



Seasons for Growth within the City of Edinburgh Council

From 2007 – 2012 Seasons for Growth was co-ordinated centrally within the Children & Families Department through the Growing Confidence project which was funded by the Big Lottery Fund.

Companion Training: To ensure future sustainability Naomi Stewart (Community Learning & Development) and Wendy Inch (Psychological Services) became trainers in 2011 and have trained 77 Companions in the last 18 months; these have been a mixture of:

- Staff from primary schools including head teachers, learning assistants, class teachers
- Staff from secondary schools including Secure Services and SEBD schools
- Educational psychologists
- Community Learning and Development staff
- Staff from voluntary organisations

Comments from staff who attended:

- Thoroughly enjoyed the 2 days and now feel very enthusiastic about starting a group. Now feel much more confident about dealing with 'tricky situations' and also about handling my own health and wellbeing.
- Really enjoyed this course. Informative, thought provoking and engaging. Feel excited about starting a group and about being able to meet the needs of some children who I've felt lacking in skills to support effectively previously.
- Really enjoyed two days out of office and learning new skill set that will enhance existing skills when working alongside young people.

Groups for children & young people: There are over 140 Companions working across the city in primary and secondary schools. Last year 31 groups ran in primary schools with 202 children benefiting across Edinburgh and 4 groups ran in secondary schools this year benefiting 20 young people. This brings the total number of groups running over the life of the project for:

- Children to 103 with 613 children participating
- Young people to 16 with 80 young people participating.

The Growing Confidence project was able to offer small grants to cover the costs of resources, refreshments and celebrations.

The way forward: The work of the Growing Confidence Project has been mainstreamed within the Children & Families Department. Seasons for Growth work will now be supported centrally and therefore Companion training will continue (the November 2012 course is fully booked) along with ongoing accreditation support from the trainers and the provision of Seasons for Growth resources for groups.

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