

BOUNCE: Self-esteem and Resilience Building Programme for Children Aged 8 Plus in Primary School- LBH Youth Offer; Targeted Team

The London Borough of Hillingdon Youth Offer, Targeted Team '**Bounce: Self-esteem and Resilience Building Programme**' is a group intervention programme for children in primary school aged 8 years and above who require support with building self-esteem and resilience and the challenges they may face in their lives. The programme is designed to be both therapeutic and interactive.

The programme is offered FREE of charge.

The details are as follows:

Main Programme: this will consist of a 9-week main programme of which all these sessions **must** be attended by your child

Dates: Every Friday from Friday 16th January to Friday 27th March 2026

Times: 4:15 to 6:15pm

Location: Hayes Family Hub, College Way, Hayes, UB3 3BB

Aims & Objectives

For participants to:

- Understand that challenges and set-backs are part of life
- Build resilience through identifying challenges that have been overcome
- Enhance positive emotions through using positive strategies

Session topics (subject to change)

- This is Me
- Healthy and Happy Friendships
- Coping with Change
- Positive Thinking
- Healthy Bodies, Healthy Minds
- My Hopes and Dreams

Criteria

- The child needs to be aged 8 years plus and in primary school.
- The child needs to live, go to school, or be looked after by the London Borough of Hillingdon.
- The child requires parent/guardian consent via the completion of a form to participate.
- The child needs to be able to attend all sessions. If your child is unable to make these dates, please complete the form and contact me so that I can ensure that they are put on the waiting list for the next cohort in May 2026.
- The child needs to be able to participate in group discussion/activities

How to refer a child:

If you are a member of school staff and know a child that might benefit from this intervention, then you will need to do **one** of the following:

- a. You as a professional can refer a child via the following link: [Early Help Assessment](#); or,
- b. You can ask a parent/guardian to refer their child via the following link: [Parent/Guardian Referral Form](#)

Please note that there are limited spaces, so if your child does not secure a place on this occasion or is unable to attend, they will be invited to attend the next cohort in May 2026. In the meantime, if their parental consent form is completed, they will also be invited to attend the holiday programme offer in December 2025 and February 2026.

If you have any questions about this programme, you wish to discuss a child's needs and whether the programme would be beneficial to them or if you need help with the online referral form, please do not hesitate to contact me either via the details below.

With thanks,

Chamila Somaskandan

Programme Coordinator

Hillingdon Youth Offer - Targeted Team

Children and Young Peoples' Directorate

London Borough of Hillingdon

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