



Hummingbird Project

Evaluation Report
2022-2023





INTRODUCTION

Based in Manchester, children's charity MedEquip4Kids improves the health and wellbeing of babies and children in the UK by providing equipment and facilities not available from limited NHS resources. Since our foundation in 1985 we have raised over £25 million to fund neo natal and paediatric medical equipment, sensory and play facilities in hospitals, specialised equipment for disabled children in special schools, and resources for Child and Adolescent Mental Health Services (CAMHS). Last year our projects had a positive impact on 120,882 babies, children and young people.

Delivered by MedEquip4Kids, the Hummingbird Project is an evidence-based, six-week Positive Psychology intervention for North West schools. In this report we will update you on our results from the school year 2022-2023 and the significant impact of the project on young people's mental health and wellbeing.



ABOUT THE HUMMINGBIRD PROJECT

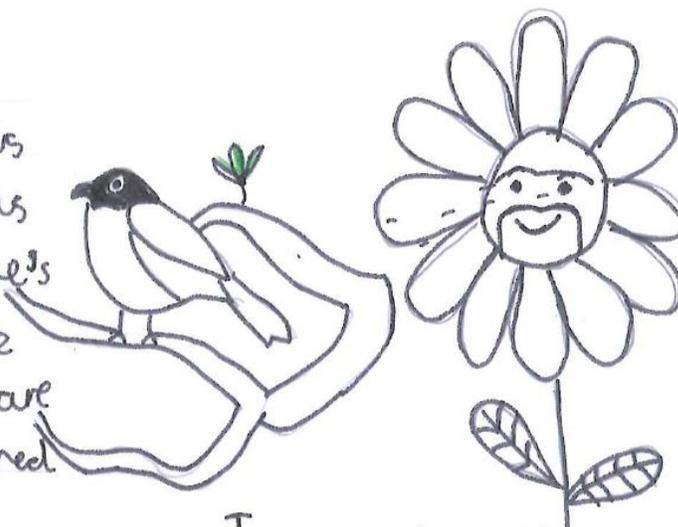
Around 75% of mental health problems begin before the age of 18, and if left untreated, these can have a devastating impact on a child's confidence. Since the COVID-19 pandemic, children's mental health has significantly deteriorated. With one in six young people now thought to have a diagnosable mental health disorder (MHCYP 2022), there has never been a more urgent need to invest in preventative strategies and help give young people the tools and techniques to strengthen their self-esteem and emotional resilience. Although progress has been made through government initiatives to establish mental health support teams in schools, most young people still feel that little to no support is available to them (Mind 2021).

The Hummingbird Project takes a preventative approach to tackling mental health issues in school pupils by introducing evidence-based concepts and practices from Positive Psychology that can improve wellbeing and resilience, such as kindness, gratitude, character strengths, mindfulness, hope and growth mindsets. These have all been shown to help empower pupils to lead happier, more fulfilling lives.

The course is free of charge and prioritises schools in deprived areas where there is a higher prevalence of social issues contributing to poor mental health in the population. The sessions can be delivered to small groups of pupils who have been identified as struggling with their mental health, or to the whole class. Content can also be adapted for pupils with autism spectrum conditions or learning disabilities. The six sessions are taught by our Project Lead, Ian Platt, a postgraduate psychologist, supported by trained volunteers.



About Ian
Ian is kind and is always telling us how good his wife's chocolate cake is! He encourages us to share our views and spread our wings.



Ian makes the lessons so fun



HISTORY

In 2017 MedEquip4Kids commissioned psychologists at the University of Bolton to conduct surveys and interviews with school leaders in the North West, finding a severe lack of evidence-based mental health interventions available to schools. This meant that 70% of children with mental health conditions did not receive sufficient early support. Lack of money, resources, and training, and access to CAMHS were cited by the majority of schools. Moreover, every young person we interviewed expressed a desire for increased efforts to enhance wellbeing in their school.

In 2018 in partnership with the University of Bolton and the University of Chester we piloted and launched the Hummingbird Project in secondary schools. In 2020 we adapted the course for a younger age group and made it available for primary schools too. The project is active in Cheshire, Greater Manchester and Merseyside and now has a five-year track record of results in improving mental health. In total 4,542 students have benefited since the project began.



University of
Chester



We made gratitude cards that we said what we are thankful for and I gave mine to my mum, she loved it! It made me feel really happy! The hummingbird project definitely worked for me!



MedEquip4KIDS



DELIVERY IN 2022-2023

This year our Project Lead has delivered the six-week course to 1,375 pupils at twelve primary schools and four secondary schools in the North West. This is the highest number of beneficiaries per year since the project began. Schools and pupil numbers are shown below.

Term	School	Region	Dates	Students
September 2022 - December 2022				
Hurst Knoll St James CE Primary	Primary	Tameside	8/9 to 13/10	65
St Peter's CE Primary	Primary	Tameside	14/9 to 19/10	60
Broadbent Fold Primary	Primary	Tameside	8/11 to 13/12	60
Hollingworth Primary	Primary	Tameside	7/11 to 12/12	102
			TOTAL	287
January 2023 - March 2023				
The Heys School	Secondary	Manchester	5/1 to 9/2	120
Unsworth Academy	Secondary	Bury	10/1 to 14/2	80
Essa Academy	Secondary	Bolton	13/1 to 17/2	70
Robins Lane Primary	Primary	St Helens	27/2 to 3/4	90
Birchley St Mary's Primary	Primary	St Helens	21/2 to 29/3	120
Parish CE Primary	Primary	St Helens	23/2 to 30/3	90
St Mary and St Thomas CE Primary	Primary	St Helens	24/2 to 31/3	60
			TOTAL	630
April 2023 - July 2023				
Pikes Lane Primary	Primary	Bolton	8/6 to 13/7	61
Merton Bank Primary	Primary	St Helens	20/4 to 23/5	90
Davenham CE Primary	Primary	Cheshire	9/6 to 14/7	90
Urmston Grammar	Secondary	Manchester	6/6 to 11/7	150
Wargrave Primary	Primary	Merseyside	8/6 to 13/7	67
			TOTAL	458
			GRAND TOTAL	1,375

RESULTS AND IMPACT

Each secondary school student completes pre- and post-course questionnaires from the internationally recognised standards of psychology and wellbeing shown below.

- World Health Organisation Five Wellbeing Index (WHO-5)
- Young Person's CORE (YP-CORE)
- Children's Hope Scale (CHS)

These surveys then undergo statistical analysis and are evaluated by our Project Lead. We are delighted to report that our analysis at the end of the school year 2022-2023 once again shows statistically significant reductions in symptoms of anxiety and depression (YP-CORE) and statistically significant improvements in hope (CHS), as well as improvements in general wellbeing (WHO-5) amongst participants in the course.

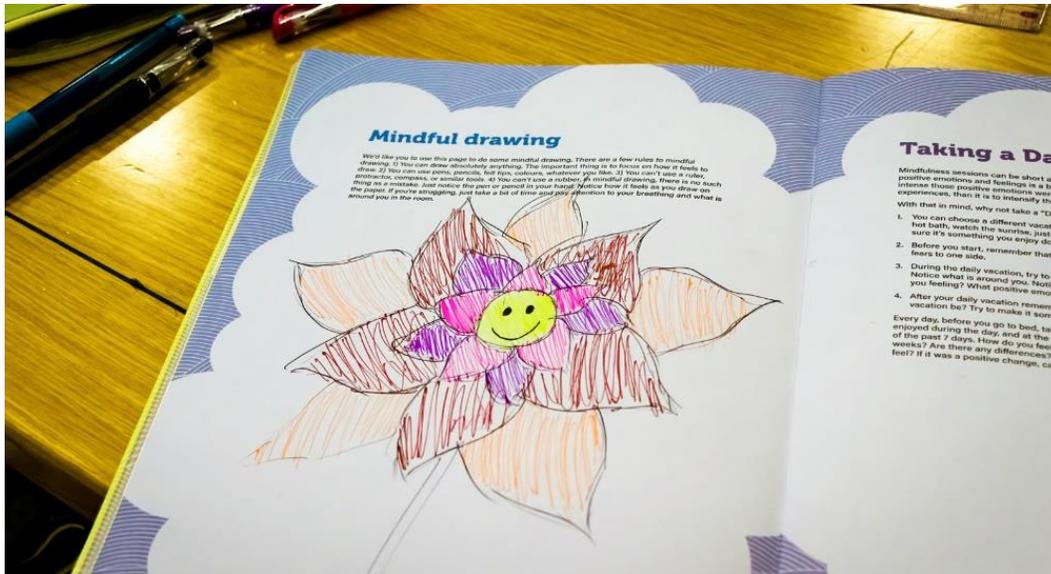
In the following pages we have included a selection of the written feedback we received from teachers and pupils, as well as drawings by primary school pupils at the end of the course. Upon completion of the sessions, the schools receive a box of resources, including books, sensory toys, workbooks, and games, to help them put their learning into practice.



The Hummingbird Project



I love this project! I always look forward to seeing I an and I really like the mindfulness coloring. Every time I leave the classroom for lunch I feel better than when I entered.



"I loved learning about life and feelings and I really enjoyed it. I hope we will do it again."

"I enjoyed learning a life lesson and I learnt to love myself."

"I enjoyed that I could be honest and safe sharing some of my stuff."

"A project that makes you become more grateful and mindful in any situation."

Students from The Heys, Essa Academy and Unsworth Academy

"It made me determined to achieve my goal and be more mindful."

"The Hummingbird Project is fun, relaxed and easy and really helps me!"

"Fun and a good way to become happier and learn that if you're sad, that's ok, but use some of the skills we've learnt in the project to feel happier again."

"I think my favourite session was the personal strengths lesson, probably because I didn't know about them in the first place."

Students from Urmston Grammar



Feedback from Year 6 Teacher Parish CE Primary School

In what ways do you think the Hummingbird Project has helped your pupils?

The children have started using some of the strategies to help them in situations they find difficult.

Do you feel the project has improved pupils' mental health?

Yes, 100%. The children join in every lesson. In addition, they look forward to it every week.

What tools or skills do you think your students have learned from the project to improve their resilience?

How to be understanding to others' difficulties, to give positive advice, to offer their time to help.

THE HUMMING BIRD PROJECT

I really enjoyed the humming bird project! It really, really helped with my mental health and taught me to never take things for granted! I would rate this project a $\frac{10}{10}$ and wish everyone who will be doing this project in the future, a very happy time. For anybody who is ~~either~~ either struggling mentally or feels they need mental improvement I would highly recommend this session!



Feedback from Year 6 Teacher Hollingworth Primary School

In what ways do you think the Hummingbird Project has helped your pupils?

This class as a cohort have issues with anxiety. The time with Ian is calm, purposeful and gives the children a different perspective.

Do you feel the project has improved pupils' mental health?

Yes, the children have gained lots. They are calm and using strategies.

What tools or skills do you think your students have learned from the project to improve their resilience?

The important one, especially for this class, is being thankful. A difficult situation still has positives.

HUMMING

★ BIRD ★



Humming bird is so fun you get to do lots of things such as the hula hoop challenge or the questions which is also fun
Look!



SO! JOIN IT it's amazing



PUBLICITY AND MARKETING

In 2022 we hired a production company to film one of the sessions at Hurst Knoll St James CE Primary School in Ashton under Lyne. The activities that day included the Hula Hoop Challenge, which teaches students about resilience and teamwork. The film includes interviews with Ian Platt, Project Lead and Catherine North, Project Manager. You can see the video on our YouTube channel. The project was also featured in the Tameside Reporter



Humming bird

Humming bird

At the start
you always close
your eyes and
take a
breath

YAY

Humming
bird is a place for
mindfulness

You get your
own book and
everybody has
FUN!

FUN



HUMMINGBIRD RESEARCH GROUP

The Hummingbird Project is an evidence-based intervention backed by university expertise. The research group, which now includes psychologists from three universities as well as project staff from the charity, meets at least once a month to discuss results and findings and to prepare articles for publication.



The group consists of (left to right): Catherine North, Project Manager, MedEquip4Kids, Ian Platt, Project Lead, MedEquip4Kids, Dr Ghazala Baig, CEO, MedEquip4Kids, Professor Jerome Carson, University of Bolton, Dr Michelle Tytherleigh, University of Chester, Claudine McFaul, Open University, Dr Chathurika Kannangara, University of Bolton and Dr Kevin Hochard, University of Chester (not pictured).

The research team are now exploring ways to develop the project and add value to our existing provision. In partnership with the Open University, we will be incorporating a complementary course called "Bounce Back" for parents and carers, so they can study the same topics alongside their child, and then hold a family session at the end of the six weeks so they can feed back on what they have learned together.

This year we will also be investing £4,000 in a research project to update our findings about mental health in schools and how our work complements existing provision. We will be centering the voices of young people in our research through focus groups.



FUNDING AND DEVELOPMENT

The key objectives for the Hummingbird Project over the next three financial years are:

- To increase annual delivery from 1,300 to 3,500 pupils
- To expand the project into two new areas, initially in the north of England
- To recruit two additional coordinators to deliver the project in the new regions, one in 2023-2024 and one in 2025-2026
- To achieve sustainable funding by building long-term relationships with funders.
- To evaluate and improve the course and publish new results in academic journals.

The total cost for one year of the Hummingbird Project is detailed on the next page. This represents a cost of £50 per child who receives the intervention, and includes all staff salaries, activities and materials, travel and training, and a proportion of the charity's overheads that are allocated to the project.



HUMMINGBIRD PROJECT BUDGET 2023-2024

Based on delivering the six-week course to 2,000 pupils

Description	Cost
Project staff salaries and on-costs (Project Lead, new Project Co-ordinator and 50% of Project Manager)	£63,856
Project staff travel and training	£4,900
Project volunteer costs	£2,760
Project activity costs	£14,000
Publicity and marketing	£1,000
Project equipment	£800
Office overheads (30% of organisational costs for 12 months)	£13,939
TOTAL	£101,255

