

# Reduce Stress & Anxiety



<b>Date</b>	Wednesday 16 July 2025	<b>Time</b>	2 - 3
<b>Attendees</b>	Rebecca Hodgson (HealthWatch), Clare Burgess (Proud2Be), Paul (Torbay Community Coaching), Zoe Doran (Research Officer, Public Health), Stacey Chalmers (Children's Society), Katie Chivers (Youth Council), Lisa, Jo & Rebekah		

<b>Agenda</b>
<ul style="list-style-type: none"> <li>● catch up and celebrations</li> <li>● health lottery bid update</li> <li>● UCL coastal youth life chances report</li> <li>● One Space update</li> </ul>
<b>Summary</b>

## Catch up - updates, celebrations, emerging issues

- **Stacey / Children's Society**
  - Phoenix group evolving (a group for yp, with & without disabilities/additional needs, struggling to make connections)
  - YP ageing out have been piloting a new youth session with the One Space group (a youth-led systems change movement for 16-25s)
  - The original group has taken on more young ones
  - This year the group will continue into the summer holidays - possible BBQ!
- **Zoe**
  - Leading on evaluation for Baton of Hope for Torbay, and separately the legacy of children and young people affected
  - Gone for Heritage bid to create 3 murals across Torbay
- **Clare & Stacey possibly getting involved in BoH**
- **Clare / Proud2Be**
  - YP finished with exams now, Clare felt it had been the worst year for exam stress - can we put any support in places going forward?
  - They had a great pride season
  - Steering group coming back into action
  - Trips happening over the summer inc a 'Pride Inside' event, for people who might not be out or can't attend bigger Pride events, with crafts, music etc.

## COVID Impact and Exam Stress

The group identified the need for support systems tailored to students affected by pandemic disruptions in formative years. Current GCSE year would have been in year 7.

We discussed the idea of developing some kind of joint offer of support over the next few years.

Zoe spoke about her home education project, currently awaiting funding, aimed at understanding young people's experiences with school de-registration. The project highlights high numbers of 14–16-year-olds out of education and will focus on the mental health impacts, with hopes of shaping support through further collaboration and funding.

### ● Paul

- Felt a distinct split in student responses to lockdown education:
  - Those feeling safe at school struggled with lack of socialisation
  - Those feeling unsafe at school preferred learning from home
- He highlighted the impact of those y/p people then returning to a system and place that didn't work for them
- Paul is working with those disempowered & disenfranchised y/p
- Working with them to develop the tools to process, manage, speak & to be

### ● Becky

- HealthWatch operating as normal despite news & rumours
- Governmental changes could take years

## UCL Coastal Youth Life Chances Report

- Lisa made the group aware of the recent report focused on young people's lives in coastal towns
- Scope to lean on this report going forward as an evidence base

## Health Lottery Bid Update

- £25,000 bid submitted for collaborative project at Windmill Centre
- Focus on mental health
- Including arts partners Moor To Sea Music (lead partner!), Cabbage Tree Studio
- Paul's work as Torbay Community Coaching is based at the centre
  - Paul noticed a gap in psychotherapy for under 18s and massive stigma amongst y/p
  - Re-imagined as 'Community Coaching'
  - Experienced youth worker
- Becky mentioned that Clare the Paignton Health Hub manager at Paignton Library really wants to work with young people and groups, open up some hub space for young people.
- Becky to connect her with Lisa & Jo. Stacey also mentioned linking with Sara (Time Torbay Drop-In, Children's Society).

## OneSpace Initiative Update

- £20,000 Game Changers funding secured for youth-led systems change
- Aims to provide integrated support for 16-25 year olds in one location
- Services to include mental health support, career advice, social spaces
- Collaboration with Phoenix Group showing positive results in providing safe spaces for youth

**Lisa invited the group to think about intentions for September, what collective action we would like to take.**

Actions	Owner
Send OneSpace presentation + Q&A to everyone	Jo
Share info on summer activities/support for young people with Rebekah for distribution	Everyone
Connect Clare with Lisa/Jo	Becky
Lisa invited the group to think about intentions for September, what collective action we would like to take.	Everyone