

Reducing Stress & Anxiety Group Minutes 26.3.26

Attendees:

Louise Matthews – Torbay Council, Therapeutic Team Manager

Jamie Keyse – Young Devon, Head of service for wellbeing partnerships

Katie Chivers – One Space

Rachel Thame – Moor to Sea Music

Paul Reisbach – Transforming Talk Jo Morrell – Imagine This Partnership Manager

Lisa Money -Imagine This Partnership Manager

Ahead of introductions, for the benefit of new members, Jo outlined the purpose of the Imagine This partnership: forging collaboration to strengthen VCSE organisations.

This year very much about evaluation & legacy. Our impact groups come from key challenges raised by children & young people. Our partners are experts in delivery at community level & purpose of Impact Groups is to share learning and collaborative thinking.

Lisa added a quick overview of Powered By Youth, and that what has come from that is a key driver for the partnership this year.

Introductions

Louise: A new team sitting under Children's Services, started Sept. Team of 9 + Louise, part time, so a small resource but a highly skilled team. Other parts of Children's Services are referring in and the team are refining their offer & working out where gaps are. Focus is currently on Solution Focused Brief therapy, low intensity cbt, sand tray intervention, harmful sexual behaviours. Louise is keen to work creatively and in partnership, providing services for children not meeting threshold for CAMHs. Recognition that the offer might look different in a year, but open to working with everyone & understanding what's out there to enhance offer & maximise reach.

Jamie: Manages the My Way partnership & therapeutic services, young victims of crime, Domestic Abuse & Sexual Violence services run by Young Devon. Another small team in Torbay – Maria(Coordinator), 2 x pt counsellors, 2 x trainee counsellors, 2 x mental health youth workers. They've got the team, so now it's about figuring out how to work alongside one another, what can we do to add to everyone else's work.

Rachel: Working across Torbay on community and in schools, both as Alternative Provision and with individuals who are signposted through schools. Using music to support wellbeing and mental health. Relational working with young people, trying to

build work that supports their needs. Currently Tues afternoons at Parkfield House, Paignton, Local Motion are funding an open door for young people who might like to explore using music to explore mental health & wellbeing. People are coming in through a diverse range of signposting – some from school / early help, others through relationships with other orgs, children's services etc. Much of the work is 121, but through the open door, there are points where people are meeting and therefore starting to gently stretch into working with others. Want to consider how legacy is built.

Paul: Psychotherapist, youth worker previously. Recognised increasingly high barriers into entering the system for young people, therefore not able to access level of support needed and therefore started Torbay Community Coaching. This has been running for 5 years at Windmill Centre, working with school refusers or those struggling to integrate at school due to other circumstances. Has made a profound difference to those service users. Current funding coming to an end, talking to National Lottery about extending funding, can operate until May. Jo made the comment that a key thing for all Impact Groups is that we're thin on the ground, we need to collaborate and find funding together. Importance of these conversations so we can know what's happening and think collectively about how to support one another.

Katie: 21 year old, working through Local Motion with & alongside other young people. Combatting youth loneliness and supporting wellbeing through One Space. Successfully got Game Changer funding. Soft launch of drop-in happening next week. Starting small, from the ground up. Game Changer funding used to help pay for physical space.

Powered By Youth

Lisa gave an overview of the comments made by children & young people through Powered By Youth, particularly around connection, belonging and identity, and asked partners to consider both how they are already meeting that need through their work but also to consider how we can collaborate to extend / create more in order to address what children & young people have told us.

Rachel asked how we might collaborate to turn this into next steps, instead of falling back into the dangers of silo working. Jo responded that this Impact Group is well placed to build a nice joined up bid about supporting the things that have been uncovered by PBY. Lottery willingness to fund collaborative projects is still very live and the point of the Impact Groups this year is to form collaborative bids. She spoke about the strength of evidence that we're working with our community – it's the community who wants what we can deliver. We're in a good space to do this. Jo & Lisa are meeting with lottery in 2 weeks to discuss the what next.

Paul made the comment that the interface between statutory & non-statutory agencies can be tricky. Is there a way of building understanding between what's needed for

different orgs to be able to work together, e.g. of psychotherapist being invited to a meeting because their services were needed, without recognising that attending would mean it then would not be appropriate to deliver therapy.

Jamie said that VCSE + Statutory bodies working together is a challenge but he's seeing more that people are finding ways of working together. A Willingness to trial things together. Relationships enable understanding to be built. Statutory services increasingly understanding offer of VCSE organisations.

Louise added that the recent change in the way stat. services are being delivered and changes in ways of thinking means that people are talking more between teams within council. We did not have time for a full agenda point for Young Devon, but Jamie wanted to share that there is currently no waiting list, so they have capacity with their youth workers – looking to support with groups, wellbeing sessions, one worker been delivering around misogyny, individual youth work too. Also capacity opening soon for the therapeutic work too.

Actions:

Jamie to send information about current capacity to Rebekah (imaginethisinfo@torbaycdt.org.uk) for sharing

Paul requested if organisations could support in ratifying data. He will send through to Rebekah (imaginethisinfo@torbaycdt.org.uk) for sharing

Louise noted that organisations such as RevComps are often looking to support community projects so might be worth considering.