

# Geethika Jayatilaka

## CEO



---

@Tweethika  
@ChanceUK



# About Chance UK

- Early Intervention support children aged 5 – 13 and parents/carers
- Range of services aimed at building social and emotional skills, self esteem and resilience
- Universal workshops and intensive 121 mentoring
- Worked in Islington for 25 years

# Impact of the past year on children and families

- COVID 19 and its impacts pose the greatest threat to the nation's mental health since the WW2 (Royal College of Psychiatrists)
- Some evidence that primary school aged children have experienced increased emotional and behavioural difficulties during this time, increased anxiety as well as loneliness
- Children of Black, Asian and Ethnic minority heritage have been particularly affected in terms of their mental health as a result of the pandemic
- Parents coping with strain of Bereavement, financial hardship, isolation, home schooling. Domestic Abuse .
- Additional exhaustion, stress and anxiety caused to parents of children with disabilities when there was a decline or stop in the support which was previously received

**“I don't know how I'm coping, but I have to so I am” Parent**



# Mentoring programmes

Explore and Empower (Islington)

My Future (Camden)

STEP – Islington aimed at year 6 children with SEMH needs

Girls RISE – TBC

All strengths based 6 – 9 month structured mentoring programme.

---

## Parent support

155 1:1 sessions with parent/carers over the past year

17 “A Space To Breathe” Workshops

5 Parent Led Information Clinics



# Group Workshops

We delivered our “Moving into secondary school” workshops in 10 primary schools reaching 324 pupils

“Building Strengths for Tougher Times” – NEW – opportunity for children to reflect on the challenges of the past year in a guided workshop



# Our Impact

89% reduced SDQ scores on both parent/carer and teacher SDQ's

My Future – “highly statistically significant decrease in difficulties pre and post mentoring” Dartington Evaluation Report

*“I am now much better at being able to name what I am feeling. This has really helped me in school and at home with my little brother. I can calm down a lot better now when I'm angry. My Future Mentee*

*“(Mentee) has become better at vocalising what upsets him in the playground and will often talk to me about how he is feeling” Teacher*



# Any Questions?



---

@Tweethika  
@ChanceUK

[www.chanceuk.com](http://www.chanceuk.com)