



# Supporting young people on the path to better mental health

Autumn 2016

## Welcome to our Autumn Newsletter!

The last few months have been extremely busy for everyone at The Project. With so much going on, we've had little time to reflect on all that we've achieved during the first half of the year, hence why this newsletter has been produced slightly later than intended!

2016 began with the launch of our new service in Chard, which provides fortnightly peer support sessions for young people. Our two new members of staff hit the ground running in the new year, with session activities being planned across both sites by our new Session Worker Lesley and our new Information Officer Lorna quickly getting to grips with The Project's activities in order to introduce a new information management and reporting system. Kerry has dealt with a steady increase in referrals to both services and Debbie has been out and about locally and nationally to promote The Project and to provide talks and workshops to professionals and young people, to raise awareness of mental health issues and how our service is set up to support young people and the parents and carers of those experiencing emotional ill health.

With so much going on, it's impossible to include everything that we've achieved since we published our last newsletter. So, we've just picked out a few significant highlights from the past few months.

## BIG NEWS!

### The Project Opens in Chard



We are delighted to announce that we opened our young people's support group in Chard, Somerset in January

2016, working in partnership with Yarlington Housing Group, an organisation who provides social housing **codes to** across South Somerset and East Devon.

Yarlington are generously providing full funding for a one-year pilot, and we are excited at this new opportunity to work in partnership with a successful local business. We have seen an increase in referrals month on month to the service in Chard. [Read more =>](#)

You can find out more about making a referral to our service [here](#).

Scan the QR codes with your mobile to read more



## Annual Review and Impact Summary

We have recently published our second annual report and impact summary and you can find this [here](#).



## The Project's New Allotment Plot

We are thrilled to announce that over the summer we started work on our new allotment space in Axminster! Thanks to our team of motivated volunteers, and to Tesco and ITT Industries in Axminster, the plot is now ready for growing and our crops of squashes, onions and kale are already doing well. A huge thank you to everyone who has donated resources, time and money to help us clear the plot, and get things started, and also to the other allotmenters who have made us feel very welcome – and helped out with watering through the hot weather! It's fantastic that we can now run sessions down there, we are all very proud of what's been achieved by the hard work and dedication of everyone involved.



## The Project Shortlisted for UK's Largest Diversity Awards



We are so proud to announce that The Project has been shortlisted for a Community Organisation Award for Age at the National Diversity Awards 2016, taking place on 16<sup>th</sup> September in Liverpool. Thank you to everyone that voted for us!!

Whether we win or not, to be shortlisted out of 20,000 nominations is a totally amazing achievement! [Read more =>](#)



The short film we made that celebrates our commitment to diversity can be found [here](#).



## Invitation to Department for Education

In February, Debbie was invited to a Department for Education Ministerial Workshop in London to showcase The Project as an example of best practice, and share her views and expertise with a group of stakeholders. This workshop was looking at mental health peer support for children and young people, as part of a programme of work being undertaken by the DforE to see what works in mental health peer support and what an effective model might look like. This programme of work was led by the Childcare and Education Minister Sam Gyimah, who attended the meeting



feel free to come along and meet others in a similar situation. [Read more =>](#)

*"Thank you for the warm welcome you gave me this evening. My head is in a bit of a whirl, but it was so good to hear other people sharing their problems and to not feel quite so alone." – A parent*



## SESSION NEWS

### Young People Support Sessions

Visitors to our sessions always comment on how friendly, warm and supportive the atmosphere is. This is largely due to the amazing young people and volunteers that we have! Despite our young people facing challenges within their mental health, our sessions are always filled with laughter and we are proud to be a safe and welcoming space where our young people feel comfortable and relaxed. Our volunteers are brilliant and we couldn't do it all without them – they all bring their own experiences and skills to the sessions and are invaluable to The Project.



Over the past few months, we have been up to a lot of exciting stuff! We've been very lucky to have visitors coming in to run sessions on drama, lyric writing, story writing and flower essences – all with a focus on how to understand and improve our mental health. We have enjoyed activities where we have painted glass to create relaxing candle holders; we've put together a vision board focusing on the positive things we wish to achieve this year; we've done mindfulness colouring in and written positive messages to ourselves; we've had interesting discussions about different areas of mental health and we've learnt lots of healthy and delicious recipes which we have cooked and eaten together (to name but a few of the activities!).

We have included one of those recipes in this edition's newsletter; we hope you enjoy it as much as we have!

### Parent & Carer Support Group

We have seen a steady increase in the number of parents and carers who are getting in touch with us for support. Our parent and carers support group has continued to meet on a quarterly basis and the date for the next meeting is Monday 19<sup>th</sup> September, 6.30pm, at The Young People's Centre in Axminster. If you are a parent or carer in need of support, please

### Quinoa and Halloumi Salad - Serves 4

#### Ingredients:

200g quinoa	6 Cherry tomatoes
250g pack of halloumi	Two spring onions
Half a cucumber	Half a red pepper
1 Avocado	Handful of rocket
Handful of pumpkin seeds	Olive Oil
Juice of 1 lemon	Salt and Pepper

#### Method:

1. Cook quinoa according to instructions and set aside to cool.
2. Chop all of your salad ingredients into bite-sized pieces.
3. Slice your halloumi and cook on a griddle – chop into smaller pieces.
4. Toast the pumpkin seeds in a dry pan and set aside.
5. Mix a couple of tbsps. of olive oil and the juice of the lemon together with some salt and pepper to taste – this will be your dressing.
6. Mix all of the ingredients together with some of the lemon oil dressing and tuck in!



## OTHER NEWS

### The Project Team Expands



Lesley



Lorna

We welcomed two new team members at the end of 2015. Lesley Brown joined the team as The

Project's Session Worker, to run our young people's support sessions, both in Axminster and Chard; and Lorna Davis as the new Information and Admin Support Officer, to help us to meet our monitoring, evaluation and reporting requirements. [Read more =>](#)



## Association for Young People's Health Research

ayph

Association for  
Young People's Health

The Project was approached by The Association

for Young People's Health (AYPH), the UK's leading charity working to improve the health and wellbeing of 10-24 year olds, to take part in an exploratory research project: "Enabling parents to support young people with mental health problems"

The Sir Halley Stuart Trust funded the Association for Young People's Health to undertake a study looking at how the parents of young people with mental health problems help their young people to get the services they need, and the AYPH conducted a focus group with our Parent & Carers Group to feed into and inform their research.

Debbie will be attending the launch of their report at the House of Lords in November.

### The Project goes on the Road



Since the launch of our new service in Chard, we have made a real effort to network with GPs, schools, community groups and organisations across South Somerset to let people know what we do. We are always happy to come and meet

with local groups, healthcare or teaching professionals, to provide information about our services, so if you would us to visit you team, please do get in touch with us.

We've met with lots of lovely people at local events such as St Mary's Church Fete in Chard, Chardstock Street Fayre and we will be attending a community event in Chard on 15<sup>th</sup>



September, run by Yarlinton Housing Group, which will take place in Henson Park (at the bottom of the recreational park), 3pm – 6pm. Please come along and find out more about what we do if you are in the area!

### Volunteers' Week



In June we hosted a 'Meet & Greet' event for anyone interested in volunteering for us. This provided an opportunity

for people to find out more about what we do and to hear about the different roles that volunteers play at The Project. This was followed by a friendly social meeting with our existing volunteers, accompanied by lots of tasty nibbles!



We are always keen to welcome new volunteers to the team, for our sessions, allotment or to help with fundraising. [Find out more =>](#)

### 'Time to Talk Day' at WATCH Project in Chard



We joined up with The WATCH Project in Chard as part of Time to Talk Day - a day spent starting conversations about mental health, to help break down stigma and change attitudes. We had some good chats with people and together we helped to raise awareness of the Time to Talk Campaign.

### MENTAL HEALTH TRAINING & TALKS

The Project offers a range of training opportunities, both to professionals and to young people. We can tailor a training session to meet the particular needs of the audience. You can see full details of all training, workshops and talks that we offer [here](#). Full details of our latest training dates and venues will be circulated very soon, so watch this space, or sign up to receive information about our training opportunities by email at [info@theprojectyp.org.uk](mailto:info@theprojectyp.org.uk)



### Mental Health workshops for young people

We have continued to 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 have provided an interactive and engaging experience for students, and feedback from our workshops, from both staff and students, has been extremely positive.

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, and which can often prevent young people from seeking appropriate help.

*"Really good, opened my eyes to it"* – pupil from Axe Valley Community College



Locally, we have worked with **Holyrood Academy, Axe Valley Community College, Sidmouth College** and **Woodroffe School**, and we will be working with Yrs. 9 & 10 at **Colyton Grammar** over the next 2 terms.

If you would like us to come to your school, or other youth setting, please get in touch. [Find out more =>](#)

### Mental Health training for professionals



The Project now offers a number of mental health related training sessions and workshops for professionals working with young people, helping to equip them with increased knowledge and awareness around a number of specific mental health issues.

There has been particularly high demand for our **Self Harm and Young People** workshop, and feedback has been excellent. We have delivered a series of 5 workshops for East Devon District Council, working with around 100 of their employees from staff in HR through to Community Housing Officers, as well as for teachers and other professionals working or having contact with young people.

*"Massively engaging. Thank you for taking positive steps to remove stigma of mental health illness"*  
– course Participant

#### Mental Health Awareness (am) Self Harm and Young People (pm)

26<sup>th</sup> January 2017 – venue TBC  
27<sup>th</sup> March 2017 – venue TBC  
27<sup>th</sup> June 2017 – venue TBC

Booking information will be available soon!  
Lunch provided to delegates attending both sessions.

Our interactive workshop offers an opportunity to discuss this emotive topic openly and safely, in a small group (max. 20 participants). It is suitable both for those with no awareness of this subject, as well as those supporting young people with this type of behaviour.

Our **Mental Health Awareness** workshops have also proved extremely popular, and we have delivered training for ATL, the Teacher's Union as well as Dorset Councils Partnership, from Weston-Super-Mare to Weymouth. [Find out more =>](#)

### Youth Mental Health First Aid Training



Mental ill health can affect every single one of us.

By learning to recognise the signs that someone may be unwell, you may be able to provide initial help, to guide a person towards appropriate professional help,

and in its most powerful form, save a life by learning basic suicide intervention skills.

Whether you teach, care for, support or live with a young person, this training is for you!

[Find out more =>](#)

#### Youth Mental Health First Aid Training (2 day course)

16 -17 November 2016 – East Devon Business Centre, Honiton  
1 – 2 February 2017 – Venue TBC  
22 – 23 March 2017 – Venue TBC  
7 – 8 June 2017 – Venue TBC

#### Youth Mental Health First Aid Training (1 day course)

21 January 2017 – Venue TBC

### Mental Health Awareness Talks

Debbie met some fantastic people while delivering mental health awareness training for Daisi Arts in Exeter recently - people from across the creative arts working with young people. Made some great contacts with people who would like to come a deliver workshops to our young people - and the feedback to the training was very positive!

*"Thank you for a wonderful days training yesterday, it was fascinating to see how a group consensus on the nature of mental health strengthened my understanding and made me more confident in the delivery of the art activities we are planning"* – course participant

Over the past year, Debbie has given a number of talks to local groups and organisations to raise awareness around young people's mental health. If you would like Debbie to talk to your group or organisation, please get in touch.

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**Through The Project's training and workshops in schools and communities, we aim to raise awareness around young people's mental health issues, breaking down the stigma and prejudice surrounding mental illness, and ensuring those who work with and care for young people have the knowledge and experience to offer timely and effective support to young people in need.**  
**All profits from our training and workshops are used to help fund our support groups.**

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## FUNDRAISING FOR THE PROJECT

### Our Funders



There have been some amazing fundraising efforts on behalf of The Project, and we are grateful to every individual, group and organisation who decides to raise money for us. It has provided a vital lifeline to us over the past year.

Especial thanks must go to Axminster Hospital League of Friends, who provided match-funding for 2016,

alongside our Comic Relief grant; and to Axminster Care Service, who have committed to provide us with a grant for the next 3 years.

Just a few of the local organisations who have raised funds for The Project this year include:

- St Mary's Church in Chard
- The Prefect Team at Colyton Grammar School
- Ax-Pedition (Axminster Tools and Machinery)
- The Gallery Art Café
- Colyton Community Café
- Devon Community Foundation
- Somerset Community Foundation,

Of course we are also extremely grateful for our core funders this year, which include Comic Relief and Yarlington Housing Group.

Individuals have also contacted us to tell us about their own individual challenges they have set themselves to raise funds for The Project, these include a sky dive, a cycle ride and Nordic walking!

We are also extremely lucky to have received donations of all kinds from groups and individuals who want to help support our work.

**The generosity demonstrated by members of our local community is admirable and we thank everyone for all the donations of time, money and resources, no matter how small. It really does help us to continue our work supporting young people.**

### East Devon Business Initiative (EDBI)



The EDBI (East Devon Business Initiative) is a non-profit making, networking and referral group made up of enterprising small and medium sized businesses in the East Devon and Exeter areas.

Every year the EDBI likes to support and raise funds for local charities. This year they have chosen to support The Project. Not only has this meant that they have raised money for us, but we have also benefitted from making links with the local business community and from some pro bono support from members of the group. <http://www.edbi.co.uk/>

### Our #heartonthehand Campaign



To participate in The Project's "Heart On The Hand" campaign and help raise awareness around young people's mental health issues, please (1) draw a red heart on your hand, (2) take a selfie, (3)

post it on social media using #heartonthehand, (4) text HAND09 £1 to 70070 and (5) nominate your friends to do the same!

Don't forget our #heartonthehand wristbands, which are on sale to help promote our campaign to raise awareness around mental illness. These are available to purchase via our [online shop](#).

Remember to post your #heartonthehand selfie on our Facebook page or on Twitter using the hashtag!

### Shopping online? Support The Project

Just to remind you that if you are doing any online shopping in the run up to Christmas, 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!!



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