



Supporting young people on the path to better mental health

Autumn 2014

Welcome to The Project

Although technically we're just into winter, welcome to our Autumn Newsletter – a little bit late, but hopefully well worth it!

Yet again we've had a busy few months as The Project goes from strength to strength. It seems hard to believe, but in September we celebrated our first anniversary with our Family Fun Day, which helped to further raise our profile in the community - and raised a bit of money!

We hope by now many of you will have read our [Annual Review](#), which was published last month, and gave an overview of our first year. Writing the report made us realise how much we have already achieved, and how important our service has become in the local mental health landscape.

Not only is The Project making an impression at local level, but also right up to Government level, where our innovative early intervention model has created interest at the Department of Health and within the Government's new Children & Young People's Mental Health Task Force. The Task Force is currently reviewing CAMHS services nationally, and will be making recommendations for change and improvement in February 2015.

We are very proud of the service we have created, and how effective it is proving to be. Feedback from our young people, parents and professionals has been overwhelmingly positive, and we continue to involve both young people and parents in shaping and informing our service to ensure it continues to meet their needs. After all, they are the ones who know best what works for them and what doesn't!

The Project is shortlisted for Mental Health Champion Award

We are extremely proud to announce that The Project has been shortlisted for Mental Health First Aid England's Youth MHFA Champion Award 2015 for its work in raising awareness around mental illness and increasing mental health literacy.



Debbie Humberstone, the Project Coordinator, will be attending the awards presentation event at the House of Lords on 25th February, when the winner will be announced. We're keeping our fingers crossed!

Mental Health Awareness at Axe Valley Community College

In October, we ran a number of successful Mental Health Awareness workshops with Years 11 and 12 at Axe Valley Community College. Student feedback from these sessions was extremely positive, and the staff were impressed by our professionalism, the course content and how well it was pitched for the age group. We look forward to returning to Axe Valley in January to work with their Year 8 students.



"This was interesting, it changed my views on mental illness completely" – Yr 11 Student

If you would like us to come to your school, please get in touch.



Give your feedback

Devon County Council is currently consulting on a new Emotional Health & Wellbeing Service that is going out to tender in February next year, and have tasked Devon Youth Service with gathering feedback. Our young people and parents have given their views via a survey as well as through discussions within our group sessions. If you would like to have your say on shaping this new service, then please complete their [Happy Healthy Me Survey](#) by **Friday 5 December**.

The Government's Children & Young People's Mental Health Task Force is also seeking views from professionals working with young people, to inform their review of national CAMHS services. You can feed into this consultation via the survey on the Task Force website – all responses must be received by **Friday 5 December**. [CYPMH Task Force Survey](#)

Training for Schools and Organisations

The Project now offers a number of mental health related training sessions and workshops for schools and organisations, helping equip both staff and young people with increased knowledge and awareness around mental illness.



With 9 in 10 young people with mental health issues experiencing stigma and discrimination, it is clear that young people themselves need to have a better understanding of the issues, to break down the fears and misunderstandings surrounding mental illness.

Youth Mental Health First Aid Training



Mental Health First Aid (MHFA) came to England in 2007 and was developed and launched under the

Department of Health: National Institute of Mental Health in England (NIMHE) as part of a national approach to improving public mental health.

Youth MHFA teaches practical skills that can be used every day. It gives a deeper understanding of the complex issues relating to young people and mental health, and helps people recognise the symptoms of mental health problems and enables them to provide initial help.

All The Project's staff and volunteers attend Youth MHFA training, and we are now working in partnership with one of MHFA England's qualified Youth MHFA trainers to offer this training to schools and organisations.

Youth MHFA Lite – a half day mental health awareness session

MHFA Schools – a one-day course, designed to give a basic level of mental health awareness, plus practical steps to support young people.

Youth MHFA – a full two-day training course, ideal for key staff working directly with young people.

We have 3 training dates planned for the Spring Term:

MHFA Schools 5 February (Axminster)

MHFA Schools 6 March (Chard)

Youth MHFA 23/24 April (Tiverton)

Further details & booking forms available soon

[=> find out more](#)

Mental Health Workshops for Young People

We can offer a range of mental health workshops which can be delivered to small groups of students, or to a whole year group, as part of a school's PSHE curriculum. Our workshops provide an interactive and engaging experience for students, and feedback from our workshops, from both staff and students, has been extremely positive.

[=> find out more](#)

All profits from our training courses and workshops helps to fund our Support Groups for young people and their parents and carers, so by booking your training through us, you are helping us to support young people from across the area.

Peer Supporter Training

In order to promote an ethos of recovery, we are keen to provide our young people with a way to continue their involvement with The Project, even after they no longer need the support of the group for themselves.

We are currently running our first Peer Supporter Training course, which is being attended by our new peer volunteer intake, as well as a number of young people who currently attend our 18-24s group. These young people will act as peer supporters to young people within our 13-18s group, whilst continuing to attend their own group, with a view to them becoming full members of The Project's volunteer team once they are ready to move on.

#heartonthehand – raising awareness around mental illness

We now have **#heartonthehand** wristbands on sale to help promote our campaign to raise awareness around mental illness. These are available to purchase via our [online shop](#).



Don't forget to post your #heartonthehand selfie on our Facebook page or on Twitter using the hashtag!

Shopping online? Support The Project

If you are doing any online shopping this Christmas, or even in the New Year sales, then please take a minute to sign up to EasyFundraising to help raise money for The Project. It is really simple to do, will only take you a few minutes AND costs you nothing! For further information, and to sign up, go to our [EasyFundraising](#) page ... then get shopping!!



With all good wishes for the festive season, and thank you for your continued support.

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