

Boys Group April 2014

Boys Group - Family Solutions South Quadrant.

Staff in the South Family Solutions Teams identified a need for a safe space for some of the boys we are working with. The staff developed a six week programme aimed at supporting the boys to; develop their social skills, improve their communication skills, be encouraged to make positive choices, address some of the difficulties they had managing their angry feelings, work as part of a team towards achieving a prize and make friends in a safe environment.

The boys that attended the group were aged between 9 and 13 years old, and were from across the south of Essex. Over the course of six weeks they completed a variety of activities including; working on a spaghetti and marshmallow tower, an assault course blindfolded with their partner giving instructions, folding a blanket as many times as possible in pairs without their feet touching the floor and all in the name of team building! There was also a sporting activity each week where they had the opportunity to earn points for their teams (and for the staff to get a bit of exercise!)

During week 5 we asked the boys to say something positive about the other boys, and to nominate each other for an award. The awards included; the most improved confidence, smiliest member of the group, most helpful, friendliest, best sportsman, and most polite member of the group. These awards were presented at the end of week 6, with each boy also being presented with a folder that captured their achievements and memories over the six weeks

Overall the boys enjoyed coming to the group, and even asked for it to go on longer than the planned 6 weeks. We will be asking the boys and their families for some feedback as to how the group has helped, so watch this space.



“I like L because he always cheers me up”.

“J is very polite and has a lovely smile”.

“...because he is loud and expresses himself”.

“happy but can be afraid to express himself. I won't judge you J”.