

West Mental Health and Wellbeing for Young People

Report to West People Board – 13 February 2017

Following approval at October Area Committee to deliver the Mental Health for Young People Programme; West VCS working with young people, alongside the Community Helpers and the Healthy Lifestyle Co-ordinator have been trained by Washington MIND to become Mental Health Champions, to recognise signs and enable early intervention to be adopted for our young people across the West. A workshop was then facilitated by Area Arrangements with the West Mental Health Champions to develop a collaborative approach to ensure no duplicating of activity and making use of support already available and which has the potential to make a real difference for young people. The projects will be delivered between March and July 2017 with a launch to primary school on the 9th and 10th March facilitated by the Healthy Lifestyles Co-ordinator. The budget for all projects is: £46,000

	Project Title	Target age range	Amount requested	Brief description of Activity
Lambton Street Youth Centre	Your Time	Year 6 + (10years+)	£3,200	Cookery, arts, sports, fitness, console, relax zone and club activities all activities underpinned with the ethos outline in the mental health training
Creative Learning at Sunderland Empire	Connections Club	Year 6 + (10years+)	£3,250	Focus on young people with additional learning needs, activities based around a creative and safe programme of music and performing arts for people 10+ with learning and social disabilities.
Hope Spring	Life Skills and Family Support	Family approach	£3,200	Skills & Family Support will primarily be a preventative intervention by design, set on the premise that says if we can help parents develop a family culture and environment that gives space for all family members to adequately voice their relational, physical, and emotional needs, as well as teaching parents better basic food and communication skills so that they can help meet the needs of their dependents, then we will have positive outcomes in terms of reduced adolescent stress and improved resilience and health within the individuals and family
Keep Active (NE) CIC	Wellness workshops in the West	Year 6 + (10years+)	£3,185	Activities around being more active and will be adapted depending on attendees.
Parker Memorial Home	Just Love It	Age 7 to 11	£3,200	Cookery, arts, sports, fitness, all activities delivered by trained and qualified counsellors underpinned with the ethos outline in the mental health training

Pennywell Community Centre	Young People and Mental Health	Age 10+	£800	Workshops to address issues such as anxiety, body image, cyber bullying, lifestyle, drug and alcohol and diversity.
Pennywell Youth Project	Family Focus	Family approach	£3,200	Whole family approach to identified young people with multiple problems.
A690	West Young Peoples Mental Health	8-10 and 11+	£3,200	1:1 support for young people with various drop in sessions
Youth Almighty Project	Girls Group and Healthy Lifestyle Project	Oct-16	£3,003	Single gender project to support and encourage young girls to increase physical activity along with improving their mental health and wellbeing. Project 2 will be an 8 week healthy lifestyle project.
The Box Youth Project	Let's Talk	12-16 young women 10-11	£3,200	2 projects, one working in Farringdon Community Academy with young women referred to the sessions by Dawn Thompson, sessions encouraged young women to talk openly. Other project will be targeted at year 6 pupils and their families.
Pallion Action Group	West mental health in young people	5-12yrs	£3,200	Workshops for young people with activities such as drama, arts, crafts and games. Informal and fun with fully trained counsellors in each session.
Washington MIND	West Young Peoples Mental Health		£3,000	To provide support to all frontline and volunteers who are delivering against this agenda. To offer 2hr session to support and 1:1 support for workers
Washington MIND	Training to be identified and delivered as required		£3,000	
Collaborative work	West Area Event - Workshops	Primary school age and families	£5,000	Deliver of activities at the West Area Event, 5 ways to wellbeing and activities that worked throughout the project lifespan
Collaborative work			£2,362	To be considered at a future People board
			£46,000	
		Balance remaining	£0	