



UNIVERSITY OF
BATH



Discovery: An introduction to **Hamish & Milo** Wellbeing Intervention

University of Bath Research Study



Innovative emotional literacy resources for primary-aged children.

Everything mental health champions and pastoral staff need to deliver high quality nurture and small group intervention.



“It is our go-to resource now for all our SEMH and wellbeing intervention.” SENCO, Hazlehurst Primary



Our mission

- To support children to feel happier, heard and connected
- To provide an emotions curriculum to be used as targeted intervention to support the **1 in 6 children with mental health needs** (NHS Digital 2021)
- To provide pastoral leads, SENCOs, ELSAs and mental health champions with the programme, resources and toolkit to offer children with SEMH the vital emotions curriculum for their wellbeing needs

To gather insight into the impact of the Hamish & Milo wellbeing intervention with the University of Bath



Ten themes within the programme

- **Actions, words and me**
 - Conflict resolution
- **Celebrating me** - Diversity
- **Resilient me** - Resilience
- **Calm me** - Anxiety
- **Finding me** - Sadness
- **New beginnings and me**
 - Change and transition
- **Memories and me**
 - Loss and bereavement
- **Amazing me** - Self-esteem
- **My friends and me** - Friendship
- **Exploding me**
 - Strong emotions and anger





Detailed, progressive session plans

Clear, detailed structure and approach:

- **Welcome and check in** - safety and connection
- **Focus moment** - stimulating thoughts and ideas about the theme of the session
- **Insight focus** - Information and knowledge, psychoeducation to help bring understanding
- **Activity** - creative, expressive task to enable thought, processing and insight through the learning process
- **Reflection** - consolidation of thinking and reflection time for self-development and personal growth



Sock puppets

- **Therapeutic approach** - helping children to speak with and through puppets helps them to feel safe to express and reflect on their own emotional experiences
- **Distancing tool** - safety in talking in the third person
- Fun, spontaneity and playfulness
- Craft kits for six children and the facilitating adult

“... the children are verbalising things they wouldn't have verbalised before.” Inclusion Lead, Lytchett Matravers



Parent/carer
partnership

Parental
awareness





University of Bath Research Project

- **To evidence the impact** of Hamish & Milo Wellbeing Intervention on children's wellbeing
- **Research Team** – Team Led by Professor Richard Joiner
- **Data** – GDPR secure storage shared only with University of Bath
- **Impact reporting** - back to schools to show impact
- **Data to be presented to Division of Clinical Psychology** as evidence-based intervention for children's mental health and wellbeing



University of Bath Research Project

Hamish & Milo supporting cohorts of schools



Training and support package:

- SLT Briefing- Project outline
- Champions/Programme Leads
 - Explorer session and project plan
 - Supervision sessions –half termly





Schools in the project

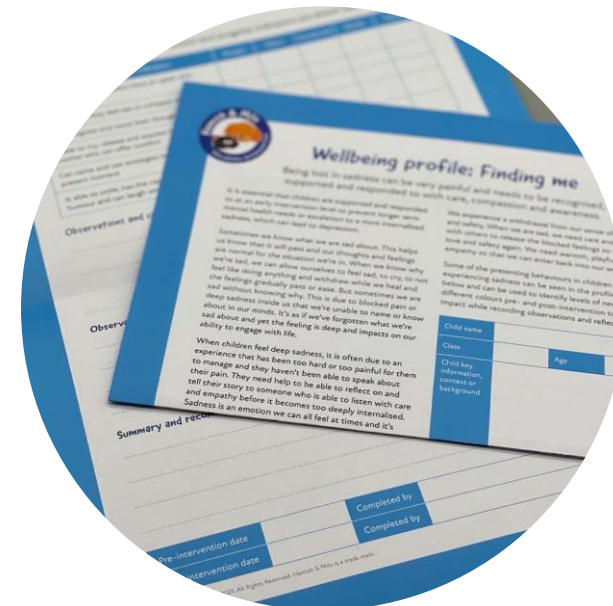
- Facilitate at least one programme per term
 - Groups of up to six children
- **Child Wellbeing Profiles** and standard impact measure tools completed pre and post intervention for each child anonymously
- **Impact reports** compiled and given back to schools from Bath and data used for the Evidence based research study





Impact measure - Wellbeing profiles

- **Impact measure** of presenting behaviours and underlying needs
- **Guidance to understand** the presenting behaviours and needs
- **Part of a graduated response** and a qualitative intervention to show change and impact
- **Part of process for signposting** or identifying levels of additional need
- **EHCP provision**



“We have never really found anything before Hamish & Milo that is bespoke enough and where we can see this level of impact. We now have developed the role of our support staff to be able to deliver this across the school and to do more of this work.” Headteacher, Saltersgate Infant





University hub - data collation

- **School Profile** - contextual data of school demographic and pupil circumstance in line with the national picture
- **Strengths and Difficulties Questionnaire (SDQ)** - pre- and post-intervention the standard SDQ is used to assess children's mental health and presenting behaviours
- **Wellbeing Profiles** - pre- and post- intervention - unique to wellbeing intervention emotion theme
- **Child Voice** - post intervention only - digital and printed copies FREE - hello@hamishandmilo.org for copies



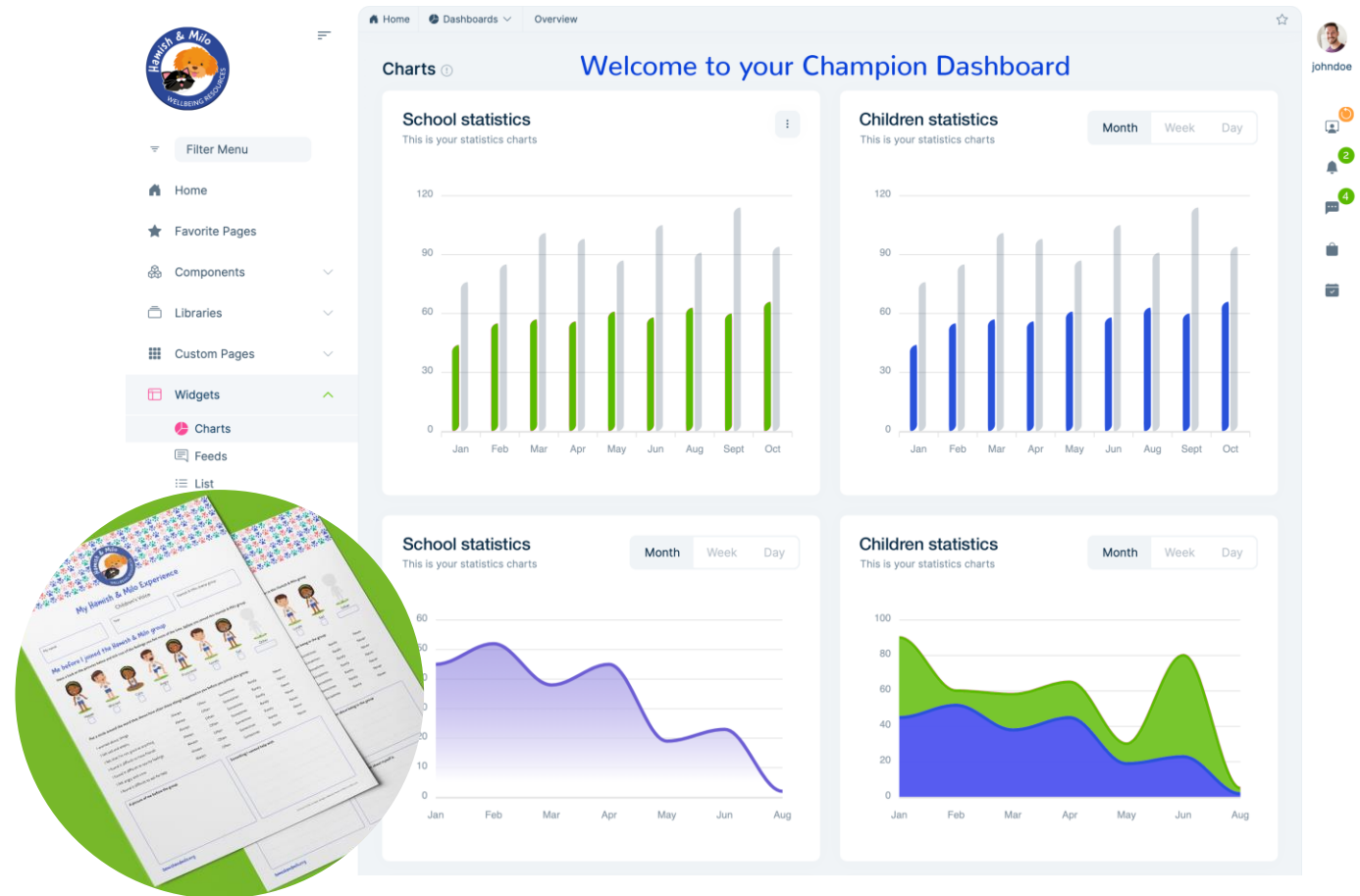
www.hamishandmilo.org/research-hub/



Impact - School Digital Dashboards



- Meaningful visual interactive reporting to demonstrate the impact of SEMH interventions to all stakeholders
- Manage your intervention groups, children's data via child profiles, child's voice etc.

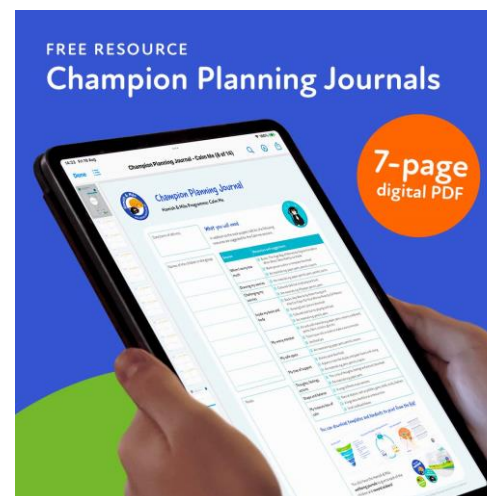




University hub - planning tools

- **Planning tools**
 - Champion Planning Journals
 - Individual Child Profiles
 - Templates, posters and infographics etc.
 - Digital tools

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Thank you!

Contact us:

clare@hamishandmilo.org

hello@hamishandmilo.org

Visit our website:

hamishandmilo.org

