

Reduce Stress & Anxiety



Date	Monday 13 January 2025	Time	2 - 3
Attendees	<ul style="list-style-type: none"> ● Stacey Chalmers (The Children's Society) ● Katie Chivers (Trustee for Torbay Communities & YMCA South Devon) ● Lisa Money & Jo Morrell (Imagine This Partnership Managers) ● Rebekah Daws (Partnership Administrator) 		

Agenda
<ul style="list-style-type: none"> ● New year catch up ● Strategic direction of the group
Summary

Stacey provided an update on the Children's Society's services, including the status of the wellbeing hub, the extension of the Resolve@ service, and the launch of a new service called "Space to Grow" for 8-13 year olds. She mentioned there will be a dedicated referral form for this new service soon but for now they share the same one. Resolve@ focuses on young people who have experienced domestic violence or abuse. **Jo** asked whether there was a service like this supporting children and young people who have been placed in Sanctuary safe houses in Torbay. **Stacey** mentioned TCS had this connection previously but no longer do. The group discussed ways to reach out and link these young people to relevant services.

Strategic Direction

Lisa raised a concern about disparity between the huge conversation around mental health and the low attendance of these meetings. As a group we had an in-depth discussion about the gaps and challenges in the mental health support system for young people. Key issues raised included long waitlists for CAMHS, the "middle ground" between early intervention and intensive services, the need for more proactive and community-based support, and the impact of technology and social media on young people's wellbeing whilst it being a useful tool for accessibility. We also spoke about the need to change mindsets surrounding mental health, the systems that medicalise it, and the benefits of mentoring schemes particularly peer-led mentoring.

Building on the previous discussion, the group explored the possibility of piloting a "One Space" programme at Parkfield, potentially involving the Children's Society, Fuel Youth, and the existing One Space group. This would provide a safe space and youth work support for 16-25 year olds, including some of Stacey's Phoenix group graduates.

The group discussed next steps for the One Space pilot, including connecting Paul & Holly, Gemma, TCS and One Space. We also considered the potential value of aligning or blending this impact group with others, given the significant overlap in the issues and solutions being discussed. **Stacey** agreed and suggested mental health should be considered in every impact group.

Action	Owner
Set up meeting between TCS, Fuel Youth and One Space regarding piloting at Parkfield	Jo