



Educational Psychology Service  
Shirehall  
Abbey Foregate  
Shrewsbury  
Shropshire  
SY2 6ND  
Tel: 01743 258414  
[eps@shropshire.gov.uk](mailto:eps@shropshire.gov.uk)

## No Worries

**No Worries** is a group programme for reducing anxiety, based on **cognitive behaviour therapy (CBT) principles**. No Worries – Primary is designed to be run by trained facilitators in schools with children aged 7 – 12 years. It uses practical, fun activities, with an easy to follow manual and CD for the facilitator. It teaches skills and encourages strategies for life, including relaxation, cognitive reframing and courageous behaviour. It is an 8 week programme with sessions lasting approximately 1 hour. There are 2 follow up session after 3 months.

This programme was written in 2014 by [Kim Jeffries](#), Assistant Principal EP and [Sheri Wright](#), Specialist Senior EP from Shropshire Educational Psychology Service, at the request of Targeting Mental Health in Schools (TaMHS).

There is also a secondary version for those aged 11-25 and into adulthood. This has been adapted for use with adults in Children's Centres across Shropshire and is a significant intervention within Shropshire's early help offer. No Worries' facilitators in Shropshire schools have reported the programme as "easy to deliver, enjoyable and effective". No Worries has become a regular feature of support for children and young people's mental health and emotional well-being across Shropshire.

Recently, EPs in Halton and East Cheshire have received training in No Worries to enable this resource to be offered to schools in those areas. The authors also presented at the **Association of Educational Psychologists** Annual conference and the programme received widespread interest from other Educational Psychology services across the country.

To date, results have been **extremely statistically significant**, at the 0.0001% level of significance, using pre and post group anxiety measures for a population of 126. A t test is conducted on each set of results. Evaluation is built into the programme and we keep a database of results.

Feedback from Participants has been extremely positive. School staff and parents report:

***"She is a completely different child (she used to fight and argue with others)"***

***"Her confidence has soared through being part of the group"***

A young mother who had taken part in the group with other teenage Mums reported:

***"I started the group with a diagnosis of post-natal depression, I really feel that I am leaving without it"***

The programme has recently been run with a group of women who had suffered domestic abuse. The results of the group whilst statistically significant helped to bring about changes in the way the women felt about themselves, thus helping break the negative cycle of domestic abuse and the impact on their children. Comments included:

***“I learned to relax and value myself”***

***“I valued being able to open up in an environment that feels safe and learning new skills to cope.”***

Contact the **Shropshire Educational Psychology Service** for further details.

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