJECT *timetable*



Deadline for Referrals

31 May

Referrals for young people who would benefit from the project must be received before this date.

STAGE *one*

Initial 1-1 sessions

Jun - Jul

1-1 sessions with staff in primary school to introduce young people to the team and help to set goals.

14 Jul

Parent webinar

STAGE *two*

Group workshops

1-24 Aug

Summer group workshops about stress, wellbeing, friendship, bullying and more.

24 Aug

End of project team trip

STAGE *three*

1-1 sessions at secondary school

Sep/Oct

1-1 sessions with staff in secondary school to support transition and follow up on goals

STAGE *one*

The initial 1-1 sessions



In June/July young people will meet with one of our team to ask any questions and set targets they want to achieve. We will arrange two 1-1 meetings with the young person at school, so we can build relationships and reduce any potential anxieties.

STAGE *two*

The Group Workshops

We will be providing 12 workshop sessions from 1st-24th August; Mon-Wed 10am - 2pm.

We will have an optional breakfast available from 9:30am for all young people.

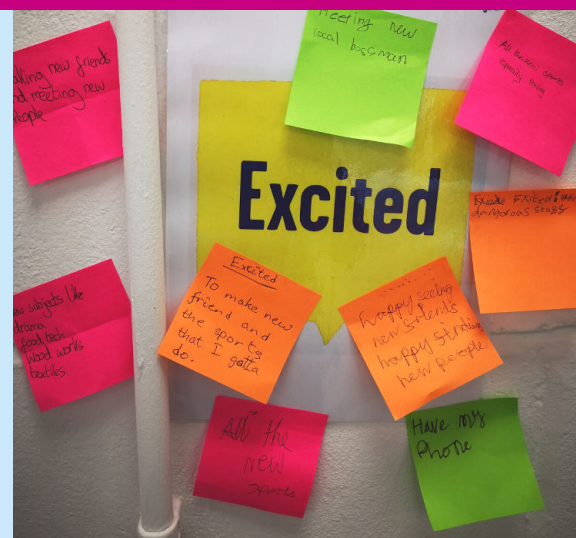
Each day will include games to help young people make friends, discussions focussing on key topics, activities to help boost resilience and advice to improve their wellbeing.

Sessions have been created using the resilience Framework SMART moves.

STAGE *three*

Continued support at secondary school

After starting at their new secondary school young people will receive two follow up 1-1 sessions to check in and ensure they have support in place to continue in year 7.



DATA *from* 2021



In 2021, we ran the project in Spelthorne and gathered data on our impact and sought feedback from young people and parents.

24 young people

808 hours of support

75% felt they learnt who they could turn to for support.

63% felt they learnt how to manage emotions.

"[young person] has seemed a lot more calmer and not as anxious about going to Secondary school, has more confidence to approach people."

It was really fun! Especially the trip at the end. Making new friends – still in touch with some people who I met there"

100% of young people have stayed in education.

100% of young people enjoyed the project.

All 9 parents surveyed said they would recommend the project to other parents.

CRITERIA *and* REFERRALS



Criteria:

Currently in year 6 & transitioning from Primary to Secondary School in September 2022.

Attending school and/or living in Elmbridge & able to travel to site of project (also in Elmbridge).

Identified as likely to find transition from Primary School to Secondary School difficult.

To refer:

- Please complete attached referral form and return to email below.
- Referrals accepted from school staff, professionals, and parents.
- Referrals will be reviewed and spaces allocated on a needs-led basis.