

## Children's charity MedEquip4Kids delivers Hummingbird Project for better mental health

Tuesday 9 October, 2018

Children's health charity MedEquip4Kids is taking its Hummingbird Project into secondary schools across Greater Manchester and Cheshire to help tackle the growing crisis in children's mental health.

Based in Manchester, MedEquip4Kids improves children's health by providing equipment and facilities not available from limited NHS resources. After funding resources for Child and Adolescent Mental Health Services (CAMHS) for a number of years, the charity decided to get more directly involved in preventing mental health problems in children and young people by delivering wellbeing education in schools.

The project, which was officially launched at the end of last year by Greater Manchester Mayor Andy Burnham, consists of a bespoke six-week course put together by psychologists from the University of Bolton with input from young people, which is delivered by MedEquip4Kids' Project Co-ordinator alongside trained volunteers. Topics covered include: Mental Health and Stigma, Happiness and Wellbeing, Resilience and Character Strengths, Growth Mindsets, Hope and Gratitude, and Mindfulness. Below is some of the feedback from students so far:

*"This project was good because I got to know what my strengths are, and about happiness*

*I learnt about topics that people usually don't teach you about."*

*"I enjoyed the mindfulness exercises. I learnt a lot about keeping happy. I think that it made me be happy. The project makes you know more about mental health problems and how to avoid them."*

*"I enjoyed this Hummingbird Project because I think that it has helped me think twice about what I do and helps me be more grateful for what I do."*

The Hummingbird Project programme will be delivered this term in nine schools across Greater Manchester and Cheshire. MedEquip4Kids is also in discussion with a further five schools. The charity is working with the University of Bolton and the University of Chester to recruit local volunteers.

If you're a good communicator and listener who is passionate about helping young people, and you'd like to volunteer on the programme, please get in touch with Ghalib on 0161 798 1600 or email [ghalib@medequip4kids.org.uk](mailto:ghalib@medequip4kids.org.uk). A full day of training by expert psychologists will be provided and travel expenses are reimbursed. Find out more on the charity's website: [www.medequip4kids.org.uk](http://www.medequip4kids.org.uk).

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