

# Thrive Network Sefton One Year On

Written By  
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Chair of Thrive Network Sefton



**Sefton CVS**  
Supporting Local Communities





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# Introduction

The Thrive Network Sefton brings together partnerships of Sefton providers, school representatives and commissioners.

The primary purpose of this subgroup of the ECM forum is to share best practice, discuss trends and effectively influence the development of new initiatives and provision, that will meet the emotional health and wellbeing needs of children, young people and families in Sefton, with a specific focus on The Thrive Model.

The aims of the Thrive Network Sefton are:

- To coordinate the work of the VCF sector to broaden the understanding of it's contribution to the emotional wellbeing of children and young people in Sefton
- To foster partnerships, working with schools, NHS providers and commissioners and Sefton MBC
- To act as a conduit for communication between the Sefton Emotional Health and Wellbeing Board
- To influence the development of initiatives and provision that will meet the emotional health and wellbeing needs of children, young people and families in Sefton, across the full continuum of needs (universal to inpatient)
- To support the development of the Emotional Health and Wellbeing Strategy
- To work towards embedding the Thrive Model in Sefton



Sharon Cotterall  
Thrive Network Sefton Chair,  
Children & Families Development Officer, Sefton CVS



Cormac O'Carroll  
Thrive Network Co-Ordinator,  
Research & Admin Support Officer, Sefton CVS

# Membership

The Thrive Network Sefton is made up of organisations both from the VCF Sector and Partner Agencies.

We currently have 87 members; not all members attend meetings, but do receive notes from the meetings and regular newsletters.



# Why Thrive

The Thrive Model is the chosen model in [Sefton's Children's Emotional Health and Wellbeing Strategy \(2021 - 2026\)](#).



# Partnership Links

Sharon Cotterall (Chair of Thrive Network Sefton) attends and chairs many partnership meetings and is able to share information from the network at these meetings. Some examples can be seen below.

Sharon Chairs:

- The Every Child Matters Forum
- Sefton Youth Voice Strategic Steering Group
- Education and Mental Health Network
- Perinatal Community of Practice

Sharon regularly attends:

- Children and Young People's Emotional Health & Wellbeing Board
- Early Help Partnership Board
- IAPT Steering Group
- MHST Steering Group
- BABS Steering Group
- Children in Care Health and Wellbeing Group
- CYP Emotional Health Partnership Communications and Engagement Group

The Thrive Network's meetings are held over Zoom for 1 hour bi-monthly. At the end of each meeting Sharon is available for a further half an hour if members want to discuss anything, share partnership ideas or network.

# Thrive Training

A training workshop has been developed and delivered to agencies across Sefton. It is delivered online as an interactive workshop by SEAS (Sefton Emotional Achievement Service) Partners.

SEAS Partners listened to colleagues in school settings and developed training packages. Below are examples from last year.

'Building a Session to Thrive' - this course was aimed at people working with children aged 11 - 14 in education settings.

**SEAS** Sefton Emotional Achievement Service | **THE THRIVE NETWORK SEFTON**

### BUILDING A SESSION TO THRIVE Train the Trainer (For Year's 7-9)

Delivered by SEAS Partners from MYA SPACE and PSS

Using proven techniques and practices, and the THRIVE Model within session planning, we will give guidance on how to build individuals confidence and self-esteem within a group session whilst developing a strong working group and a productive working environment.

The training will offer an initial session for teachers/session leaders, followed by an interactive session for your group (Y7 to Y9)

This course is aimed at teachers and professionals working in educational settings across Sefton.

**The course will be face to face in your school**  
Each session will be 1 hour

**Session One - Understanding the THRIVE session**  
Creating a session to build individual and group confidence

**Session Two - Running a THRIVE session**  
Watching how a THRIVE session works

**SEAS** Sefton Emotional Achievement Service | **THE THRIVE NETWORK SEFTON** | Sefton CVS

### Stress Less - Mindfulness Training Train the Trainer

This course is aimed at teachers and professionals working in educational settings across Sefton.

You and your colleagues can book an exclusive session for your school.

The course will take place over two zoom sessions each taking 1 hour 30 minutes to complete.

**Session One - Techniques to Support Students (and yourself)**  
**Session Two - Feedback and Problem Solving**

The mindfulness course was delivered virtually and aimed at teachers and professionals working in education settings across Sefton and were delivered by SEAS Partners.

"Excited to use some of the practical strategies that were covered in the Mindfulness training session with our children and families" Sefton School.

**THE THRIVE NETWORK SEFTON**

in partnership with **SEAS** Sefton Emotional Achievement Service

SEAS Partners are Sefton CVS, Parenting 2000, Venus, PSS and MYA SPACE

### Thrive Model Training Workshop

A free interactive - 1 hour 30 minute workshop on Zoom to help you to understand the Thrive Model and how it fits within your setting and those of partner agencies in Sefton

**Fri 18th Mar @ 10.30am - 12.00 noon**  
**Thu 19th May @ 10.30am - 12.00 noon**  
**Fri 1st July @ 10.30am - 12.00 noon**

Places are limited to book please email:  
[thrive@seftoncv.org.uk](mailto:thrive@seftoncv.org.uk)

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**THE THRIVE NETWORK SEFTON**

### Thrive Network Sefton - Training Sessions

Sefton CVS and SEAS have developed a training session for organisations to help them to understand the Thrive model and then develop and embed this within their practice. The sessions can be delivered over Zoom and are free of charge.

*"I felt that my understanding of what the Thrive model entails was greatly improved through participating in the session"*

*"Really well presented, not full of jargon or too wordy. Two truths and a lie was particularly hilarious!"*

#### Eligible Organisations

Charities in Sefton working with Children and Young People  
Organisation must be an active member of The Thrive Network Sefton attending meetings  
Grants of up to £2000 are available for organisations to support them to promote/embed The Thrive Model



# Promoting Thrive

As an subgroup of the Every Child Matters (ECM) Forum, we ensure that the wider ECM community is kept up to date with updates from the Thrive Network. A regular slot is allocated at The ECM Forum to discuss updates from the Thrive Network.

## Updates at strategic meetings

Sharon Cotterall promotes the work of The Thrive Network at strategic meetings across the Sefton Partnership. An update from Thrive is available as an agenda item at these meetings if requested or required.

## Social Media

Using already established social media accounts here at Sefton CVS we promote the Thrive Network meetings, Training and items of interest.

## Newsletter

We also have a Thrive Network Newsletter that is emailed out bi-monthly. We share notes from Thrive Network Meetings, information relating to children and young people's emotional wellbeing, members updates, training opportunities and access to online consultations and events.

## Education & Mental Health Network

A recent addition to the networks is the Education & Mental Health Network. This network was set up for any professionals in an education setting that have an interest in mental health. Each meeting has a VCF Speaker, often a Thrive Network Member.

Information from the Thrive Network is shared at these meetings.



### Education & Mental Health Network

We invite headteachers, teachers and support staff who have an interest in mental health and wellbeing of children & young people to join us. Meetings will take place once each half term on Zoom



<b>Mon 26 Sep 22</b>	<b>Mon 13 Mar 23</b>	<b>3.30pm to 5pm on Zoom</b>
<b>Mon 21 Nov 22</b>	<b>Mon 8 May 23</b>	
<b>Mon 23 Jan 23</b>	<b>Mon 26 Jun 23</b>	

Each meeting will include:

- Presentation from a School Sharing Good Practice**
- A Training & Service Offer Discussion**
- A Discussion about Overcoming Challenges for Schools**

Meetings are chaired by Sharon Cotterall, Children & Families Development Officer Sefton CVS

If you would like to join the network please e-mail [sharon.cotterall@seftoncvcs.org.uk](mailto:sharon.cotterall@seftoncvcs.org.uk)





# Feedback from Members

We asked members what does being part of The Thrive Network Sefton mean for you?

"Without the Thrive network, particularly during the various lockdowns, we would not have been able to access the information that is vital in allowing us to know what services are on offer in Sefton and how we can best support the network and wider community with mental health"

Samaritans

"Information exchange detailing current provision for mental health support in Sefton is very important for partners"



"The Thrive meetings have been an opportunity to hear what is going on in Sefton and also promoting our Young Person's Service at Swan Women's Centre."

Swan Women's Centre

"Attending Thrive Network meetings allows organisations to share experiences and best practices. It also allows us to build up partnerships, in which we can identify need in the local area and in some cases apply for funding for joint projects as a partnership. It is also beneficial for signposting our members onto services / organisations."

The Inclusion Network

# Feedback from Members

"As regular participants in the Thrive network, we appreciate that this opportunity has been tremendously beneficial to our Children and Young People's team at RASA Merseyside, due to the level of support it has provided to us. We received a Thrive grant to assist us in embedding the Thrive approach within the service. In addition to this, Sharon has been extremely supportive in meeting with us individually to discuss a particular fledging project at RASA and linking us in with Thrive members from other organisations who were able to assist us further. We really value the networking opportunity that the Thrive network provides, helping us to connect with other local organisations working with young people."

RASA Merseyside

"Involvement in networks and forums with other providers has been a huge benefit to Parenting 2000. They are particularly valuable in enabling our Charity to shape our offer to increase the benefit to our services users by collaborating with and complementing other organisations and avoiding duplication of activities. Additionally, they have been vital in enabling us to participate in shaping initiatives and have presented us with the opportunity to share ideas and best practice with other organisations and experts."

Parenting 2000



"Being involved in networks and forums facilitated by Sefton CVS is massively important for me and the organisation that I represent, as it breaks down barriers and allows me to connect and work collaboratively with others who share a similar goal. By working in partnership this way, means that there is a platform for me to share and receive valuable information and guidance whilst also giving me assurance that there is support if and when I need it."

Venus





# Thrive Small Grant Programme

Grants of up to £2000 were made available through the network for VCF Agencies to embed The Thrive Model into their organisation/work. Each project looked at where in the model they sit and they are displaying a poster stating that they are members of the network and where they fit into the model.

Below are some brief examples of work that was funded by the grants:



**RASA** took part in The Thrive Training Session as a team. They looked at the model and how their work fits into it and how they can support young people through the model. The grant was used to fund a piece of work aimed at young people from ages 11-17 years who are not ready for whatever reason to engage in counselling.

These young people typically tend to be quite vulnerable and hard-to-reach.

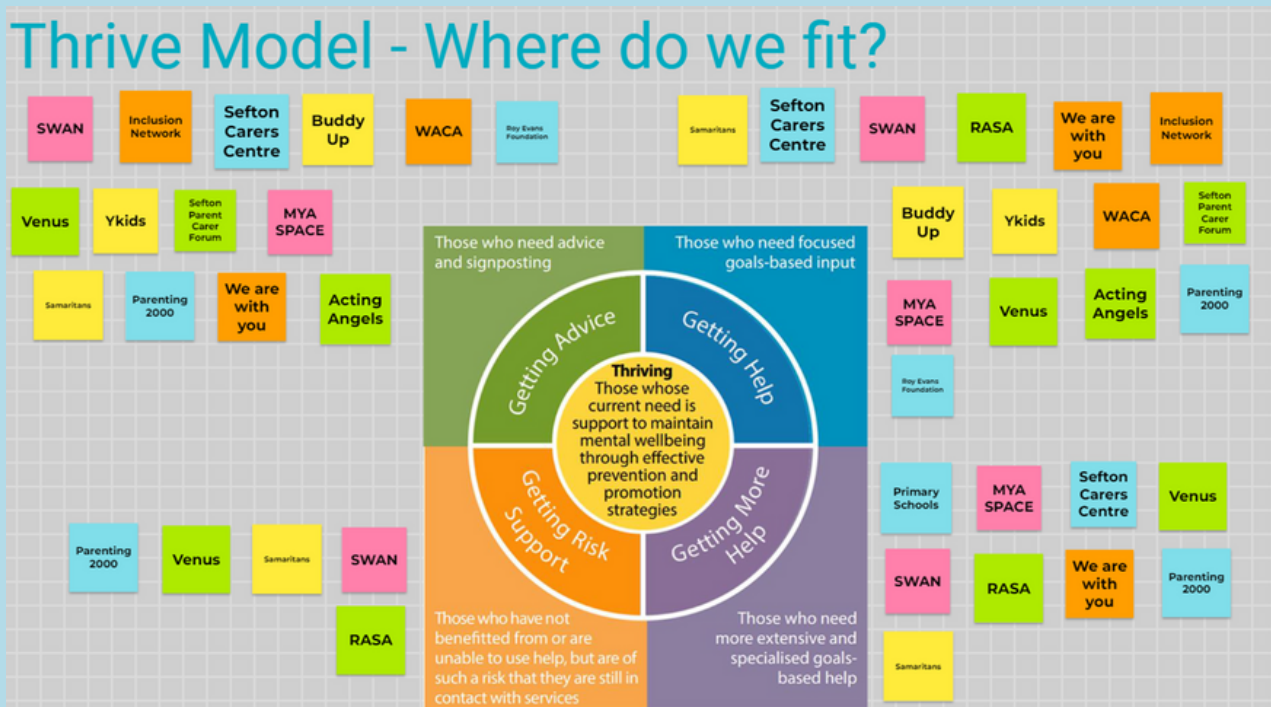
**Ykids** funded a programme called 'Giant Slayers' within their local secondary school, Kings Leadership Academy Hawthornes. This early intervention programme supports children aged 8 – 10 who were demonstrating issues with anxiety low self esteem, anger and low mood.

The project looks at a variety of topics that had been identified as topics that the children lacked understanding in.



# Where do we fit in the model?

As part of the Thrive Workshops people are asked to identify where their agency sits in the model. Conversations within network meetings have also raised discussion about where agencies sit.



The image above gives a visual which allows you to see the agencies and where they fit, many agencies fit in more than one of the quadrants and understand that young people may move around them as support needs are identified or resolved.



# Thank You

Thank you to those organisations that attended Thrive Network meetings:

Swan Women's Centre  
Inclusion Network Bootle  
Linaker Primary School  
Forefield Infant School  
Sefton Parent Carers Forum  
Merseyside Youth Association  
Kings Leadership Academy  
Sefton CAMHS  
King Hawthornes School  
Venus  
Buddy Up  
Sefton Carers Centre  
Sefton MBC  
We Are With You  
Sefton Young Advisors  
Parenting 2000  
RASA Merseyside  
Samaritans  
Deyes High School  
Larkfield Primary School  
Roy Evans Foundation  
Jigsaw  
Acting Angels  
Roberts School of Music



# Useful links

[Emotional Health & Wellbeing Toolkit \(2021/2022\)](#)

[Emotional Health & Wellbeing Strategy \(21-26\)](#)

[Sefton CAMHS](#)

[Liverpool CAMHS](#)

[Every Child Matters Forum](#)

[Thrive Network Sefton](#)

[Children with Additional Needs Network](#)

[SEAS](#)

[Sefton Liverpool CAMHS](#)

# For more information contact

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**Sefton CVS**

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