

Reduce Stress & Anxiety



Date	Wednesday 4 December 2024	Time	1-2pm
Attendees	Robyn Ferns (Therapy Services South West CIC), Joel Sutton (Youth Mental Health Foundation), Katie Chivers, Lisa Money, Rebekah Daws		

Agenda
<ul style="list-style-type: none">• New connections• Partner updates and developments• Looking to the New Year
Summary

The group welcomed a new partner, Robyn Ferns - founder & director of Therapy Services South West CIC. Her organisation was set up to make therapy accessible for everybody. Lisa connected with Robyn through a social prescribing network.

Lisa highlighted the One Space group and a high priority being wellbeing. Rebekah described the vision for OneSpace to Robyn, a movement of motivated young people aiming to create a safe space to help others more easily access existing services, resources etc. Lisa raised the topic of upskilling young people and was keen to hear from Robyn on this. She praised the peer-support element but noted the importance of having professional support available for more complex or crisis situations.

Lisa explained that the Reducing Stress and Anxiety impact group was started based on feedback from young people, and the group is now looking to refocus its direction for the new year. The group discussed the potential to do some fact-finding to better understand the current landscape and gaps, and to ensure they are hearing directly from young people about their needs and ideas.

Robyn left the meeting as she had an appointment with a clients. A few moments later Joel joined us briefly and updated us about what's going on at the Youth Mental Health Foundation.

Joel discussed their programme 'Power to Parent' - a project aimed at empowering parents and carers of young people with mental health challenges, ranging from mild concerns to severe issues like school avoidance. A new cohort will be starting in the new year, the offer will include free in-person sessions in Totnes and online Zoom sessions for families in Torbay - funded through Early Help. The group spoke about ways to spread awareness of these sessions - sharing flyers, some strategic emailing and our monthly newsletter. Joel also mentioned a podcast from the last cohort had been produced to showcase the experiences of past participants.

Lastly, Lisa mentioned to Joel plans for strategic collaboration in the new year among partners working on youth mental health. New dates will be circulated soon.

Action	Owner
Add Robyn to the email list for this impact group	Rebekah
Send info about new upcoming sessions to Lisa & Rebekah, for the newsletter and further sharing	Joel