


Sunderland mind

FANCY A DAY OUT


**Sunderland
City Council**
Supported by
East Area Committee



FANCY A DAY OUT

- Wellbeing team and Volunteers
 - Summer holidays & Easter Holidays
 - Tuesday and Thursdays 11am -3pm
 - Approximately 20 young people aged 7 – 17 years old
 - Free meal
 - Building skills and resilience
 - Planning and monitoring
- 
- Several thin, white, parallel diagonal lines are positioned in the bottom right corner of the slide, extending from the middle of the right edge towards the bottom left.

PLANNING AND MONITORING



Project Action Plan

Action Description	Responsible	Date	Resources	Desired outcome	Notes

Microsoft Excel



Event Diary

DATE	ATTENDANCE	ACTIVITY	WHAT WENT WELL	NOT SO WELL	OBSERVATIONS + COMMENTS	COURSE OF ACTION

TEAM BUILDING



DRAGON'S DEN



VISITING THE LOCAL AREA



FISHING/ CRABBING



CASE STUDIES

CHILD A:

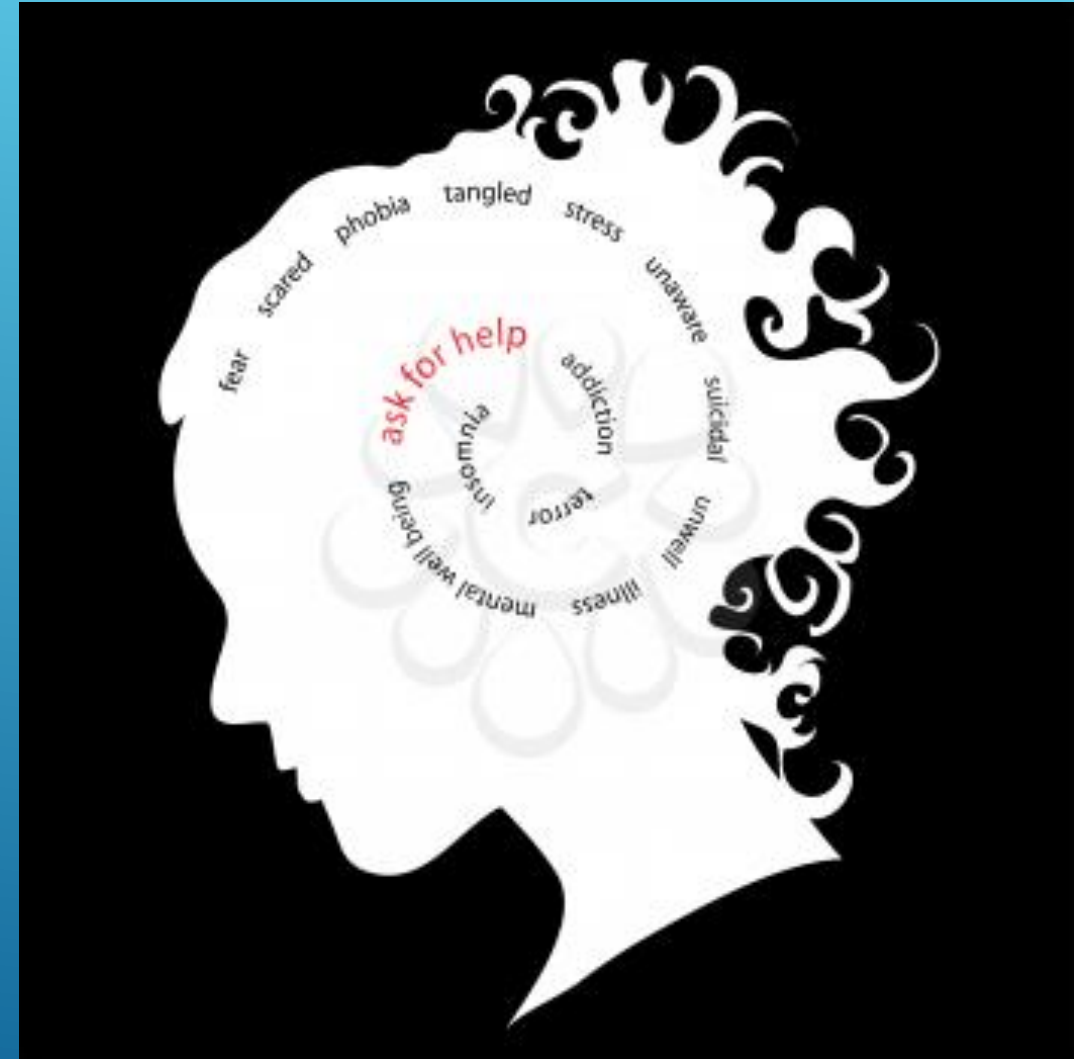
- ▶ 14-year-old girl
- ▶ Attends Thornhill school
- ▶ Suffers with extreme social anxiety
- ▶ Self-harms
- ▶ Issues with eating
- ▶ Issues with body image
- ▶ Issues with identity

CHILD B:

- ▶ 9-year-old girl
- ▶ Attends Valley Road Primary School
- ▶ Lives at home with mam
- ▶ Moved to Sunderland after fleeing domestic violence from dad
- ▶ Supervised visits with dad
- ▶ Very anxious about safety & being followed
- ▶ Lost her grandmother during summer

COMPLEX ISSUES

- Social anxiety
- Bullying
- Lack of confidence and self-esteem
- Eating distress
- Body confidence
- Problems at school
- Problems with parents or family members
- Bereavement
- Transitioning from primary school to secondary school
- Identity problems
- Lack of friends
- Worries about family members
- Bereavement
- Feeling isolated
- Autism
- Loneliness
- Gender identity
- General anxiety
- Feeling like they don't fit in or belong
- Self-harm
- Depression
- Suicidal thoughts



YOUNG PEOPLE'S ACTIVITIES

- ▶ Senior club
- ▶ Junior club
- ▶ Listening ear
- ▶ Peer mentor training
- ▶ Lunch project



IDENTIFYING GAPS / RESPONDING TO NEED



Thank You Questions

Tel: 0191 5657218

Mob: 07483421873

E: trish@sunderlandmind.co.uk

leigh.ann@sunderlandmind.co.uk

Several thin, parallel white lines of varying lengths and angles are positioned on the right side of the slide, extending from the middle towards the bottom right corner.