



# JOBS CLUB

# BOOST

HAVERHILL TOWN COUNCIL

## Youth & Family Support



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The  
Wellbeing  
Hub

12

# TRANS SUPPORT



# Walk, Talk & Breathe

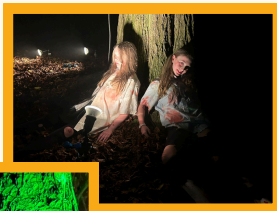
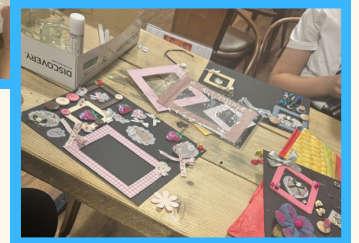
Welcome to our Boost Newsletter! At the Youth and Family support service, we are dedicated to empowering young people to live happier and healthier lives. Whether you are seeking resources, simply curious as to what we do or wondering what our young people are up to, please have a read of our different groups!

## Junior Signpost



A new Junior Signpost group was formed for the new school year. Junior Signpost is a free after-school support group for those who are experiencing low mood, low confidence, anxiety, depression, etc.

The new group has regularly 8 - 10 students who attend the weekly sessions. The young people at junior signpost have completed activities such as wall climbing, roller-skating, making galaxy jars and costume making.



## **HALLOWEEN TRAIL!**

On the weeks approaching Halloween, our Junior Signpost group helped the council by making props for the Haverhill Halloween Trail. The group was then asked to take part as Zombies and so made their own costumes to wear on the night. They were so frightfully good that they have been asked to also take part in the Christmas parade!

## Trans Support Group

### **TRANS SUPPORT**

This group is a weekly peer support group which has the focus of supporting each other through the various struggles with gender identity and the process of transitioning

The group is currently recruiting new members. During the sessions, the members are designing their own support resources so they can reach out to the community and hopefully help those needing this type of support. The group recently contacted other Suffolk groups and got a guest speaker into their sessions to give more advice



## Adult Signpost



Our Adult Signpost group is a free support provision in Haverhill for those who may have mental health or other wellbeing difficulties. This group meets weekly partaking in various activities while also having discussions about confidence building and wellbeing stabilisation.



Our new adult signpost group painted mugs with Naomi from 'The Pottery Shed'. This activity was very mindful and relaxing, it created a very calming environment for the first session back after the summer holidays. This set a good base for the members to get to know each other in somewhat tranquil session.

The group thoroughly enjoyed an online game which involved starting a drawing and then relying on your team mates to complete the drawing. The game relied on trusting team mates and some competitiveness! Other Activities we have completed are board games and mashed games like card quizzes! All activities are based around confidence building and wellbeing.

### **A Review left by a parent regarding her son attending Adult Signpost:**

*D.. spent literally months on end isolating himself from the outside world. His self esteem and self confidence was at it's lowest.. he looked lost and sad most days, which was having a huge impact on his life. Rebecca listened to him and worked out a way to work with him. She has been involved with helping SP to wanting to participate in the weekly meet ups at the Haverhill arts centre with Rebecca and the other students. He is wanting to go weekly without me pushing him! SP is definitely happier, calmer and is much more sociable, going outdoors.*

## Jobs Club and One-on-One

### **JOBS CLUB**

Each member of our jobs club meets one of our team on a weekly basis. During this session, we work on CV building, how to write a cover letter, interview skills, building workplace confidence and helping to apply to jobs in their area of interest.

Every individual young person that comes to see us is at different stages of their job-seeking journey and so we have had various successes at all these stages! From some of our young people beginning volunteering at REACH and Boomerang food bank, some jumping back into education; one individual is beginning their nursing journey at West Suffolk College, another is continuing a career in computer science at University of East Anglia. Further success has been made by an individual securing a job in our local Iceland! Three of our young people have secured festive roles for this season.

**Iceland**

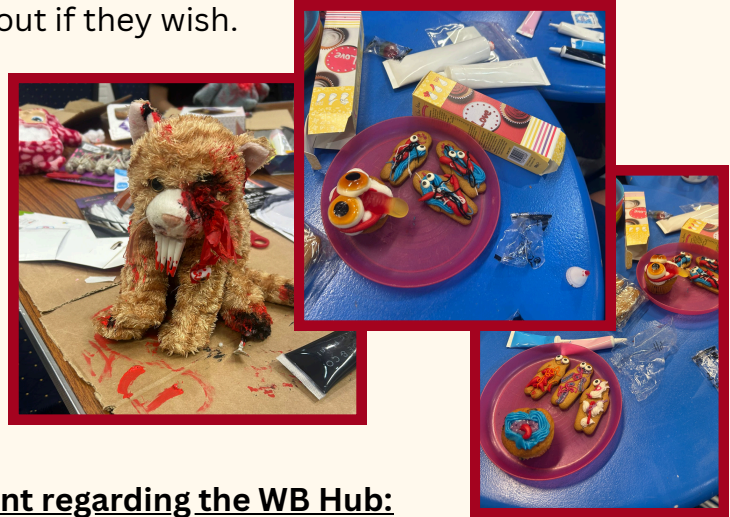


## The Wellbeing Hub



Approximately 25 young people come on a weekly basis to our Wellbeing Hub. The young people range from year 7 to 11 and come from various schools in Haverhill. The activities range from PS5, football, crafts and Pool with regular different outsourced activities. At this club, the young people gain information regarding wellbeing and keeping their mental health positive. Staff regularly have discussions with the young people allowing them to open up about anything they want to talk about if they wish.

The Wellbeing Hub started again in September following the summer holidays with a full night! The Wellbeing hub have made Halloween themed treats, designed their own t-shirts, completed rope-based team exercises and also helped the town council by making props for the Haverhill Halloween Trail!



### A lovely message sent to us by a parent regarding the WB Hub:

*Just to say thank you so much for running this group. E has grown in confidence and his well-being has improved a lot over the last year ...He really loves going to the group and it has come to be part of his weekly routine. This has supported us as a family and allowed him to mix with others his age which is something he finds difficult due to having autism. ... He really looks forward to going every week to the hub at the zone*

## Parent and Toddler Group



Our Parent and Toddler group is based at the Zone and welcomes approx. 7 parents and their toddlers. The group is made up of parents under the age of 25 who are feeling isolated, lonely, anxious, depressed or experiencing low mood symptoms.

The group has become very friendly, with some of the parents becoming friends out with the group. Many from the group have since arranged to walk together to get to the zone. Many of the conversations are peer led, giving constant updated advice on parenting, schooling and overall care for their little ones and themselves. Callum and Rebekah have led chats regarding how caring for the parents mental health will affect the children's mental health.

With guest speakers from Alumna giving the parents a talk on healthy relationships, trips to the Abbey croft leisure for the children and food hampers given to the parents as a helping hand, the group is extremely positive and open to talk about anything and everything.

## Walk and Talk Group

### Walk, Talk & Breathe

The Walk and Talk group welcomes 16 to 25s for a friendly stroll in various places throughout Haverhill and take part in mindfulness activities.

Our first wander was a walk around Haverhill and ultimately ended up in the new McDonald's for a spot of lunch. The intention of this particular walk was to try and get the group to get to know each other without the pressure of one-on-one chats. Dual processing theory explains that by completing another activity, i.e. walking / eating will take the pressure off of the other activity taking place, i.e. talking to others.



Our following strolls have been in and around East Town Park. With guided conversations about relationships, isolation and how to use nature to unwind and everyone's different techniques to use nature to calm ourselves in difficult situations. With a couple of rounds of "Pooh sticks" from the bridge in East Town Park, conversations were flowing and was a very nice session.

## BOOST Project



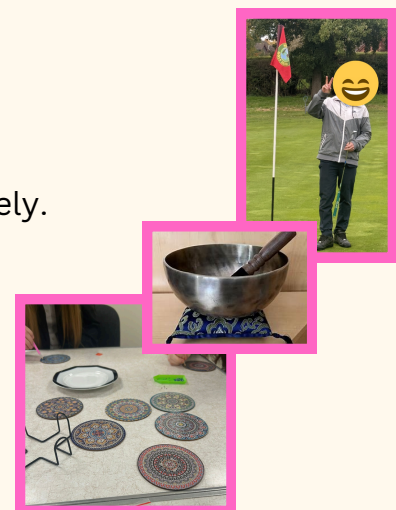
Our boost project offers free support for young people aged 13-16 who may need guidance in making better decisions. Boost offers four different types of support:

- Education
- Counselling
- Mentoring
- Activities

The counselling and mentoring are ongoing from counsellors at Room 4 and our own youth staff respectively.

The young people involved in the project are thriving at their respective activities. One individual opted to take part in one-on-one football coaching, this same individual is now part of a local football team! Another one of our young people opted to take part in golf training and has recently just scored his first birdie!

There is a small group who decided to do mindfulness activities, such activities have included singing bowls, slime-making, making perfume and creating gem coasters. These such activities allow the group to have a safe space to discuss things while completing activities in a mindful practice.



As well as the services listed in this newsletter, we also provide bespoke one-on-one support to those who need it. We believe that the right support at the right time can be life changing. If you are between the age of 11 to 25, or know someone who might benefit from this one-on-one support or any of the groups listed, please do not hesitate to get in contact with one of our team.

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