

## CYP Wellbeing Fund recipients

### Brandon Trust

Brandon Trust is providing Forest Skills sessions for children and young people with a learning disability and/or autism aged 5–25years. Sessions will run throughout term time and school holidays. Forest Skills sessions are designed to improve people's health and wellbeing, focusing on being physically active, healthy eating and healthy weight. The project will include elements of rewilding outdoor spaces, healthy eating and campfire cooking activities for young people and their families. Working with SEN schools and Weston college in term time and family days in Worle during the school holidays.

[Rachael.Scrase@Brandontrust.org](mailto:Rachael.Scrase@Brandontrust.org)

07393463134

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### Wanted not Wasted

We provide free after school groups for children aged 5-16 years from the WOW shop, and work one to one with children aged 5-18y years who live in Weston Super Mare (we also cover Worle). We provide free counselling and mentoring and prioritise children who can't access mental health support elsewhere. This is usually because:

They are too young,

Too high threshold (but can't access or won't engage with CAMHS or are on CAMHS waiting list),

Have neuro divergent issues,

Have high anxiety,

Need long term support.

We also prioritise children who live on the Bournville or have social care involvement or are at risk of suicide.

Anyone can refer including parents.

Professionals need to email for a copy of our counselling and mentoring referral forms. We take referrals over the phone from parents.

**Referrals should be emailed to:**

**wantednotwasted@gmail.com or posted to 35 Totterdown Road, Weston Super Mare BS23 4LH.**

**If emailed please can referrers password protect the forms with the word 'refer'.**

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### Brown Rock

Brown Rock's Nature Based Life Skills Programme that invites young people, parents and support workers to experience the community, land and activities offered by our experienced facilitators.

Set in our beautiful surroundings of Brown Rock Farm, in Tickenham, where we have some 32 acres of mature woodland, open fields, outdoor classrooms, a platform in the trees and welcoming animals. We are committed to creating and providing access to positive nature-based experiences that support individuals who are struggling with poor mental health and/or neurodivergence regardless of their abilities, background or challenges.

For children and young people aged 8-18, each day will allow rotation through enriching sessions designed and tailored to foster resilience, connection and confidence.

Bushcraft and Nature Skills: will provide hands-on activities to include foraging, nature crafts, fire making and woodcraft.

Donkey Therapy: will provide gentle time with the donkeys to nurture emotional wellbeing, empathy and calm connection with nature's kindest companions.

Cooking will also be part of the day's activities with warming food, wild flavours and shared moments by the fire

**Contact details:**

**Adrian Brooks**

**email:** [flourish@brownrock.co.uk](mailto:flourish@brownrock.co.uk)

**phone:** 07780703982

Delivery will be in 3 x blocks of 5 sessions with a limit of 12 participants per session. Ideally, we retain the same 12 participants across these 5 sessions.

Block 1: Start May 2025 and finish by summer term

Aimed at those identified by SEN teams in school and/or disabilities/long terms health conditions

Block 2: Start Sept 2025 and finish by end Nov

Aimed at Secondary school age

Block 3: Start March 2026 and finish May 2026

Aimed at Primary school age

Also, 3 x open days (one in summer holidays, one autumn half term and one in easter 2026 holidays) – numbers not limited.

Our target groups to work with are;

- Continuing to work with and develop connections with local schools, mainly Nailsea (secondary), Ravenswood, Whiteoak Academies (primary), Gordano (secondary), Bourneville (primary).

- Families connected through Bristol Children's Hospital and with CAMHS inpatient unit we have created a self-referral pathway.

- GSP and Healthcare services – such as our collaboration with Tytesfield Medical Group in and around Nailsea

We have had initial discussions about this programme during our application with various CYP agencies in North Somerset: JHF, Post 16 NEETS team, Weston College, Portishead Youth Centre, Off The Record, and Clevedon YMCA, which we continue to explore.

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## **Mothers for Mothers**

Mothers for Mothers provide mental health and emotional wellbeing support in North Somerset to pre-school families through both targeted family support in the home and group provision in Weston Super Mare and Clevedon. Our team all have a lived experience of perinatal mental health. Our services work together to provide peer support, promoting wellbeing and reducing social isolation to ensure women and their babies and infant children are well, enjoy healthy relationships and can engage in the wider community.

To achieve the best outcome for the baby and infant it is necessary for an integrated approach that works with the mother and infant in a dyadic way. Improvements to the mother's mental health have a positive impact on the infant. Encouraging and modelling sensitive and responsive parenting can repair any disruption experienced in the relationship due to the mother's mental health and emotional wellbeing needs.

We bring joy and playfulness into the relationship, strengthening attachment and bonding by promoting a secure and responsive relationship; with sensitive and reflective parenting by encouraging the mother to see and hear the babies voice and communication behaviours. This can reduce the risk of harm and change the course of family life at the earliest opportunity. This preventative way of working can potentially reduce social care caseloads and later referrals into CAMHS. In many services the baby/infant are not seen in their own right and can easily be forgotten, we put them at the centre of the work we do with the mother.

**Families can refer into our services by calling our helpline on 0117 9359366 – they will be triaged for 1:1 support in the home.**

**Or by “turning up” at one of our groups:**

**Clevedon – Mondays 12 – 2pm Clevedon Children Centre**

**Weston Super Mare Wednesdays 10am – 12pm Old Mixon Family Centre**

We also have other services (which sit outside of this project) which can be accessed via the helpline.

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**creativeRoots** is a free, nature-based creative health programme to support young participants aged 11 – 15 years old, resident in North Somerset, who are facing mental health challenges and social barriers, and who are vulnerable to, or experiencing, emotionally-based school avoidance (EBSA).

The programme will deliver 3 x 6 week terms of 2-hour weekly sessions at the beautiful Homeland Project space in Backwell. This welcoming and secure setting will provide each young person with a structured, person-centred programme of supported and collaborative nature-based creative activities including art-making, dance, music and mentoring.

Through this 18-week programme, young participants will explore and develop their social, emotional and practical skills, increasing their confidence and helping them make joyful connections to themselves and others.

Free transport links will be provided to the site from a central collection and drop-off point in Nailsea.

For further information contact Jess Baum: [jess.creativeshift@gmail.com](mailto:jess.creativeshift@gmail.com)

To make a referral go to: <https://www.creativeshift.org.uk/our-groups> and fill in the referral form.

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### **The Jack Hazeldine Foundation**

The JHF will offer mentoring and transition support to young people in North Somerset who are experiencing mental health and wellbeing challenges but who lack statutory funding. We will accept referrals from medical practitioners, local authority teams, schools, and community organisations, working collaboratively to provide cohesive support for these young people.

Mentoring sessions will feature personalised physical activities and opportunities to engage with nature, with the aim of building confidence, resilience, and personal growth.

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### **ActiveBeing Team**

The Team programme is one that provides young people with the opportunity to participate in therapeutic creative and nature-based activities that boost their wellbeing; building confidence, social connections, and exploring personal challenge whilst developing tools for more positive mental health.

The programme is for CYP in Woodspring with sessions taking place at community spaces in Clevedon; we are also working collaboratively with Clevedon School to provide activities on the school site for a target group of young people. We are able to provide 1:1 creative sessions for young people who may not be accessing full time education due to their mental

health. There is also an opportunity for young people over the age of 16 years to access some 1:1 mental health support by engaging in a therapeutic walk and talk programme (ActiveTalk).

Caitlin Alder is our contact point for referral links and information about opportunities as we work through the project. If people email the office they will then be contacted directly and given a referral link for the community based provision. [office@activebeing.co.uk](mailto:office@activebeing.co.uk)

Polly Brown is our Creative Lead for the project and can answer any questions on the delivery aspect of some of the community and school based work. [creative@activebeing.co.uk](mailto:creative@activebeing.co.uk)

I will continue to be the main point of contact for the overall leadership and management of the project, I will also be leading some of the 1:1 ActiveTalk sessions for those over 16 years as well as leading the ActiveExperiences. [charliehh@activebeing.co.uk](mailto:charliehh@activebeing.co.uk)

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