

## **Time for Torbay – 11yrs – 24yrs – Wellbeing – Informed by young people wanting quicker access to support -**

CheckPoint Torbay has a new service starting from 1st April, more details to follow in the coming weeks and months, as groups and other drop in venues are identified.

Time for young people empowers young people to take time for themselves. They can press pause, breathe, and move forward. One to one support is still available following a treatment model ie CBT (cognitive Behavioural Therapy) however we will also work with that young person to access other ways of improving wellbeing. If any young person has an interest and wants to set up a group at drop-in sites, we're interested.

We can help with:

- dealing with hard feelings
- figuring out relationships
- questions about identity
- culture
- plans for the future
- feeling safe in their community
- other challenges

### **How we help – Looking at the whole wellbeing of a child or young person**

We'll help young people use their own strengths and networks to move forward, and we'll provide new skills and resources to support their wellbeing. They choose which support they want to access and when. We will run drop ins where they will be able to meet trained staff one-to-one, join group sessions and events, and find space to relax and practical resources. We'll offer support in community spaces, too, as well as on the phone or online. This will mean young people and their parents or carers will be able to get help.

### **Currently our offer will be:**

- **Access to** Brief Intervention with a practitioner straight from contact (either through referral/Drop-In/advice call/ email) the practitioner will work out goals for that session and begin work straight away.
- A Wellbeing drop in space will be running out of the CheckPoint building on a Friday, from 15:00 – 16:30 run by qualified practitioners for ages 11 to 24 years
- A Wellbeing drop in space will be running out of the People's Parkfield on Tuesdays, from 15:00 – 16:30 run by qualified practitioners for ages 11 to 24 years
- A Wellbeing drop in space will be running out of the YES centre in Brixham on Wednesdays, from 15:00 – 16:30 run by qualified practitioners for ages 11 to 24 years
- There will be a dedicated practitioner taking phone calls from 10:00-15:00, Monday to Friday. Young people, family members and professionals can call to register with the service, book 1:1 sessions and get advice and signposting.
- Phoenix will run every other week as previously and there will be an additional group running on a Monday from 1700-1830 at Checkpoint commencing Monday 29th April

### **Future plans – more information to follow once this is in place.**

### **Current group ideas from Young People: - Library and reading club -Paignton – Crotchet Club – Torquay/Paignton - A trauma Informed group – A Mind and Mood Group -**

- Available daily 10am – 3pm telephone wellbeing advisory sessions with a Wellbeing Practitioner (this is not a crisis line).
- Bookable 1:1 sessions (approximately 45-60 minutes) available Monday to Friday depending on capacity OR come to your local Drop-In when you need to
- Group work

For more information contact: 01803 290330 or email: [timetorbay@childrenssociety.org.uk](mailto:timetorbay@childrenssociety.org.uk)

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**The  
Children's  
Society**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Wellbeing Advice Calls/video call possible</b>	10am – 3pm Call – 01803 200100 Ask for a Wellbeing Advice call	10am – 3pm Call – 01803 200100 Ask for a Wellbeing Advice call	10am – 3pm Call – 01803 200100 Ask for a Wellbeing Advice call	10am – 3pm Call – 01803 200100 Ask for a Wellbeing Advice call	10am – 3pm Call – 01803 200100 Ask for a Wellbeing Advice call
<b>Morning</b>					

**The  
Children's  
Society**

<p><b>Afternoon</b></p>		<p>TIME for reading Young Library Project Parkfield Paignton Time to be confirmed call to show interest</p>	<p>TIME to Drop-In Brixham Drop-in @ YES 15:00-16:30 <b>The Edge, Bolton Street, Brixham, TQ5 9DH</b></p>		<p>TIME to Drop-in @ Checkpoint 15:00-16:30 Including space for mindful activities: - arts (any young people who want to set up a group we are interested) Rolling timetable: - TIME for Healthy Habits – more info to come <b>7 Victoria Road, Ellacombe, TQ1 1HU</b></p>
<p><b>After 1700</b></p>	<p>TIME to be Social ASC/LD Phoenix - Social Group @Checkpoint 1700-1830</p>		<p>Phoenix – TIME to be Social ASC/LD @ The Beehive 1715- 1845 <u>19A Bishop's Pl, Paignton TQ3 3DZ</u></p>	<p>Phoenix – Phoenix – TIME to be Social ASC/LD @The Beehive 1700- 1930 <u>19A Bishop's Pl, Paignton TQ3 3DZ</u></p> <p>Phoenix Parent Participation – Stacey @Peoples Parkfield 1815-1930</p>	