

Bounce Forward – Teacher Pack 2019

 boingboing.org.uk/bounce-forward

1 July 2020



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Bounce Forward is the name of a 10-week resilience programme co-developed by [Lancashire Mind](#), [Blackpool HeadStart](#) and Boingboing. The programme uses the Resilience Framework as the foundation through which pupils, their friends, family and wider school community can learn about resilience and try out practical actions to promote resilience building.

In Blackpool, as part of the Resilience Revolution (a whole-town approach to building resilience funded by the National Lottery Community Fund), it has been delivered in schools by practitioners from Lancashire Mind to all Year 5 pupils. The session plans, tools and activities have been collated together to create this new Teacher Pack. The aim is to allow teachers to build the resilience building programme in to their curriculum planning in order to deliver it directly with their students, and to spread the learning and resources beyond Blackpool, so more pupils and school communities can benefit.

Download your free copy of [Bounce Forward: Teacher Pack 2019](#)



The Resilience Revolution Final Research Report 2016-2022

Resilience Revolution's Final Research Report 2016-2022

This report presents the research and evaluation of the Resilience Revolution programme (2016-2022).

The Resilience Revolution is an innovative whole town approach to building resilience, made possible by funding from The National Lottery Fund's HeadStart programme. Funding was available between 2016 and 2022, across 6 areas nationally in the UK with the purpose of testing and learning new ways to support young people's mental health (ages 10-16).

In Blackpool, the programme took the bold step of developing a vision for the whole town; giving everyone who lived, worked or volunteered in the town the opportunity to get involved. The Resilience Revolution embraced co-production as a way to design and test innovative projects. Co production meant a range of people, with different expertise, working together, as equals towards shared goals.



Watch our workshops: how to do community co-research on health equity.

Created as part of the ongoing Community Solutions for Health Equity project that Boingboing Foundation are proudly part of, we are pleased to share recordings of a series of workshops held recently in Blackpool. These workshops are free resources to be taken advantage of by any community members or organisations looking for a beginner's guide to developing the research skills and knowledge needed to explore health inequalities in coastal areas.



A guide to becoming more eco-friendly in Blackpool and the Fylde Coast

Hi, I'm Maya, and I wanted to say a big thank you to you for reading. These guides were created to help people in Blackpool and the Fylde Coast become more environmentally friendly, without feeling too overwhelmed by climate issues. They were produced as part of the Boingboing Activist in Residence project, which gave me the opportunity to work as an Eco-activist in Residence at Blackpool Victoria Hospital. I decided that I wanted to use this role to make two guides: one for local residents, and another for Blackpool Teaching Hospitals' Green Champions.

Resilience Framework (Children & Young People) Oct 2015 – adapted from Hart & Blincow 2007 www.boingboing.org.uk					
	BASICS	BELONGING	LEARNING	COPING	CORE SELF
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Help child/YP understand their place in the world		Engage mentors for children/YP	
		Tap into good influences	Putting on rose-tinted glasses		
	Being safe	Keep relationships going			Solving problems
	Access & transport	The more healthy relationships the better	Map out career or life plan	Fostering their interests	Help the child/YP to know her/himself
		Take what you can from relationships where there is some hope			
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Calming down & self-soothing	Help the child/YP take responsibility for her/himself
		Responsibilities & obligations			
	Exercise and fresh air	Focus on good times and places	Highlight achievements	Remember tomorrow is another day	Foster their talents
	Enough sleep	Make sense of where child/YP has come from		Lean on others when necessary	
Play & leisure	Predict a good experience of someone or something new	Develop life skills	Have a laugh	There are tried and tested treatments for specific problems, use them	
Being free from prejudice & discrimination	Make friends and mix with other children/YPs				
NOBLE TRUTHS					
ACCEPTING		CONSERVING		ENLISTING	

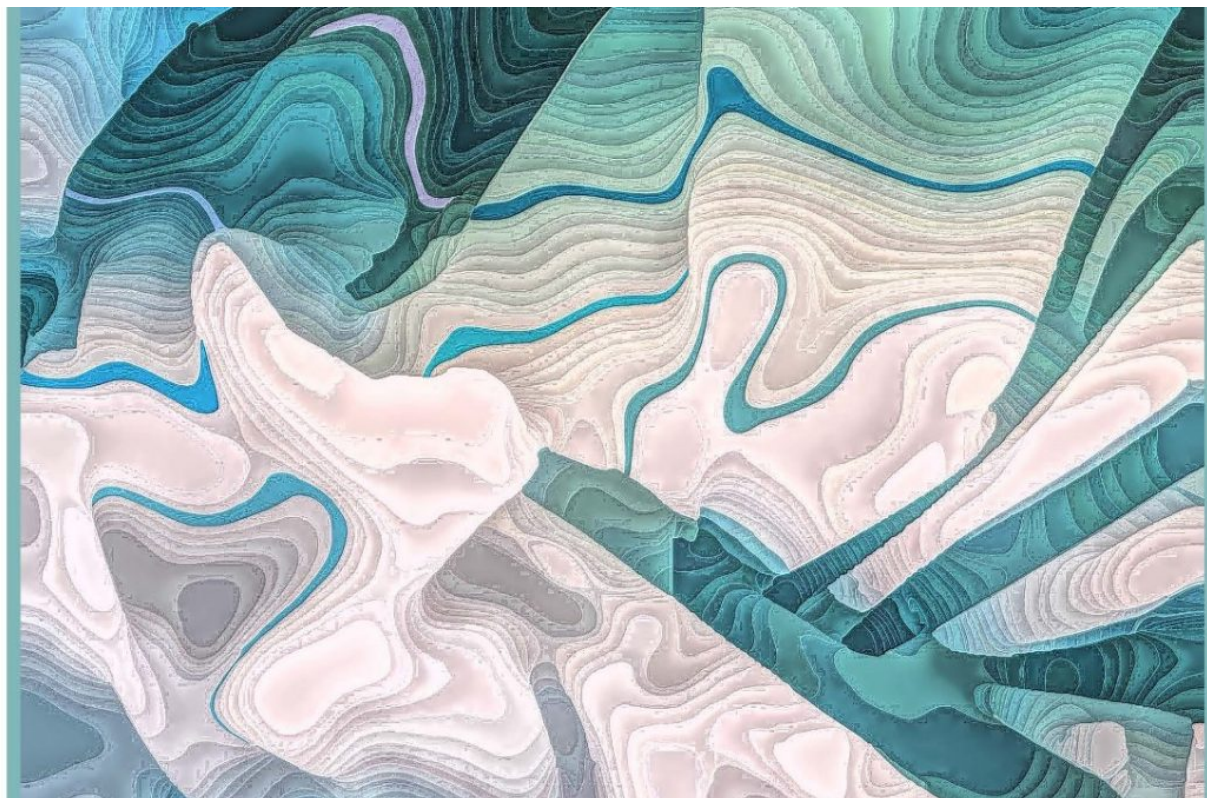
The Boingboing Resilience Framework

The Resilience Framework is a handy table that summarises ‘what works’ when supporting children and young people’s resilience according to the Resilience Research base. The Resilience Framework forms a cornerstone of our research and practice. On this page we have pulled together lots of useful links so you can find out all about the Resilience Framework.



Ready, Set, Resilience

Ready, Set, Resilience is a workbook and supporting guidance created to support young people's resilience aimed at year 9 students. It uses mixture of activities which support individual resilience (beating the odds) and activities to support changing the odds like activism.



More Than Words: Supporting effective communication with autistic people in health care settings

Over several months our autistic CSRJ and Boingboing colleague, Dr Gemma Williams, worked with a stakeholder group to co-produce some guidelines for communicating well with autistic people in healthcare settings.



Are you bothered by something unfair in society?
Want to do something about it?

MAKE A CHANGE **Activist Alliance**

contact
henry@boing
boing.org.uk

Activism is for everyone – and it's essential for building resilience

I stood there on a warm August day with a sense of hope. People of all ages had come together for Make A Change, the inaugural launch event of the Activist Alliance in Blackpool. And it seemed to have come at just the right time. Things seem to be going from bad to...



CLIMATE CHANGE AND MENTAL HEALTH

– a co-produced study in Blackpool

Community Report – Climate Change and Mental Health

A full summary of findings from the research project 'Climate change and mental health; A co-produced study with young people in Blackpool'.



Blackpool Climate Co-research report

This report has been co-produced by the Blackpool Youth Climate Group and research partners from Boingboing and the CRSJ to share their findings about what young people and adults in Blackpool think and feel about climate change.

[Older Entries](#)