

# THRIVING LOCAL CHILDREN AND YOUNG PEOPLE

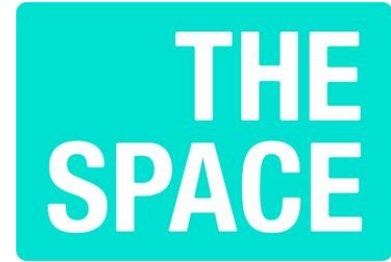
## COMMUNITY OF SUPPORT

THE  
SPACE



Right care, Right place, Right time

# HOW DID WE GET HERE



2016

SELF ESTEEM  
BODY CONCERNS  
SELF HARM  
SUICIDAL THOUGHTS

38% OF YOUNG PEOPLE RESPONDED  
WITH HEALTH CONCERNS

AT THIS TIME WE HAD NOTHING

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# HOW DID WE GET HERE



2017

WE JOINED WITH MY CHEDDAR

£10,000 Awards for All National Lottery

Surveyed everything

FORMED CHEDDAR COMMUNITY  
PARTNERSHIP CIC

Community Plan Published

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# HOW DID WE GET HERE



# 2017

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The image shows the front cover of a report. At the top, there are three logos: 'CHEDDAR PATIENT GROUP' with a colorful geometric icon, 'CHEDDAR COMMUNITY PARTNERSHIP' with the text 'Community Interest Company' below it, and the 'mind' logo with the tagline 'for better mental health' and 'in Taunton and West Somerset'. The main title is 'Young People's Emotional and Mental Wellbeing in Cheddar and the Surrounding Area' followed by the subtitle 'A Call to Action'. Below this is the mission statement: 'Building resilient communities, families and individuals'. At the bottom is an illustration of four blue figures holding up a large puzzle that spells out 'TEAMWORK'.

# HOW DID WE GET HERE



## October 9<sup>th</sup> Workshop

2017

NHS Somerset Clinical Commissioning Group	Somerset Partnership NHS Foundation Trust	Somerset County Council
Sedgemoor District Council	Cheddar Parish Council	Kings of Wessex Academy
Somerset Community Foundation	Mendip Edge Federation	Cheddar First School
MIND	Avon and Somerset Police	Cheddar Medical Centre
Axbridge Medical Centre	Wessex Learning Trust and Mendip Edge Federation	Cheddar Young People's Drop-In Centre Project
Somerset Parents United	James Heapey MP	
Cheddar Patient Group	Community Council for Somerset	Somerset Rural Youth Project
North Sedgemoor Youth Clubs	Cheddar community representatives	

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# WHERE ARE WE



We Support >400 Children And Young People Each Year In 12 Schools And Community Locations

We employ 11 staff

Have an annual spend of ~£225,000 from some amazing Funders and the Cheddar Valley Community

Have gone through a transformation change in the last year to become sustainable for the future

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Play Therapy – 8 years and under

Counselling – 9 to 17 years

Holiday Activities

Weekly Youth Club

Wellbeing Allotment

And opened our first physical presence in Cheddar – our COMMUNITY HUB

COMMUNITY OF SUPPORT

# OUTCOMES AND OUTPUTS

9-17 years - low self-esteem, anxiety, self-harm, body image, depression, suicidal thoughts

8 years and under – inappropriate behaviour, worry, anger, inability to form friendships, being withdrawn

We measure each age range differences as:

- Being emotionally well
- Developing emotional resilience
- Forming positive relationships

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9-17 years

83% made a marked improvement showing significant progress. 17% of clients stayed the same within the scores.

8 years and under

100% made an overall improvement. Parents/carers and children reported a behaviour change – decrease in headaches and stomach aches, seems less worried, happier and not so easily scared.

Feedback from the Youth Club and Activities

**WHAT SOME OF OUR YOUNG PEOPLE HAVE TOLD US...**

**"You helped me with my behaviour"**

**"I feel less worried"**

**"Good sessions, we worked well together when had issues with friends, helped having someone to talk to"**

**"You listened"**

**"Came up with some good compromising solutions, understood the feelings i had about things"**

**"Great suitcase accessories, squishy ball and Russian dolls"**



THE SPACE