

# Reduce Stress & Anxiety



<b>Date</b>	Wednesday 19 March 2025	<b>Time</b>	3 - 4
<b>Attendees</b>	<ul style="list-style-type: none"> <li>● Clare Burgess (Proud2Be)</li> <li>● Robyn Ferns (Therapy Services South West)</li> <li>● Sara Johns (The Children's Society)</li> <li>● Stacey Chalmers (The Children's Society)</li> <li>● Katie Chivers (Trustee for Torbay Communities &amp; YMCA South Devon)</li> <li>● Lisa Money &amp; Jo Morrell (Imagine This Partnership Managers)</li> <li>● Rebekah Daws (Partnership Administrator)</li> </ul>		

<b>Agenda</b>
<ul style="list-style-type: none"> <li>● Check in</li> <li>● Update on Child Friendly Torbay</li> <li>● Discussion about what we need to be able to provide 'light touch' support for children and young people. Is this our primary goal for the year?</li> <li>● Health Lottery Foundation funding opportunity- pull ideas ready for a collaborative bid</li> <li>● Easter Activity at Parkfield for young carers - introducing the idea</li> <li>● Youth Celebration Event 15th August - setting the scene, generating ideas for activities</li> </ul>
<b>Summary</b>

## Overview

- Closure of Lidl Square youth drop-in has left a gap in safe space and youth offer in Paginton
- Child Friendly Communities initiative provides opportunity to amplify youth voices in local decision-making
- Strong interest in developing "light touch" support options for youth not meeting thresholds for formal services
- Potential to collaborate on One Space strategy

## Partner Updates

- Proud2Be running LGBTQIA+ youth groups and 1:1 support, seeing exam stress and concerns about Trans issues and changing laws
- Children's Society noting school stress, violence, frequent social worker changes as key issues
- Therapy Services SW working with neurodivergent youth, noticing impacts from Lidl Square drop-in closure
- Youth violence/gang activity emerging as significant concern across multiple organisations

## Child Friendly Communities Initiative

- Torbay pursuing UNICEF Child Friendly Community status
- Currently in "discovery phase" to determine focus areas
- Seeking diverse youth input, especially from disengaged/underrepresented groups
- Partners encouraged to gather feedback from youth they work with

## Light Touch Youth Support

- Identified need for accessible, low-barrier support options
- Interest in co-designing welcoming spaces with youth input
- One Space youth cafe concept aligns well with this goal
- Potential to collaborate across orgs on new offering

## Funding Opportunities

- Health Lottery Foundation grant opening soon, well-aligned to discussion topics
- Opportunity to develop joint proposal for youth services/spaces

## Upcoming Events

- Easter activities for young carers at Parkfield - seeking volunteers
- Youth celebration event on August 18th - planning underway

Actions	Owner
Arrange One Space/Children's Society collab meeting	Jo
Monitor for Health Lottery Foundation funding notification, share when available	Jo
Email dates/details of Easter Activity at Parkfield to interested parties	Lisa
Begin planning for Youth Celebration Event on Aug 18 at Parkfield	All