

Reduce Stress & Anxiety



Date	Monday 29 September 2025	Time	1pm - 2pm
Attendees	<ul style="list-style-type: none"> ● Rebecca Hodgson (HealthWatch) ● Clare Burgess (Proud2Be) ● Rachel Thame (Moor to Sea Music) ● Katie Chivers ● Jo & Rebekah 		

Agenda
<ul style="list-style-type: none"> ● Welcome & catch up ● The Frome initiative – how can a town support the mental health of children and young people? ● Community Centres as places of emotional safety? ● Introducing Young Devon ● Update from Children's Society Time Torbay ● Funding opportunities
Summary

- **Welcome & catch up**

The group shared updates on their work, including Healthwatch's transition, Proud2Be's youth services, and Moor to Sea's weekly sessions at Parkfield promoting Mental Health through Music.

Jo shared some recent connections that have been made including Therapy Services South West, Therapeutic Support Services and Young Devon. Jo to bring back information about these orgs once we know more about their provision in Torbay.

Jo prefaced this meeting's discussion by saying Imagine This won't be funded in it's current guise again but we're building a great relationship with the National Lottery's local team. As an impact group we need to decide what we want to focus on going forward, and how we support young people's stress & anxiety/MH at a community level.

- **The Frome initiative – how can a town support the mental health of children and young people?**

The group discussed the idea of framing their work as a "community approach to children and young people's mental health and wellbeing." Becky noted that this aligns with the recent shifts in NHS strategy towards more community-based and preventative care. The group saw this as an

opportunity to collectively define a shared vision and approach that could be taken to funders like the National Lottery.

- **Community Centres as places of emotional safety?**

The conversation highlighted the critical need for dedicated, safe, and welcoming spaces for young people in the community. Rachel shared the examples like Play Torbay's ASRUS and Mayfield Hub Club sessions that had provided valuable community hubs, but are at risk of being lost due to funding challenges. What can we do collectively about ASRUS?

The group agreed this should be a key focus - protecting existing spaces and creating new ones that are youth-led and sustainable.

The group has a nuanced conversation about space for LGBTQIA+ young people. Clare shared that their young people need safe spaces where they will be respected, and also the importance of representation in those spaces from older people in the queer community. And suggested separate but connected spaces may be their way of integrating into a community collaboration.

- **Funding opportunities**

To move forward, the group agreed to further develop the idea of a "community approach to youth mental health" that could form the basis of a partnership funding bid to the National Lottery and other funders. This would involve mapping existing youth spaces, defining the key elements of the approach, and presenting it as a coherent, collaborative vision rather than individual projects. The group saw this as an opportunity to build a more robust and sustainable voluntary/social enterprise sector to support young people in Torbay.

Actions	Owner
Think about how to define this work ahead of next meeting	All
Prep 2-pager for next meeting	Jo
Contact absent impact group members. Get feedback	Jo