

Identifying and releasing capacity

Why?

There's only a few of you. There's lots of other people.

How to discover extra capacity

- Think beyond the traditional model.
- Think beyond 'professionals' and public.
- Think about other partners who can help.
- The public are experts in their own health and wellbeing. They are also often best placed to inspire and support their family and friends.

View from 'those in the know'

Working with all the partners in Wellbeing Erewash, we've been able to open doors into six schools in Erewash and help hundreds of young people embrace positivity and the responsibility of making the right choices in life.

Tony Seymour of the Art of Brilliance

It means about being positive and to help other people be positive as well. If I saw a friend who was sad I'd go over to them and try and comfort them and make them happy. I think my friends feel more positive as well and want to spread that positivity with their friends.

Ronni Elliott, student in Erewash

Top tips

- ★ Find out what the community needs
- ★ Trust people to do things differently
- ★ Consider all demographics – the young and old and everyone in between
- ★ Don't under-estimate people's potential
- ★ Build relationships between sectors, organisations and individuals
- ★ Celebrate success



The Erewash experience

Brilliant Erewash

Brilliant Erewash is an Art of Brilliance and University of the First Age programme co-commissioned by public health and Wellbeing Erewash to work with all year seven pupils across six secondary schools. The Art of Brilliance trainers deliver workshops that support and encourage young people to develop resilience, improve 'mental wealth' and build confidence.

It aims to transform the way young people think about themselves by inspiring them to make the most of what they have been given. It shares

simple principles that raise aspirations, self-esteem, confidence and resilience that promotes good mental health.

The programme also provides opportunities for young people to be trained to share in the delivery of positive messages to others in their school, extra curricula settings, as well as at home and the local community.

It is expected that the programme could lead to improved academic attainment, improved mental, physical, social and emotional health, and ultimately a reduced demand on services.

The Art of Brilliance can develop students, it can make them more resilient, it can prepare them for life, it can help their academic side but more importantly it builds them as a person.

Helen Scott, Erewash teacher

I've learnt quite a lot of things: that you never give up, if you make a mistake, then don't worry. I feel quite proud of myself that I've done something like this and I've joined a club that can help boost my confidence, happiness and positivity.

Asad Hussain, student in Erewash

Our survey said...

210

 school staff have attended Brilliant Erewash events



93%

of students at Friesland School who had been involved in Brilliant Erewash said they *feel optimistic* about the future. Prior to the initiative, this figure was only 43%.

680

year seven and eight students have attended Brilliant Erewash sessions



of students at Wilsthorpe School who had been involved in Brilliant Erewash said they *deal with problems or difficulties well*. Prior to the initiative, this figure was only 41%.



62

student champions have been identified by Brilliant Erewash



81% of students at Friesland School who had been involved in Brilliant Erewash said they *aim to have a positive effect on other people*. Prior to the initiative, this figure was only 43%.