

THE SURREY WELLBEING PARTNERSHIP



surreywellbeing.org

A GUIDE TO OUR SERVICES

INTRODUCTION



ABOUT SWP

Surrey Wellbeing Partnership (SWP) is a formal joint venture of local and national charities of various sizes with a common goal: to work with children and young people in the community to improve wellbeing and mental health so that they can live full, fun and confident lives.



OUR VALUES

- Focused on improving children and young people's outcomes, always
- Open, trusting and relational
- Ambitious and transformational
- Strengths-based and collaborative
- Learning and adapting
- Clear and determined

Our purpose is to combine the strengths, experience and reach of the charity sector in Surrey to participate in larger contracts and continuously improve the help and support that is available for the people we help.

Through modelling our values we are particularly focused on providing preventative support or early interventions with children, young people and families to avoid emerging situations turning in to a crisis.

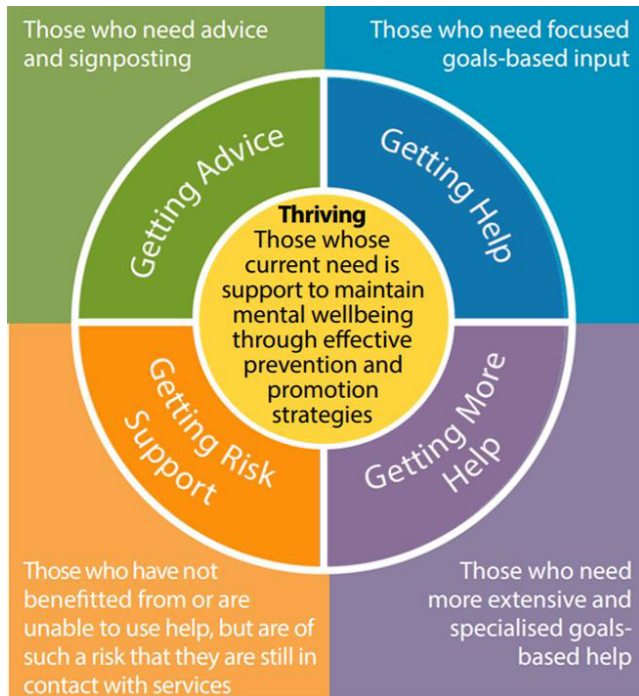
SWP is a registered charity and company limited by guarantee.

WHAT WE DO

MINDWORKS SURREY

SWP are part of a new alliance of NHS and voluntary sector organisations working together to improve emotional wellbeing and mental health services for children, young people and families across Surrey.

The new approach will be underpinned by a new service delivery model called the THRIVE Framework for System Change (Wolpert et al., 2019.) Its main emphasis is on giving children and young people a central voice in decisions about their care. We will also start to develop a commonly used language across children's services.



HELPING YOUNG PEOPLE THRIVE

THRIVE conceptualises the mental health and wellbeing needs of children, young people and families in terms of five different needs-based groupings:

- those who need advice and signposting to information and support – we call this 'Getting Advice'
- those who need focused, goals-based input (such as overcoming anxiety in social settings) – we call this 'Getting Help'
- those who need more extensive and specialised goals-based help (such as struggling with eating disorders) – we call this 'Getting More Help'
- those who have been unable to use help, or for whom help has not resolved their difficulties, but are still of real concern to professionals and those that love them (such as homeless children or children not in education) – we call this 'Getting Risk Support'
- as well as those who will benefit from prevention and promotion strategies that will help them maintain their own mental wellbeing – we call this 'Thriving'.



OUR SERVICES



ALONE TOGETHER AND TOGETHER ALONE

Category: Getting Advice

Description:

- A two-season digital mini-series performed by young actors, 'Alone Together' and 'Together Alone,' are designed to open up conversations about mental health and enable young people to get guidance about mental health issues.
- Available online, these digital resources blend dramatic narratives with access to high quality information and advice for young people to access in their own time or directed by teachers and other professionals.
- Season 1, 50 Days - Alone Together tells the story of ten teens and their first fifty days of lockdown. It explores a range of mental health and wellbeing issues including: alcohol misuse, abusive relationships, caring responsibilities, anger, friendships, eating disorders and OCD.
- Season 2 - Together Alone follows the character of Syed to university. Filmed on location in university halls, this character driven series focusses on a range of mental health and social issues which can affect young people, including grief, anxiety and radicalisation.

Partner: Peer Production

Contact Info:

Website: www.50daysalonetogether.com

Email: nina@peerproductions.co.uk

MASKING - LIVE PERFORMANCES

Category: Getting Advice

Description:

- Masking is an entertaining play about mental health designed to educate young people about common mental wellbeing issues and empower them to take control of their own mental health journeys. Performed by young people for young people, it tours to secondary schools across Surrey and includes a comprehensive teachers' resource pack.
- The play was built from focus groups of young people, using real accounts to uncover the concerns that are now most impacting young people's emotional wellbeing. It contextualises common mental health concerns such as anxiety within a world affected by war, climate crisis and pandemics, on top of individual pressures from exam stress and social media.
- Masking opens up dialogue, looks at how mental health and resilience can be improved and pathways to access help and support.

Partner: Peer Production

Contact Info:

Website: www.peerproductions.co.uk/plays/masking

Email: alice@peerproductions.co.uk

SCHOOL EARLY INTERVENTION CO-ORDINATORS

Category: Getting Advice & Getting Help

Description:

Early Intervention Coordinators provide early intervention support in the form of 1:1 and group work with young people across a cluster of schools. They support young people with a range of difficulties which include anxiety, resilience building, exam stress, self-esteem, and friendship difficulties. They deliver targeted group sessions bespoke to the needs of their students.

Partners:

East to West – Spelthorne, Elmbridge, Woking
info@easttwest.org.uk

Eikon – Runnymede, Waverley, Surrey Heath
info@eikon.org.uk

YMCA East Surrey – Reigate & Banstead, Epsom & Ewell
headstog@ymcaeast Surrey.org.uk

Matrix – Guildford
info@matrixtrust.com

Learning Space – Mole Valley, Tandridge
www.learningspace.org.uk

SCHOOL PROJECT WORKERS

Category: Getting Advice & Getting Help

Description:

Working in partnership with the school cluster teams, YMCA East Surrey will be offering project based support to respond to needs in specific schools and areas. Initially the project workers will cover East Surrey and will be able to offer targeted group work to address specific themes emerging in schools. In addition, project workers will be able to run workshops and information sessions for parents.

Partner: YMCA East Surrey

School Project Worker: gemma.gay@ymcaeast Surrey.org.uk

THE COMMUNITY WELLBEING TEAM

Category: Getting Advice & Getting Help

Description:

The Community Wellbeing Team:

- consists of Matrix, YMCA, Barnardo's, Learning Space and Eikon
- has at least two wellbeing practitioners in each borough
- works with 8 to 18 year olds within the community, doing both 1:1 and group work
- is a needs led service in which young people identify the outcomes they wish to achieve and collaborate with their wellbeing practitioner to achieve this
- has no set time limit on work, is at the child's pace and covers a range of issues such as anxiety, stress, self-harm and isolation.

The National Autistic Society also offer Community Wellbeing Team support specifically for families of children with ASD, focusing on the 16+ age group. These practitioners are also available to offer support at CYP Havens in Surrey. YMCA East Surrey also run monthly online parent workshops available to anyone in Surrey.

YMCA East Surrey's services are inclusive, and we support many children and young people with ADHD, ASC and other neurodevelopmental conditions and special educational needs. We consider the unique needs of every child referred to our services and, in some circumstances, we may conclude that we do not have the training, expertise and experience to meet the specific special needs of a child. In these circumstances we will support the child and family to identify and access the most appropriate services to meet their needs.

Partners and Contact Info:

Barnardo's, Covering Spelthorne, Waverley, Surrey Heath, Woking
CWT@barnardos.org.uk

Eikon, Covering Runnymede & Elmbridge, communitywellbeingteam@eikon.org.uk

Learning Space, Covering Epsom, Banstead, Leatherhead, Dorking, Redhill & Tadworth,
natasha@learningspace.org.uk

Matrix, Covering Guildford, youth.support@matrixtrust.com

YMCA East Surrey, Covering Epsom & Ewell, Tandridge, Reigate & Banstead
communitywellbeingteam@ymcaeast Surrey.org.uk

National Autistic Society, 01483 521743, surrey.nas@nhs.net

ACTIVITY EVENINGS & DAYS

Category: Getting Advice & Getting Help

Description:

- These will be for children and young people (including parents) with autism or awaiting an ASD assessment.
- The aim is to enable children and parents to build up a network of support and to provide a safe space to achieve a sense of 'belonging'.
- A monthly, two hour evening club for children and their parents at the Phoenix Centre in Tadworth. Two separate clubs running fortnightly.
- Activity days in the Phoenix Centre Tadworth and out in the wider community to be offered on selected days during the school holidays.

Partner: Learning Space & National Autistic Society

Contact: emma@learningspace.org.uk

Referral Info: Requests for support through the Access & Advice Team(0300 222 5755)



FAMILY VOICE

Category: Getting Advice & Getting Help

Description:

- Family Voice play a crucial role in representing and advocating for the needs of children, young people and families through consultations, meetings, peer groups and one to one listening services.
- These forums provide an essential space for families to be heard.
- Parent Voice is a space for parents and carers. This group provides a safe and supportive environment for parents to connect socially, share their experiences and get involved in the Learning Space community, helping to improve outcomes for children and young people. Families also enjoy connecting together through activity days as part of our school holiday offer. Contact: clare.d@learningspace.org.uk
- Families have enjoyed connecting with others through our activity days and celebration events as part of our term time and school holiday offer.

Partner: Learning Space

Contact: natasha@learningspace.org.uk

Referral Info: Requests for support through the Access & Advice Team (0300 222 5755)

YOUTH VOICE

Category: Getting Advice & Getting Help

Description:

Youth Voice is an advocacy group for young people who want to make a difference. It gives young people the opportunity to give their opinions and help to shape a range of projects. Previous projects include designing and delivering holiday activities, fundraising and providing input into the Mindworks service.

“Youth voice has given me the opportunity to meet new people and feel listened to.”

- Who? School years 7 – 13
- When? Fridays 4:00 – 5:30 pm
- Where? 3 Mill Street, Redhill

This group also helps us to deliver service improvements as well as develop and shape new models of support

Partner: Learning Space

Contact: natasha@learningspace.org.uk

Referral Info: Requests for support through the Access & Advice Team (0300 222 5755)

BUBBLE GROUP

Category: Getting Advice & Getting Help

Description:

Learning Space Bubble Groups were created in response to increasing numbers of referrals for children and young people experiencing anxiety.

Phoenix Bubble group – a group for young people experiencing anxiety or social isolation to connect with peers at their own pace.

We have a range of activities on offer such as games, art and baking. Young people can engage at a level that is right for them and there is no obligation to join in any of the activities. We can offer up to two 1:1 sessions to support engagement.

“I’m talking confidently to other young people now. I didn’t think I’d do that before.”

- Why? To develop confidence and friendships
- Who? School years 7 – 13
- When? Mondays 4:00 – 5:30 pm
- Where? Phoenix Centre, Tadworth

Ongoing dialogue with young people and parents enable us to celebrate progress.

Young people can access our holiday activities and youth voice opportunities.

Partner: Learning Space

Contact: natasha@learningspace.org.uk

Referral Info: Requests for support through the Access & Advice Team (0300 222 5755)

PARENT ANXIETY COURSE

Category: Getting Help

Description:

A course for parents and carers of children with anxiety. Parent anxiety courses and parent voice groups are for any young person or parent living in Surrey.

The group meets for four sessions, each lasting one and a half hours and will provide:

- Opportunities to talk about and develop strategies for supporting children with anxiety including behaviour challenges
- Support for everyday parenting challenges
- Opportunities for parents to share their own experiences and learn from others

Parents will have two thirty minute 1:1 sessions, one before the group starts and one after it finishes.

“I’ve been listening more. I’ve been noticing when things are going ‘off track’ and stepping in early to ‘nip things in the bud’ before they escalate instead of going in ‘all guns blazing’ as I would have in the past.”

Partner: Learning Space

Contact: sarah@learningspace.org.uk

Referral Info: Requests for support through the Access & Advice Team (0300 222 5755)

WAVES YOUTH GROUP

Category: Getting Help

Description:

WAVES offers drop-in youth clubs and lunchtime groups in schools with a strong emphasis on developing and maintaining good emotional health and wellbeing. We mainly support young people aged 13-18 but we are developing provision for 10-12 year olds. We work in various locations across East Surrey.

We provide a safe and informal environment for young people where they can:

- Talk about mental health with staff and other young people
- Learn about and explore different coping strategies
- Take part in group activities which promote good mental health.

We also support young people’s emotional wellbeing through our Beatz music project

“I have never been to a youth club group before outside of school because I never felt I fitted. WAVES is perfect for me. I have made new friends who I know will support me and have learnt a lot.”

“I can’t imagine not coming to WAVES now, I have so much fun while I am here and I am feeling much more positive about my future. Thanks.”

Partner: YMCA East Surrey

Contact: waves@ymcaeast Surrey.org.uk

VOLUNTEER MENTORING

Category: Getting Help

Description:

Eikon's Mentoring programme is currently being delivered in six schools across Surrey (Collingwood College, Kings College Guildford, Weydon School, Woolmer Hill and Farnham Heath End School). Support is provided by volunteers, who are fully trained to act as mentors, and form a positive one-to-one relationship with young people who may be experiencing difficulties in their lives and want to make a change. Schools where this provision is in place can make a referral to Eikon for mentoring via a referral form.

Partner: Eikon

Contact: Schools@eikon.org.uk



YOUTH CAFÉS

Category: Getting Help

Description:

- After school open access drop in for secondary aged students
- Safe spaces with state-of-the-art facilities manned by dedicated teams of youth workers
- Giving young people a sense of belonging and community alongside peers
- A space for young people to find out about other services and have help (if needed) to refer.

Partners: Leatherhead Youth Project (Leatherhead & Bookham), Matrix (Guildford)

Contact: info@leatherheadyouthproject.com or info@matrixtrust.com



TARGETED SUPPORT - COMMUNITY GROUPS

Category: Getting Help

Description:

- Evening sessions for 11-16 year olds where they eat together and then focus on a current issue picked by the young person themselves. The dedicated project lead then works with the young people to explore the issues they face and develop resources for themselves & their peers.
- A space for young people to meet others and develop social skills in a positive environment. As well as an opportunity to explore general themes and overarching topics.
- Group sizes can vary and weekly attendance is not mandatory.
- Sessions are based in Leatherhead and Bookham.

Partner: Leatherhead Youth Project

Contact: info@leatherheadyouthproject.com



GROUP WORK - EMOTIONAL RESILIENCE

Category: Getting Help

Description:

- We offer group work (six young people per group for eight sessions) in secondary schools across Mole Valley.
- The sessions are strength based and will focus on building up the young person's own resources & support system. The aim is to provide them with tools that they can use going into their future.

Partner: Leatherhead Youth Project

Contact: info@leatherheadyouthproject.com

WELLBEING VOLUNTEER MENTORS

Category: Getting Help

Description:

Our trained volunteer mentors offer support, motivation, and encouragement to enable young people and parents to achieve their potential. Mentoring is a simple but effective way for one person to give their support to someone else who is going through a tough time or needs encouragement to make difficult decisions. We help young people and parents feel better about themselves or cope with problems at school or at home and improve relationships and family life.

Mentors are carefully matched with the people they will be supporting (mentees). They meet with their mentee in a public place, like a café, and can provide the young person or parent with the space they need to talk about challenges they are facing. As part of our mentoring support, we invite young people to take part in activities on our Swingbridge Community Boats or at one of our allotments, to encourage teamwork and relationship building as well as improving social skills.

We can support 10 -18-year-olds or parents with children aged 5-19 years old.

Partner: Surrey Care Trust

Contact: mentoring@surreycaretrust.org.uk



YOUTH SUPPORT SESSIONS

Category: Getting Help

Description:

- Informal sessions for young people in years 7-13 to meet with a youth worker for guided conversation and to develop positive techniques for managing emotions.
- Sessions are relational and develop young people's self esteem, emotional literacy, behaviour management skills and positive techniques for managing bereavement, stress, anxiety or other mild to moderate issues.
- Face to face sessions take place in schools or digitally.
- It provides young people with a safe space where they can speak freely about whatever is causing them concern - however big or small - preventing any downward spiral in emotional wellbeing or mental health.
- Young people show an improvement in their personal development, seen through an increase in their ability to manage and reduce their issues.

Partner: Matrix

Contact: youth.support@matrixtrust.com

TARGETED WORKSHOPS

Category: Getting Help

Description:

- For young people with mild-moderate mental health issues / low emotional wellbeing
- Six structured interactive sessions with a maximum of six invited young people (years 7-11) on specific topics including: anxiety/worry, self-esteem/confidence and friendship/relationships
- These sessions provide an extended support network and practical strategies for young people struggling with similar issues with youth workers encouraging openness about feelings.

Partner: Matrix

Contact: youth.support@matrixtrust.com

Services available in Guildford Borough only



SCHOOL TRANSITION COACHES

Category: Getting Help

Description:

- For young people who are struggling or at-risk of struggling with the transition from primary to secondary school.
- Volunteer coaches provide emotional literacy input as well as wellbeing support and helping the young people to process the transition.
- These informal sessions are weekly, taking place over a 12 month period.
- These sessions aim to reduce the impact of the transition from primary to secondary school with young people showing an increase in confidence, resilience and emotional literacy skills.

“When Grace was in her final year of primary school we noticed she was experiencing severe anxiety...the coach helped Grace develop and use coping strategies and she is now enjoying secondary school.” - Parent

Partner: Matrix

Contact: youth.support@matrixtrust.com

Services available in Guildford Borough only

COUNSELLING

Category: Getting Help

Description:

- Young people are offered a safe and confidential space to talk about their experiences and worries.
- Counsellors are trained to listen without judgement and encourage young people to make positive decisions for themselves.
- The process is proactive, with the counsellor adjusting the process and employing the techniques that best fit the young person's needs.
- A range of strategies are used, including symbolic, creative, behavioural, cognitive and psycho-educational.
- Counsellors can help with a range of issues, including stress, anxiety, low-mood, bullying, bereavement, low self-esteem, family problems, self-harm and relationship issues.
- Outcomes are goal based and sessions are focused on empowering young people and facilitating positive change.
- Courses of counselling are short term and not suitable for severe mental health issues and trauma.
- The age range of those supported differs between partners, so please check this when enquiring.

Partners: Relate West Surrey, YMCA East Surrey, Step by Step, Leatherhead Youth Project, Eikon

Contact: Requests for support directly from Mindworks (mindworks-surrey.org) or Access and Advice Team (0300 222 5755)

SOLUTION FOCUSED SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Category: Getting Help

Description:

Solution focused one-to-one support together with creative activities which are adapted to the individual needs of the child or young person.

The core of the solution focused approach is the belief that we all have resources and skills needed to change and resolve our own difficulties. We work with children and young people aged 5 years + and for up to six sessions.

Goals which the child or young person (and/or their family/carers) themselves want to reach are set at the beginning of the sessions and progress towards these goals is monitored throughout.

Our strengths-based interventions help children and young people identify what they are good at and what is working well for them. These resources can then be used as the launch-pad for their own journeys to become coping, confident young adults.

Our experienced practitioners are from various professional backgrounds: teaching, social work, drama therapy, counselling, school nursing, youth, and community work and all are expert in building trusted relationships and offering support which is customised to individual needs.

Sessions take place Monday to Friday 9.00 to 4.00 pm in Tadworth and Guildford.

Partner: Learning Space

Contact: info@learningspace.org.uk

Requests for support through the Access and Advice Team (0300 222 5755) or CCT's

SOLUTION FOCUSED SUPPORT FOR CHILDREN, YOUNG PEOPLE AND THEIR PARENTS

Category: Getting Help

Description:

In addition to support for children and young people we also offer solution focused sessions for children, young people, and their parents together.

When families work together progress towards better communication, reduced levels of conflict and an improved home environment can often happen quicker.

Our offer is up to eight sessions using the basic principles of solution focused approaches and individual goal setting to facilitate change and progress.

We are more interested in exploring solutions than in trying to understand problems and trust that the smallest of changes is all that is needed to bring about further steps towards desired change.

Sessions take place Monday to Friday 9.00 to 4.00 pm in Tadworth and Guildford.

Partner: Learning Space

Contact: info@learningspace.org.uk

Requests for support through the Access and Advice Team (0300 222 5755) or CCT's

PARENT WELLBEING SERVICE (PWS)

Category: Getting Help

Description:

- The Parent Wellbeing Service offers support to parents or carers whose children are experiencing poor mental health and wellbeing such as anxiety, depression, stress, self-harm and eating disorders.
- The Service will enable parents and carers to be a protective factor for their child/young person in their wellbeing recovery. Increasing their confidence to support their child/young person.
- The Service will aim to address and reduce the vicarious trauma the parent/carer may be suffering.
- The Service offers one to one support or group work to parents/carers whose children/young people are receiving EHWP, clinical or social support.
- The Service is made up of Parent Wellbeing Practitioners and volunteers who take on the role as Befriender offering peer to peer support.
- Parents/carers may become future volunteers to support others, leading to a sustainable and growing service.

Partner: Barnardo's

Contact: PWS@barnardos.org.uk

HEADS UP!

Category: Getting Help

Description:

Heads Up! Is an Early Intervention Emotional Wellbeing Programme delivered within a school setting to children and young people aged 9-14 years residing in North Surrey.

- Young people are coached in groups of 10-15 to improve their communication and social skills, share experiences associated with emotional wellbeing, form support networks and implement strategies.
- Sessions are facilitated through fun; creative activities enabling children and young people to increase their emotional resilience and promote coping skills.
- 8 sessions delivered.

Units Covered:

- Promoting positive emotional wellbeing
- Mental health awareness
- Managing stress and anxiety
- Support services and networks
- Self-esteem
- Unhelpful thinking styles

Schools are asked to request for groups of children and young people, requests for individual support are not accepted.

Partner: Eikon

Referrals Info: email communities@eikon.org.uk

Contact: communities@eikon.org.uk

HIGH HOPES!

Category: Getting Help

Description:

High Hopes! is an 8-week early intervention programme delivered to young people aged 8-16 years residing in North Surrey.

- The High Hopes! Programme encourages peer to peer and peer to parent relationships, increase social skills, promote positive physical and mental health and build resilience and confidence for children and young people.
- Eikon works in partnership with SOLD to provide emotional wellbeing support to young people and their families through combining outdoor activities along with evidenced based practises.

Program Structure:

- Week 1 – Relationship building between CYP and Practitioner
- Week 2 – CYP participate in outdoor activities.
- Parent/Carer participate in parenting workshop with a focus around managing CYP anxiety, building relationships, sharing experiences and improved CYP and Parent/Carer communication
- Weeks 3-7 – CYP meets with their Practitioner to work towards their emotional wellbeing goal.
- Week 8 – CYP and Parent/Carer participate together in outdoor activities, with an emphasis on young person taking the lead; building upon the confidence gained during their one to one sessions.

Partner: Eikon

Referrals Information: MindWorks Request for support for a child or young person (referral)

Mindworks Surrey (mindworks-surrey.org)

EMOTIONAL WELLBEING PRACTITIONERS

Category: Getting Help

Description:

The Eikon EWP team support children and young people aged 6–18 yrs. over an 8-week period who are experiencing challenges around their emotional wellbeing residing in Northwest Surrey.

- The service is needs-led and young people identify the outcomes they wish to achieve and work with their Emotional Wellbeing Practitioner to achieve their desired outcomes
- Children and young people supported by their Emotional Wellbeing Practitioner cover a range of issues such as anxiety, stress, self-harm, eating disorders, and isolation.
- Why? Bespoke sessions to meet the needs of the children and young people and their families
- How? Face to face, one to one sessions.
- What? Intervention offered according to need.

Partner: Eikon

Referrals Information: MindWorks Request for support for a child or young person (referral)

Mindworks Surrey (mindworks-surrey.org)

ND SUPPORT

Category: Getting Help

Description:

- Parent/Carer ND Support Program which offers a blended approach of group work and one to one support through 3 x 1 hr online workshops followed by one to one sessions for parents and carers of children and young people experiencing traits linked to neurodiversity or who have a diagnosis of ASD and/or ADHD
- Specialist Emotional Wellbeing Practitioners are trained to focus on children and young people aged 10 and under, diagnosed or pre-diagnosed with Neurodiversity. one to one sessions following the parenting workshops are bespoke and aim to support parents and carers in developing a deeper understanding of their child or young person's needs and how to implement effective strategies at home to support them. Individual sessions are mainly delivered online but can include some face-to-face work, working together with school and home visits.
- One-to-one Support for children and Young People with traits of neurodiversity or diagnosis of ASD and/or ADHD
- One-to-one Sessions may involve parents and where possible the child or young person's school to ensure a holistic approach to their support
- Why? Sessions explore strategies to support the child or young person to understand and recognise emotions, learn about self-regulation, reduce and manage anxiety and develop self-confidence and greater self-esteem.
- How? Sessions take place virtually for parenting workshop, face to face at our offices, within school and in certain circumstances at the child or young person's home.

Partner: Eikon

Referrals Information: MindWorks Request for support for a child or young person (referral)

Mindworks Surrey (mindworks-surrey.org)

EMERGE PROJECTS

Category: Risk Support

Description:

- A #VoiceOfHope for young people aged 10-25 in A&E and beyond because of self-harm, a suicide attempt or emotional crisis.
- Quality time, care and compassion.
- Young people are able to engage with treatment and recover a sense of hope.
- It is not a replacement for specialist mental health support or clinical treatments.

Emerge Advocacy

You can find us in the Royal Surrey, Frimley, Epsom and East Surrey hospitals. A similar project is run by the charity east to west in St Peter's hospital. Emerge supports young people who are currently in the hospital because of self-harm, a suicide attempt or emotional crisis. We can keep you company, play a game, and chat about whatever you like to help you through your time in hospital. We don't ask any awkward questions!

We also offer follow up support for up to three months after you leave hospital where you can meet up with one of our team for informal, friendly chats at a time and place that suits you.

Our support is provided by specially trained volunteers and a small staff team.

We're available in hospitals from 7pm to 11pm and you can find out which evenings we're in your hospital by checking our website or the publicity materials within the hospital.

EMERGE PROJECTS (CONTINUED)

Category: Risk Support

You can contact us directly or ask a member of hospital staff if that's easier. If we are not available when you call, you can always leave us a message and we will get back to you ASAP but please be aware that our phone lines are not monitored 24/7 and if you are looking for urgent crisis support, do contact emergency services or call the Mindworks Crisis Line.

Royal Surrey County Hospital - 07534 331 455

Epsom Hospital - 07943 194 529

Frimley Park Hospital - 07943 193 727

East Surrey Hospital - 07984 006 540



SCHOOLS PROGRAMME: SMART MOVES

Category: Thriving

Description:

Smart Moves® is a transition programme of evidence-based short sessions to provide young people with small learn-able skills (Smart Moves) that increase resilience in years 6, 7 and 8. ©. Based on Boing Boing's Resilience Framework, developed by Professor Angie Hart and Dr Derek Blincow with help from Helen Thomas and a group of parents and practitioners, Smart Moves is designed to support young people experiencing anxiety in their transition from primary to secondary school

A teacher led, classroom- based resource, focusing on real life situations children and young people face when starting and settling into secondary school. Each classroom pack contains 32 pupil booklets and 1 teacher pack, funded for all schools in Surrey.

A parent webinar to complement the Smart Moves® programme is available and aims to support parents in embedding some of the Smart Moves® resilience activities at home. The webinar and booklets can be accessed via the Eikon Website.

Partner: Eikon

Contact: schools@eikon.org.uk

SCHOOLS PROGRAMME: SMART SCHOOLS

Category: Thriving

Description:

Smart Schools supports Senior Mental Health Leads or staff with the responsibility of mental health in school. Working in accordance with the Department of Education Whole School Approach to Mental Health and Wellbeing, Smart Schools offers a supportive, bespoke offer funded for all Surrey Schools. An initial whole school audit, completed anonymously by senior leaders, or those with a responsibility for mental wellbeing in school is a valuable first step in identifying the current wellbeing offer in school. Eikon can support the wider school improvement plan through strategic wellbeing objectives. A bespoke package of support may include, staff training, focus groups for staff, parents or students, parent webinars, transition support through Smart Moves and wellbeing ambassadors' programme.

In addition to bespoke school webinars, we offer a range of online and open access webinars for parents and carers explore ways in which they can support the mental health and wellbeing of their children and young people at home. Combining both theory and practical strategies, the webinars offer a range of accessible ideas for parents to choose from, and to find those that will best suit their family. The webinars are delivered over approximately an hour with an opportunity for questions. They are free to attend and are open to all parents living in Surrey or with children attending school within Surrey.

Topics currently include:

- Supporting your Child's Wellbeing & Mental Health (Primary)
- Supporting your Child's Wellbeing & Mental Health (Secondary)
- Supporting your Child with the Transition to Secondary School
- Supporting your Child through Year 10 & 11
- Supporting your Primary Aged Child with Anxiety (2 -part webinar)
- Supporting your Child's Self Esteem and Confidence

Contact: schools@eikon.org.uk

SCHOOLS PROGRAMME: HEAD SMART

Category: Thriving

Description:

Our student voice wellbeing ambassador programme, Head Smart, trains students to become Wellbeing Ambassadors and champion whole school wellbeing. Eikon deliver a 3- hour training session in school, for students from year 3 – year 12, funded for all Surrey schools. Students learn about the 5 Ways to Wellbeing, understanding how to implement them into their daily life to develop good wellbeing habits. The second half of the training focuses on whole school wellbeing, hearing the students voice around how and where they can access help in school, and how this can be improved for the whole school community. A member of school staff is required to be available throughout the training and to facilitate the group and their ideas moving forward.

Partner: Eikon

Contact: schools@eikon.org.uk

ASD FAMILY WELLBEING COORDINATOR

Category: Neurodevelopment

Description:

The ASD Wellbeing Coordinator is part of the SWP Community Wellbeing Team. However, they provide support primarily to the parent or carer, not the child or young person.

One to one support for families:

One to one support is bespoke depending on family priorities and circumstances, but would typically include:

- Supporting understanding of the child's needs or diagnosis and how they impact the child or family.
- Discussion around particular needs, i.e. behaviour, communication or sensory differences, and strategies that can support the development of these.
- Signposting or connecting with relevant services.

We also offer:

- Monthly drop ins for parents and carers to access ad hoc support.
- Offer monthly topic based workshops.

There is limited scope to work directly with the child or young person, where a significant need to do so is identified through our work with the family.

A child or young person does not need to have a diagnosis of autism in order for them or their family to be able to access our services, they may instead have social and communication difficulties or autism traits identified by the child, parent, or supporting professionals.

Partner: National Autistic Society

Contact: 01483 521744 or surrey.familysupport@nas.org.uk

Referral Info: Requests for support through the Access & Advice Team (0300 222 5755)

ASD TRANSITION SUPPORT

Category: Neurodevelopment

Description:

The adult ASSIST service currently provides both one to one and group support for those who have a diagnosis of autism or are seeking one.

Through SWP, NAS will be extending this service to young people aged 16-18 years, to help support the transition between children and adult services.

Young people receive one to one appointments on a weekly or needs led basis. The service is bespoke, but typically includes support to:

- Understand and process their needs or diagnosis
- Identify strategies that support independence and wellbeing
- Access other appropriate services
- Develop peer networks

A child or young person does not need to have a diagnosis of autism in order for them or their family to be able to access our services, they may instead have social and communication difficulties or autism traits identified by the child, parent, or supporting professionals.

Partner: National Autistic Society

Contact: 01483 521744 or assist.surrey@nas.org.uk

Referral Info: Requests for support through the Access & Advice Team (0300 222 5755)

ASD SCHOOLS TRAINING

Category: Neurodevelopment

Description:

ADHD Awareness Training For The Whole School Community – Barnardo's ADHD Awareness for Schools team can deliver free training virtually or in person to Surrey state school staff. This training increases the awareness that ADHD is a neurobiological condition as well as the common characteristics and includes strategies to help manage the characteristics in the classroom.

The sessions are based on the content of the parenting support groups that are delivered by Barnardo's Surrey Positive Parenting Service.

To book training, a representative of the school responsible for CPD or Inclusion/SEND should email the team.

Contact: adhdawaresurrey@barnardos.org.uk

The National Autistic Society offer a two and a half hour, in-person workshop for all school staff which aims to promote a whole school approach to understanding and supporting Autistic pupils. The workshop can either be delivered as one session during Inset or training days, or it can be split across twilight sessions to suit the needs of the school.

Topics include:

- Executive function differences
- Sensory differences
- Social communication differences & supporting social skills
- Use of visual supports
- Understanding extreme anxiety, including meltdowns and shutdowns
- Knowing how to support distressed behaviours
- Masking

Contact: Surrey.FamilySupport@nas.org.uk

Partner: Barnardo's, National Autistic Society

GENERATION GIRLS & GUYS

Category: Neurodevelopment

Description:

Generation Girls and Generation Guys (GG) are creative empowerment programmes for Autistic young people and young people with learning disabilities, providing education around consent, sexual health and mental wellbeing.

The GG programmes take place in SEND schools across Surrey for 90 minutes a week over 10 sessions. The project is for students aged 14-19 referred directly by schools.

We use theatre and creative activities to allow the young people to express their emotions and tackle sensitive and challenging topics in a fun and safe way.

The school and facilitators work together to build any specific sessions tailored to the needs of each group. The project is a safe and inclusive space led by female or male-only teams with provision for NB and trans students.

Partner: Peer Productions

Contact Info:

Website: www.peerproductions.co.uk/generation

Email: admin@peerproductions.co.uk

GENERATION GIRLS ONLINE

Category: Neurodevelopment

Description:

Generation Girls online is a range of accessible video workshops. These workshops are interactive, informative and fun. They cover topics such as mental resilience, body image, periods and relationships.

Generation Girls online was made by a range of specialist facilitators, actors, artists and sensory consultants. The result is a digital offer, to work either as a stand-alone resource for home schooling or part of the support offer for Generation Girls parents and teachers.

Partner: Peer Productions

Contact Info:

Website: www.peerproductions.co.uk/gen-girls-digital-resources

Email: admin@peerproductions.co.uk



WHAT'S AVAILABLE NEAR ME?



WAVERLEY

Service	Provider
Counselling	Step by Step
Early Intervention Co-ordinator	Eikon
Community Wellbeing Team	Barnardo's

SPELTHORNE

Service	Provider
Early Intervention Coordinators	east to west
Counselling	Relate West Surrey
Community Wellbeing Team	Barnardo's

RUNNYMEDE

Service	Provider
Generation girls	Peer Productions
Community Wellbeing Practitioner	Eikon
Early Intervention Co-ordinator	Eikon
Play Therapist, Counsellors and Emotional Wellbeing Practitioners	Eikon

TANDRIDGE

Service	Provider
Early Intervention Co-Ordinator in schools	Learning Space
Counselling	YMCA East Surrey
School Project Worker	YMCA East Surrey
Community Wellbeing Team	YMCA East Surrey
WAVES	YMCA East Surrey

GUILDFORD

Service	Provider
Generation girls online	Peer Productions
Counselling	Step by Step
Youth Café	Matrix
School Transition Coaching	Matrix
Targeted Workshops	Matrix
1 to 1 Youth Support Sessions	Matrix
Wellbeing Practitioner	Matrix
School Early Intervention Co-Ordinator	Matrix

REIGATE & BANSTEAD

Service	Provider
Community Wellbeing Teams	Learning Space
Bubble Group	Learning Space
Voice Groups	Learning Space
Counselling	YMCA East Surrey
School Project Worker	YMCA East Surrey
Community Wellbeing Team	YMCA East Surrey
School Early Intervention Coordinator	YMCA East Surrey
Waves	YMCA East Surrey

WOKING

Service	Provider
Generation girls	Peer Productions
Early Intervention Coordinators	east to west
Counselling	Relate West Surrey
Emotional Wellbeing Practitioners	Eikon
Community Wellbeing Team	Barnardo's

MOLE VALLEY

Service	Provider
Counselling	Leatherhead Youth Project
Targetted Group Work	Leatherhead Youth Project
Girls & Lads Group	Leatherhead Youth Project
Youth Café Drop In	Leatherhead Youth Project
Community Wellbeing Teams	Learning Space
Early Intervention Co-Ordinator in schools	Learning Space
Bubble Group	Learning Space
Voice Groups	Learning Space
Counselling, Children's Wellbeing practitioners and CBT	YMCA East Surrey

ELMBRIDGE

Service	Provider
Early Intervention Coordinators	east to west
Community Wellbeing Practitioner	Eikon
Counsellor/Life Coach, Emotional Wellbeing Practitioner	Eikon

EPSOM & EWELL

Service	Provider
Community Wellbeing Teams	Learning Space
Counselling	YMCA East Surrey
School Project Worker	YMCA East Surrey
Community Wellbeing Team	YMCA East Surrey
School Early Intervention Coordinator	YMCA East Surrey

SURREY HEATH

Service	Provider
Generation girls	Peer Productions
Early Intervention Co-ordinator	Eikon
Counselling	Step by Step
Community Wellbeing Team	Barnardo's

SURREY-WIDE

Service	Provider
ADHD support to schools (term time)	Barnardo's
Parent Wellbeing Service	Barnardo's
Community Wellbeing Practitioner - location dependent, may be a virtual offer	Eikon
Discovery Officers in the Access and Advice Team	Eikon
Emotional Wellbeing Practitioners – location dependent, may be a virtual offer	Eikon
Counsellor/Life Coach - location dependent, may be a virtual offer	Eikon
Generation girls online	Peer Productions
Together alone	Peer Productions
Hidden (Play - M/H; S/H)	Peer Productions
Counselling	Step by Step
Gateway Community Allotment	Surrey Care Trust
Mentoring	Surrey Care Trust
Online group for parents of anxious CYP	Learning Space
Stepping up for Autism Courses	National Autistic Society
1:1 Parent Support	National Autistic Society
1:1 Intensive Support	National Autistic Society
Out Of Hours Support	National Autistic Society
Transition Support	National Autistic Society
Family Fun Days (Social groups CYPF)	National Autistic Society
1:1 Solution Focused Support for CYP and families	Learning Space



OUR PARTNERS



For further information about the individual partner charities, including other services they deliver outside of SWP, please visit their individual websites:

Barnardo's www.barnardos.org.uk

east to west trust www.easttwest.org.uk

The Eikon Charity www.eikon.org.uk

Emerge Advocacy www.emergeadvocacy.com

Learning Space www.learningspace.org.uk

Leatherhead Youth Project www.leatherheadyouthproject.com

Matrix www.matrixtrust.com

The National Autistic Society www.autism.org.uk

Peer Productions www.peerproductions.co.uk

Relate West Surrey www.relatewestsurrey.org.uk

Step by Step Partnership Ltd. www.stepbystep.org.uk

Surrey Care Trust www.surreycaretrust.co.uk

YMCA East Surrey www.ymcaeast Surrey.org.uk

Surrey Wellbeing Partnership www.surreywellbeing.org



surreywellbeing.org