

Reduce Stress & Anxiety



Date	Wednesday 25 September 2024	Time	1-2pm
Attendees	Richard Kirkup (The Children's Society), Lisa Money, Jo Morrell, Rebekah Daws		

Agenda
<ul style="list-style-type: none"> • An update from the Children's Society Wellbeing hubs • Cosplay Event • Updates from partners • One Space development
Summary

Update from The Children's Society (Richard Kirkup)

Sarah and Stacey have been leading on their Wellbeing Drop-Ins, which have 12 months of funding with a potential extension. The project involves running drop-in centres at Brixham Yes, Parkfield House and Checkpoint/Ellacombe office, offering support mainly through cognitive behavioural therapy (CBT) interventions. They have delivered around 500 one-on-one interventions in six months, exceeding their annual target set by the DHSC. They hope to expand the service, with plans to offer well-being drop-ins at Brixham College. Through their LocalMotion project group, from October, Torquay Academy will also have a well-being drop-in service in their school. Stacey has also been working with autistic children and children with learning disabilities through the Phoenix group, which they have been able to fund alongside the drop-ins.

Additionally, they've been part of collaborative funding through NCS, the National Citizenship Service, with Doorstep Arts and Sound Communities. Offering opportunities for 16 to 17-year-olds and as well as some DBT skills.

Richard said while the project hasn't achieved all its goals they are hopeful about future progress, aiming to involve the One Space group and employability activities. They are looking to potential funding from the Integrated Care Board around regional level wellbeing services but understand that would need to have a partnership approach.

Natalie Ash will step up into Richard's role as he leaves for The National Development Team for Inclusion, heading up their children and young people work.

Cosplay Event Update

The Cosplay Gala, spearheaded by Jamie, was positively received by young participants, who not only enjoyed the event but also expressed interest in being involved in making future versions happen. This project ties into broader goals of providing safe spaces to hang out, enhancing well-being, and fostering community connections for. Our conversation highlighted how activities like cosplay can help create support groups and communities, enabling like-minded individuals to come together.

The challenge is to sustain such activities long-term, transitioning from taster sessions to ongoing programmes. We spoke about the need for ways to harness the energy and enthusiasm from participants without taking control, allowing the community to grow organically. They also discuss parallels with other initiatives, like LocalMotion, and the importance of creating spaces where young people can meet independently, without constant adult supervision, to foster friendships and reduce anxiety. Richard mentioned the growing discord around the idea that increased anxiety in children may be linked to a lack of freedom compared to previous generations. The theory suggests that modern children have fewer opportunities for independent activities, which could contribute to higher anxiety levels. Richard also mentioned the [Let Grow Movement](#) in the US that does work around this, and believe When Adults Step Back, Kids Step Up.

Jo also mentioned the potential to reach out to the wider Comic-Con industry/network and community that already exists.

One Space Development

The project faced some uncertainty around funding in the summer, creating stress, but have since been reassured by Jed and continued work. Members of the group will present to the LocalMotion decision-making group on September 30th to share updates and gather support.

One Space has developed a network of around 20 people who have supported the project in various ways. These individuals, known as "Friends of One Space," will come together at an event on October 17th to discuss the project's progress and explore how they can further support it. The event aims to foster collaboration and generate new ideas for development.

Additionally, the team plans to engage with more young people (aged 16-25) to gather feedback on the One Space concept and how it can be shaped to meet their needs. Youth workers Gemma and Heather will be facilitating this work and will reach out to groups such as young adult carers, care-experienced youth, asylum seekers, and the Phoenix group to gather insights.

A next step is to work with TCS to be part of their wellbeing drop-in service at Parkfield, to see how the project can evolve in a practical setting.

Action	Owner
Include info about Wellbeing Drop-In in Oct Newsletter	