

H.O.M.E

Helping Our Mental 'ealth

Young People's
Wellbeing hub

A guide to **HOME**, an early
support HUB for young people's
mental health and
emotional wellbeing in Barnsley



BARNSLEY
Metropolitan Borough Council



—GRIPPLE—
FOUNDATION

NHS

South Yorkshire
Integrated Care Board



CHILYPEP

CHILDREN AND YOUNG PEOPLE'S EMPOWERMENT PROJECT

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Welcome to HOME!

This guide is designed to give you information about HOME; how you can access it if you are a young person and how you can introduce young people to HOME if you are a professional. It will tell you who we are, why HOME is needed and everything you need to know about what we do.



Where to find us!

1 Blucher Street, Barnsley,
S70 1AP



HOME is on the first floor of the Barnsley YMCA building. Chilypep have worked in partnership with Barnsley YMCA , Barnsley CCG (now ICB) and other partners over the last three years to develop the building and come together to support young people to access it.

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Why is HOME needed?

1 in 6 young people experience difficulties with their mental health. Too often they feel they can't access support when they first need it, feel disempowered, and that there are a range of barriers to overcome, including inequalities ranging from social to cultural, and not knowing where to go.



HOME Early Support Hub gives a young person a place to get help before they are in crisis. The earlier a young person can get support for their mental health, the more effective that support will be.



Between 2018 and 2020 Chilypep consulted with young people across Barnsley who had lived experience of difficulties with their mental health and have navigated young people's services. As part of this consultation, we focused on their experience of finding support, the barriers to improving their mental health and what they would like to see put in place to support young people in the early stages of experiencing difficulties.

Young people told us they wanted:

- A safe inclusive and accessible space
- Access to drop in sessions
- Access to peer mentors
- Opportunities to get involved in
- Groups and have a say on how services are designed

Based on this, we developed HOME.....

What is HOME?

HOME is an early support mental health and emotional wellbeing hub for young people in Barnsley aged between 11 and 25 that provides open access, flexible, early support in a non-judgmental welcoming, safe space.

HOME is somewhere that any young person can:

- Be heard and be themselves
- Build their **confidence** and self-esteem and discover their own ways of improving their overall well-being
- Find out about, and access, other services and information that can help them
- Find help with all aspects of their life which might be **contributing** to their mental health difficulties
- Reduce their isolation and anxiety in a supportive and consistent environment
- Find some support to better manage their feelings and emotions
- Find somewhere they **can talk** to someone (a trusted adult or peer) about their experiences
- Have the opportunity to discover new skills, interests, and talents
- Celebrate difference and learn from one another

HOME aims to:

- Create a place where young people feel safe and supported and in which they feel comfortable and accepted
- Ensure that young people are part of the design and development of HOME
- Develop and deliver new innovative specialist activities to support young people's mental health
- Provide help before a young person reaches crisis
- Reduce pressure on other services
- Work in partnership with other services across Barnsley that support the mental health and emotional wellbeing of young people to provide holistic wrap-around support.
- Welcome external service providers to work with us at HOME so the young people can access the support they need in one place.

A young person can be involved with HOME at their own pace, for as long as they would like (up to the age of 25) and can choose which elements of the programme they would like to access.



HOME wants to help young people achieve the following:

- Better manage their feelings
- Communicate and express themselves
- Build their confidence, agency and ability to shape their own lives
- Develop their resilience and determination
- Explore their creativity
- Develop and manage their relationships
- Be able to plan, problem solve and critically think



What makes HOME unique?

HOME takes a trauma-informed, relational, youth work approach, which is inclusive, empowering and led by the young people. **HOME** focuses not just on the mental health difficulties a young person might be experiencing but on them as a whole person, looking at all the factors of their life that impact them. Our aim is that, by the end of their time with us, they feel they have the tools, understanding and emotional capabilities to achieve what they would they like to moving forward.

HOME is led by qualified mental health practitioners and youth workers and combines creative, engaging techniques with therapeutic tools in order to provide young people with healthy coping mechanisms, helping them to build their confidence, express their identity, and feel empowered, whilst being creative, connecting and having fun.

In addition, HOME offers a unique opportunity for young people to access several services in one place. It brings together a range of organisations to offer both their own area of expertise and joint delivery, working together to meet the needs of young people in Barnsley.

What does HOME offer?

Current programme: Autumn/Winter 22-23

Mindful Mondays

Are you looking for somewhere you can explore your emotional wellbeing and mental health? Are you struggling with anxiety, depression, identity, or low self-esteem? Are you struggling with challenging thoughts and finding things difficult?

Come along to our Mindful Monday group, a safe space where you can use creativity as a tool to build confidence, feel empowered, express your uniqueness and find helpful coping mechanisms, whilst meeting other like-minded people. All of you are welcome here and we are here to help and support you.

Day: Every Monday starting Monday 28th November

Time: 4pm-6pm

Who for: Ages 11-15 years

Pride@HOME



This group is delivered in partnership with IDAS (Independent Domestic Abuse Services).

With a focus on supporting your emotional health and wellbeing this group welcomes any young person who identifies within the LGBTQIA+ community and provides a safe and social space to celebrate all that is LGBTQIA+. Spend time sharing issues and experiences which are important to you, explore identity and express yourself through creative activities and awareness campaigns.

Day: Every Tuesday

Time: 3pm - 5pm

Who for: 16 - 25 years

Wellbeing Wednesdays

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 rolling 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.

Day: Every Wednesday

Time: 11am - 1pm

Who for: 16 - 25 years

Feel Good Fridays

Come and spend time at HOME, chillin', taking part in wellbeing activities, spending time with other young people, and hanging at HOME. This session is for you to unwind for the weekend, get some support and information if you need it and have some fun.

Day: Every other Friday. This group alternates weekly sessions between the younger and older age groups

Time: 4pm - 6pm

Who for: 11 - 16 years & 17 - 25 years

(Go to our FB page or other social media accounts to find out which is your week to attend)

Slow Down Saturdays

Do you get to the weekend and feel like you can't switch off your busy mind from everything that has happened in the week? Do you need a safe place to go on a Saturday morning where you can unwind your mind, slow down, rest and reset?

Be kind to your mind, body, and soul. A weekly Saturday group of yoga, movement, meditation, mindfulness, relaxation, connection, and reflection to help build a kinder relationship between your mind and body. Come along to Slow Down Saturdays.

Day: Every Saturday starting Saturday 3rd December

Time and who for:

10am- 11:00am (ages 11-15 years)

11:30pm-12:30pm (ages 16-25 years)

There is no need to book but please arrive on time as the sessions are only 1 hour. Wear comfortable clothes which you can move in.

Mentors@HOME

Young people told us that they would benefit from peer support so we created the mentors@HOME programme. Young people aged 16+ receive training in a range of skills so that they can offer support to the HOME programme and individual young people. Volunteer for as little or as much time as you would like in a week. If you are interested in becoming a HOME mentor then contact us for further information or look out for recruitment info on our socials.

IT@HOME

Spend some time in IT corner accessing online content which will support your mental health and emotional wellbeing. From online support sites and counselling to videos and apps, IT corner has something for everyone. You can also use laptops specifically set up for you: use email, work on homework, apply for jobs.

Talk@HOME

HOME offers a counselling service for any young person to access once they have registered with us. This is a confidential, therapeutic space with a qualified counsellor or with one of our placement students who are working towards qualifying. Talk@HOME is an open-ended offer, and the counsellor will work with you for as little or as long as you feel you need. During counselling, you can have the opportunity to express your thoughts and feelings in a safe environment. You are able to share any worries or difficulties you may be experiencing, thereby building your confidence and self-esteem.

“For myself, counselling has allowed me to stop living inside my brain. Being able to get out of my thoughts with someone was really objective and made me feel safe to do so. Someone who could offer me clarity, perspective and help me see things differently.”

Young person currently accessing Talk@HOME

Talk@HOME does not accept referrals. If a young person feels they would like to access counselling, they can attend any of the wellbeing sessions in the programme or contact us to arrange an introductory session where they will then be registered with HOME and can then access the service. Talk@HOME is led and managed by qualified psychotherapists.



Open Up Directory

The Open Up Directory started in 2018 as a booklet created with young people, asking for information they wanted around young people's mental health, wellbeing and youth work services, organisations and community groups. That are free and that young people can access themselves. It's grown into this map to help you find things in your area.

The Open Up Interactive Map and Directory lists wellbeing and youth work organisations in Barnsley for young people (under 25yrs). You can access a copy to download or the interactive version here:

<https://chilypep.org.uk/open-up-directory-2/>

How to use Open Up Barnsley interactive map video:

<https://youtu.be/inc6v-YTv58>



Mental Health Training



Chilypep is currently funded by NHS South Yorkshire to deliver a range of mental health training courses to schools, colleges, the children's workforce, frontline services, charities, local businesses and community members, as part of Barnsley's strategic plans around suicide prevention and mental health transformation.

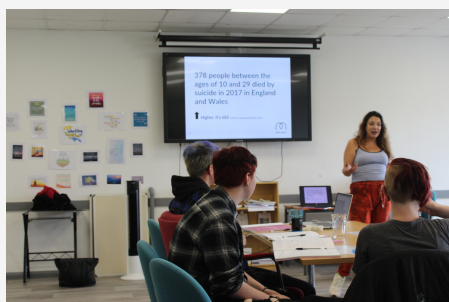
Our trainers have extensive experience in and around mental health and emotional wellbeing support and influencing work and bring this experience to life through interactive content. We offer a range of mental health training courses, including Youth & Adult Mental Health First Aid courses, Applied Suicide Interventions Skills Training (ASIST), SafeTALK and bespoke training to suit your needs.

If you are a school, college, or organisation based in Barnsley and would like to explore funded training options that might be available to you then do contact us.

As part of our HOME offer, we also facilitate Mental Health Training to young people themselves, please email us at training@chilypep.org.uk

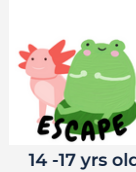
You can view our current training brochures here:

<https://chilypep.org.uk/training/barnsley-mental-health-training-offer/>



Additional Projects @HOME

Young Commissioners



Our Barnsley Young Commissioners have a say in how the services young people use to look after and treat their mental health are run. We facilitate 2 groups, Escape and Sanctuary, who meet fortnightly, and are made up of young people aged 11-25 with lived experience of mental ill health or have a passion for mental health and improving support and services for others. Whether it's tackling mental health stigma, improving signposting to relevant services or making a positive change to services that already exist to help young people, Barnsley Young Commissioners are up to the challenge!

Young Commissioners are a closed group but if you are interested in becoming a Young Commissioner look out for our recruitment info on our socials or contact us to let us know. All new recruits receive a range of training.

BRV (Belonging, Resilience, Vocabulary)



The goal of BRV is to support boys and young men aged 11-18 with their emotional literacy. Through our group work programme they learn how to recognise, communicate and manage their emotions, gaining a better understanding of themselves. This helps their education and behaviour as well as enabling them to become active, empowered students and citizens. We run groups in educational settings in Barnsley as well as at HOME . If you are interested in BRV work in your school please contact us and referrals for young people for HOME group work must be referred through Branching Minds.

HOME is staffed by a combination of Chilypep qualified youth workers, mental health professionals and creative practitioners, alongside a range of other services and professionals who bring their own expertise and skills to the Hub to provide holistic support and work in partnership to deliver an innovative approach to early help.

This includes:

Barnsley Youth Employment HUB.

Youth
Hub



Based at HOME, the Youth Employment Hub can help young people to explore opportunities to grow their employability and improve their confidence with training and skill development.

For further information visit:

Barnsley.gov.uk/YouthHub

Skills &
Employability



Compass-Be

Compass Be Mental Health Support Team (MHST) works with children, young people and families in education settings in Barnsley. They provide free, confidential support, help and advice for pupils, students and schools for issues related to mental health and emotional wellbeing. Professionals, parents and carers and young people can contact the Branching Minds Barnsley team on 01226 107377 or visit: <https://www.compass-uk.org/services/compass-be-barnsley-mental-health-support-team/> for further information.

Sometimes the Compass Be practitioners might arrange to meet young people @HOME.

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SYEDA: South Yorkshire Eating Disorder Association

SYEDA's services are independent and confidential. They provide information, advice and support to people affected by their relationship with food which can be accessed by contacting us via phone or email or at one of their monthly open access support group events.

Their services include Support Groups, Talking Therapies and Occupational Therapy and young people in Barnsley can access their counselling offer **@HOME**. For further information and referral details please visit: <https://www.syeda.org.uk/our-services>



Barnsley Targeted Youth Support

Several services through the Council's Targeted Youth Support use **HOME** to work with young people including the Youth Offending Team and the Substance Misuse Team. To find out more visit: <https://www.barnsley.gov.uk/services/children-families-and-education/young-people/early-help-and-targeted-support-for-young-people/>



LiveWell - Working Win

Working Win work those who are 18+ might be looking to find meaningful employment, might be in a job already but are struggling in some way e.g. needing reasonable adjustments, struggling with employer, suffering with mental/physical health conditions or looking to find other work, or people who might be off sick but looking to return to employment. All support is tailor-made to the person they are supporting and they can offer support for up to 9 months. They have access to Westfield Health for counselling sessions for clients and have our own in-house health and wellbeing coaches who are able to support too.



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Who looks after HOME?

HOME is led and managed by Chilypep (The Children and Young People's Empowerment Project). A Steering Group involving a range of organisations help to plan, co-ordinate and deliver what happens @HOME.

Chilypep is a charity dedicated to raising the voice of children and young people, giving them the platform to shape their world and stay connected.

Chilypep's purpose is to promote the rights, wellbeing, and opportunities of all young people across South Yorkshire. Our work in Barnsley has a particular focus on supporting the mental health of young people and helping them to influence services across Barnsley that serve to support the wellbeing of young people.



What if a young person requires additional support?

Following contact with a young person, should they consider the young person's needs to be more acute, HOME's team can escalate a referral to the relevant service following appropriate protocols. **HOME is not a crisis service. Our team are trained to refer and signpost young people to a range of crisis support for both those under and over 18.**

For further support you can:

- Request mental health and emotional wellbeing support by contacting the Branching Minds Barnsley team on 01226 107377 or [complete the request for support form](#) and send this to BarnsleyCYPMHRequestSupport@swyt.nhs.uk.

Please note that a child or young person must be registered with a GP practice in Barnsley, or attend a school in Barnsley, to request support. The Branching Minds Barnsley team is available **Monday - Thursday, 9am to 4:30pm and Friday, 9am to 4pm (excluding bank holidays).**

- Access Barnsley Support Hub (18+) Phone: 07855 971 634 Email: barnsleysupporthub.mhm@nhs.net Opening hours: Saturday-Monday, 6pm-11pm (Thursday-Monday coming soon) Address: 10A Eldon Street, Barnsley, S71 1LQ - Walk in, no referral needed.
- Need someone to talk to? Text Shout Crisis Text Line: 85258 or call The Samaritans on 116 123 or Papyrus on HOPELINEUK on 0800 068 4141.

How Does a Young Person Access HOME?

- **Be between the ages of 11 - 25 and live in Barnsley**
- **Look for us on Facebook, Instagram, Twitter or TikTok @Chilypep**
- Self-refer: ring us, email, contact us through social media or drop in to see us
- Come to any of the sessions in the programme without needing to book
- Any professional can contact us via phone or email about a young person and we will arrange to meet them

When either a young person or a professional contacts us we can arrange an initial meeting with a HOME team member to give them a tour, introduce them to the programme and find out more about them so we can ensure that what they access meets their needs.

Contact Us

Phone number: 01226 213123

Email address: HOME@chilypep.org.uk

Website: <https://chilypep.org.uk/home-barnsley-well-being-hub/>

Social media: @chilypep



We look forward to meeting you here
at HOME



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