

H.O.M.E

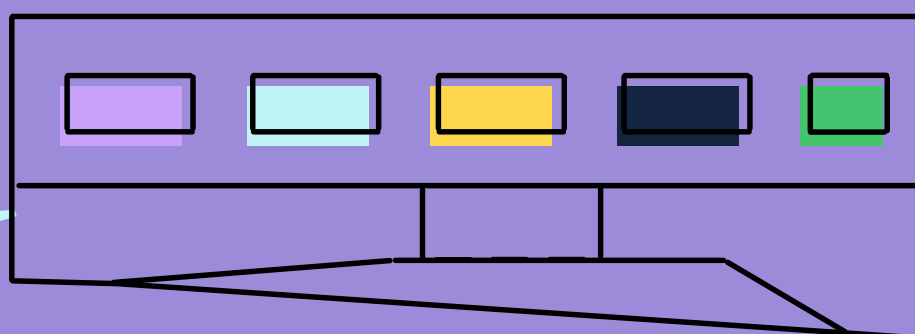
Helping Our Mental 'ealth

Young People's
Wellbeing Hub

Our current Wellbeing Programme

HOME is an early support mental health
and emotional wellbeing hub.

We offer a weekly programme of
wellbeing sessions, one to one support
and more for young people aged 11-25.



Wellington House
43 Market Street
Barnsley, S70 1SN

NHS

South Yorkshire
Integrated Care Board



CHILYPEP

CHILDREN AND YOUNG PEOPLE'S EMPOWERMENT PROJECT



Department
of Health &
Social Care

Mindful Monday

Are you age 11-15 and looking for support for your mental health and emotional wellbeing? Have you been feeling anxious, overwhelmed or low recently?

Come along to our Mindful Monday 12 week group programme. A safe space where you can use creativity as a tool to build confidence, feel empowered, express your uniqueness and find coping mechanisms to help manage your mental health and emotional wellbeing, whilst meeting other like-minded people.

Day: Monday- 12 Week Programme

Time: 4pm-6pm

Temporary address: Wellington House,
43 Market St, Barnsley S70 1SN

Who for: Ages 11-15 years

Contact: 01226 213123

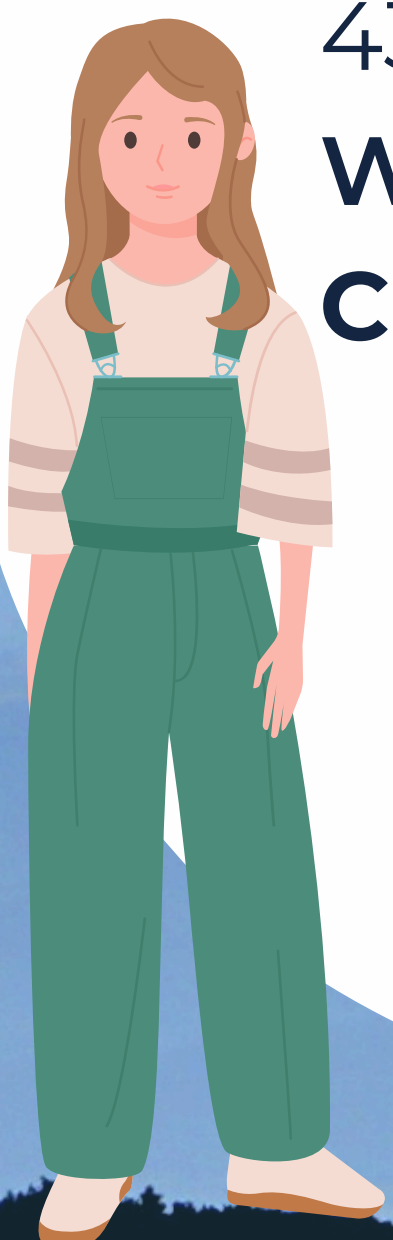
Complete a referral form using the QR code:



Department
of Health &
Social Care



South Yorkshire
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Mindful Monday

An inclusive and empowering 12 week group programme,
for young people aged 11-15.

What young people say:

Everyone is supportive
and they don't judge
who you are. You can
be yourself

I am most proud of
making new friends
and building my
confidence.

I have learned to
cope with my
emotions in
healthier ways

Just be yourself, don't
be embarrassed, help
others! Listen to your
body keep coming we
all love you everyone!

I learned that asking
for help is not
weakness it is human
to ask for support.

Make a referral



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Pride @ HOME

Our Pride at HOME group creates a safe space for LGBTQIA+ young people to gain wellbeing support, explore identity and connect with others.

**We have a group for 11-15s
and a group for 16-25s
on Tuesdays**

If you are interested and would like to find out more please contact us, or fill out a referral using the QR code below or contact us so we can have a chat with you!

Call: 01226213123

ruby.chandler@chilypep.org.uk

rheanna.webster@chilypep.org.uk



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Pathways to Work for 16-25s

Receive 1-1 Support

Meet with our 16 - 25 transitions youth worker, once a week for 6 weeks to discuss your support needs .



Assess Your Barriers

Discuss any physical or mental health barriers you may have, that hinder your confidence in stepping closer to your goals.

Discuss Your Goals

Set out your goals, whether that's applying for support, writing a CV, building your self esteem, or prepping for a job interview



Get In Touch

Contact Keely:

07970994542

keely.hardy@chilypep.org.uk

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B **R** **V**
BELONGING RESILIENCE VOCABULARY

**Men &
young
boys**

**Age 11-
25**

- Mental Health
- Wellbeing
- Belonging
- Anxiety
- Relationships
- Resilience
- Vocabulary
- Depression
- Emotional Literacy
- Communication
- Self-Esteem



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The BRV (Belonging, Resilience, Vocabulary) project is focused on providing engaging and informative sessions for young lads, tackling key topics such as mental health, belonging, anxiety, resilience, and relationships. The sessions are designed to create an open environment where students can discuss these important issues in a way that fosters growth, understanding, and resilience.



Contact us!

paul.savage@chilypep.org.uk

dominic.howell@chilypep.org.uk



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Integrated Care Board



Wellbeing Wednesday

If you're aged between 16 and 25, struggling with your mental health and wellbeing and need some support in looking to the future, then Wellbeing Wednesday welcomes you.

We have a 12-week programme of craft, mindfulness, yoga, life skills and music sessions which will harness your creativity,

Allow you to explore your feelings and talents, and work with you to find helpful coping tools as well as helping you to look to the future in relation to volunteering, the world of work and education.

To sign up use the QR code below



Wellbeing Warm-up

Waiting for one of our programmes to start? Don't worry you don't have to wait too long.

Join one of our wellbeing warm-up sessions where you can:

- **Meet other like-minded young people**
- **Take part in some creative wellbeing activities**
- **prepare yourself for one of our other programmes**
- **Get to know the Chilypep team**



You can come to all sessions or just pop along for one or two

Get in touch to find out more:

01226 213123
info@chilypep.org.uk

Feel Good Friday

Juniors

Ages 11-15

Drop into our bi-weekly youth group and come say hi.
No booking or referral needed.

- Get support for your mental health and wellbeing
- Meet other like minded young people and make new friends
- Engage in fun wellbeing activities
- Have a place to relax and be yourself
- Build your confidence
- Feel a sense of belonging
- Take part in things you enjoy, singing, dancing, games, crafts, reading, quiet time

Day: Friday, Every 2 weeks

Time: 4pm-6pm

Temporary address: Wellington House , 43 Market St, Barnsley
S70 1SN

Who for: Ages 11-15 years

Contact: 01226 213123



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Feel Good Friday

Seniors

Ages 16-25

Drop into our bi-weekly youth group and come say hi.
No booking or referral needed.

- Get support for your mental health and wellbeing
- Meet other like minded young people and make new friends
- Engage in fun wellbeing activities
- Have a place to relax and be yourself
- Build your confidence
- Feel a sense of belonging
- Take part in things you enjoy, singing, dancing, games, crafts, reading, quiet time

Day: Friday, Every 2 weeks

Time: 4pm-6pm

Temporary address: Wellington House , 43 Market St, Barnsley
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Who for: Ages 16-25 years

Contact: 01226 213123



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**Make a referral for any
groups or 1-2-1 support here:**



Get in touch with us!

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