





# Changing Minds

## CHILDREN, YOUNG PEOPLE AND FAMILY SERVICES AT







Service	Audience	Description	Referral Pathway
Families First support 	0-18 and their families	One-to-one and family sessions providing low level mental health support guided by the family resilience framework. Sessions are client-led and support lasts around 10 weeks. Support can be completed within the home, in the community or over the phone/online.	Professionals to complete a <b>SPACE Wellbeing</b> referral by calling <b>01633 235294</b> or <b>01633 851782</b> .  All other enquiries and referrals to <a href="mailto:rhian.adams@newportmind.org">rhian.adams@newportmind.org</a>
Kith & Kin 	11-17 and their parents and carers	8-week parallel self-management course for parents/carers and young people aged 11-17 who are struggling with their mental health. Each week both groups will separately learn similar session content, based around strategies on coping with mental health and building wellbeing and resilience.	All enquiries and referrals to <a href="mailto:rhian.adams@newportmind.org">rhian.adams@newportmind.org</a>
Mini Kith & Kin 	7-11 and their parents and carers	8-week parallel self-management course for parents/carers and children who are struggling with their mental health. Each week both groups will separately learn similar session content, based around strategies on coping with mental health and building wellbeing and resilience.	All enquiries and referrals to <a href="mailto:rhian.adams@newportmind.org">rhian.adams@newportmind.org</a>
Bounce 	Parents and carers	A 5-week course of 2-hour long sessions focusing on the resilience framework. An opportunity to reflect up-on the parent-child relationship, considering new ways to approach interactions.	All enquiries and referrals to <a href="mailto:rhian.adams@newportmind.org">rhian.adams@newportmind.org</a>



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Wellbeing Ambassador volunteer training 	14-25	Newport Mind train groups of young volunteers to be Wellbeing Ambassadors who run peer-support groups at Newport Mind. The volunteers can also take part in other things e.g. interview panels, peer mentoring schemes, social action.	All enquiries and referrals to: <a href="mailto:changingminds@newportmind.org">changingminds@newportmind.org</a>
Peer support 	11-16	Peer support sessions led by our Wellbeing Ambassadors, available to young people already accessing Changing Minds services.	Internal referrals only.  All other enquiries to: <a href="mailto:changingminds@newportmind.org">changingminds@newportmind.org</a>
Write With You 	11-25	E-mail based pen pal support between young people and Wellbeing Ambassadors. A chance to meet new people and share experiences online. All emails are monitored by a member of the Changing Minds team for safety.	All referrals can be made by completing the form using the following link:  <a href="https://changingminds2020.typeform.com/to/XeFz9C">https://changingminds2020.typeform.com/to/XeFz9C</a>
Talking Space 	16-25	5-week group sessions designed to build resilience through learning more about different mental health problems and coping strategies, and by engaging in activities and sharing experiences with one another.	All referrals can be made by completing the form using the following link:  <a href="https://talkingspace2020.typeform.com/to/XaeGYV">https://talkingspace2020.typeform.com/to/XaeGYV</a>



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Branch Out 	15-25 (13-25 for online creative groups)	A project providing courses that combine eco-therapy with outdoor, ranger-led activities. Based at Tredegar House, Newport. Currently running online creative tutorial groups and online discussion groups via ZOOM.	Sign up to events on our Eventbrite page using the following link: <a href="https://www.eventbrite.co.uk/o/changing-minds-17217865246">https://www.eventbrite.co.uk/o/changing-minds-17217865246</a> All other enquiries to: <a href="mailto:georgia.howard@newportmind.org">georgia.howard@newportmind.org</a>
Whole School Approach 	Secondary schools in Newport	A project providing support to students, staff, parents and carers of secondary schools across Newport. This project aims to reduce mental health stigma and improve the overall wellbeing of the school communities.	All enquiries to: <a href="mailto:abbey.rowe@newportmind.org">abbey.rowe@newportmind.org</a>
BOOST (Building Our Own Support Tools) 	10-18	A NEW service offering up to 6 sessions of 1-2-1 support to help young people manage their own mental health and wellbeing by building healthy tools and coping strategies. Support is currently available online/ on the phone and will later be accessed from schools.	To register your interest for support, complete the short sign-up form at: <a href="http://tiny.cc/BOOSTnewport">http://tiny.cc/BOOSTnewport</a> All enquiries to: <a href="mailto:abbey.rowe@newportmind.org">abbey.rowe@newportmind.org</a>
Piece by Piece 	10-25 and their families	A project to support young people aged 10-25 and their families who have experienced a recent trauma. We aim to support families from the LGBTQ+ community and those from a BAME background, offering one-to-one support for young people, family support, group support and creative workshops.	To access the referral form contact the email below. All enquiries and referrals to: <a href="mailto:piecebypiece@newportmind.org">piecebypiece@newportmind.org</a>