

Wellbeing For Young People

**“THE EARTH
HAS MUSIC FOR
THOSE THAT
LISTEN”.**

- WILLIAM SHAKESPEARE

A newsletter from Wellbeing Suffolk which compiles a load of useful resources for you, all in one handy place.



@SuffolkSocials



www.wellbeingnands.co.uk



@suffolksocials



Hello There!

Welcome to the first edition of your Student Hub monthly newsletter. In this edition we want to introduce you to our Virtual Socials which have received great feedback. We look forward to seeing you on there soon as well, for more details please refer to the next few pages.

I graduated from the University of Suffolk in 2018, and I know the struggles of being a student. Leaving essays until last minute and then having to stay up late and having to work hard, drinking those energy drinks just to stay awake until early in the morning to complete those assignments. This is just one of many moments we can all relate to I'm sure. However, at Wellbeing we understand that these current times face some extra challenges which is why we have decided to create a newsletter which compiles a load of handy resources for you, all in one handy place.

We hope that you are still staying safe and well. Just remember though, if you're stressed, anxious, depressed or low, we can help. Just visit our website: wellbeingnands.co.uk/suffolk/.

	PAGE 3
What do we do?	
	PAGE 4
What is Wellbeing Suffolk	
	PAGE 5
Wellbeing Webinars	
	PAGE 7
Virtual Socials	
	PAGE 9
Staying at Home Guide	
	PAGE 9
5 Ways to Love Lockdown	
	PAGE 11
5 Ways to Wellbeing	
	PAGE 12
Spotlight on Employment	
	Page 16
Video Interview Tips	
	PAGE 17
Student Finance	
	PAGE 18
Student Finance	
	PAGE 18
University of Suffolk SU	
	PAGE 20
Let's Get Baking!	
	PAGE 20
Positive Quotes	
	PAGE 21
Organisations that can help	
	PAGE 27
Domestic Abuse	
	PAGE 30
Positive Quotes	
	PAGE 31
Referral Information	

What Do We Do?

"I was treated at all times with compassion, understanding and professionalism. I was given strategies to deal with my anxiety as well as the understanding of why these thoughts were happening. I am looking forward to returning to my studies which at the start of this illness I wouldn't have thought possible".

Jamal Hammond

"Excellent service, a very positive outcome to a difficult period in my life in delicate circumstances. I now have the skills, mind-set to continue my life, also knowing there is support should I ever need it."

Emily Smith



WHAT IS WELLBEING SUFFOLK?

Wellbeing Suffolk is your local IAPT service. This means that we provide an improved access to psychological therapies for people experiencing stress, depression, low mood and/or anxiety.

We offer a wide range of workshops and courses, talking therapies and access to social events. For more details please refer to the last page of this newsletter and follow our social media and website details at the bottom of this page for our latest updates.



WHAT DOES THE TERM WELLBEING MEAN?

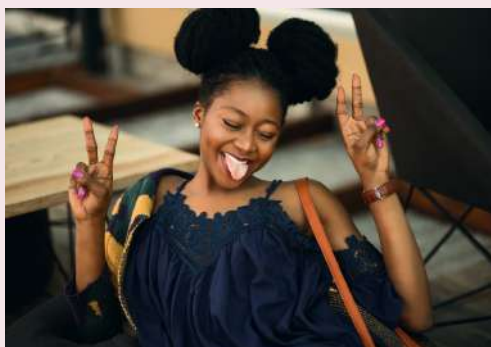
Wellbeing is the state of being comfortable, happy and healthy...

At Wellbeing Suffolk, we are here to support every individual that needs our support. Wellbeing Suffolk offer help and support to improve wellbeing and for the start of a happier you.

WELLBEING ONLINE WEBINARS



**CHANGES IN
EMPLOYMENT
DUE TO COVID**



**LIFE AFTER
LOCKDOWN -
NEW NORMAL**



**IMPROVING
YOUR SLEEP**

We are running regular online webinars to support you through the Coronavirus pandemic. Our courses will help you learn relevant cognitive behavioural therapy (CBT) techniques to help you break out of negative patterns and make positive steps forward. Different courses focus on unhelpful thinking styles, physical symptoms of anxiety and panic, and patterns of responding to thoughts and feelings that can keep us stuck. The strategies you learn will be useful well beyond the duration of the course to prevent and manage bouts of stress, anxiety and depression. Wellbeing Suffolk offer a range of different webinar courses, some which are specifically aimed at supporting parents. Find out more at: <https://www.wellbeingnands.co.uk/suffolk/get-support/courses/>.



**CARERS SUPPORT
WEBINAR**



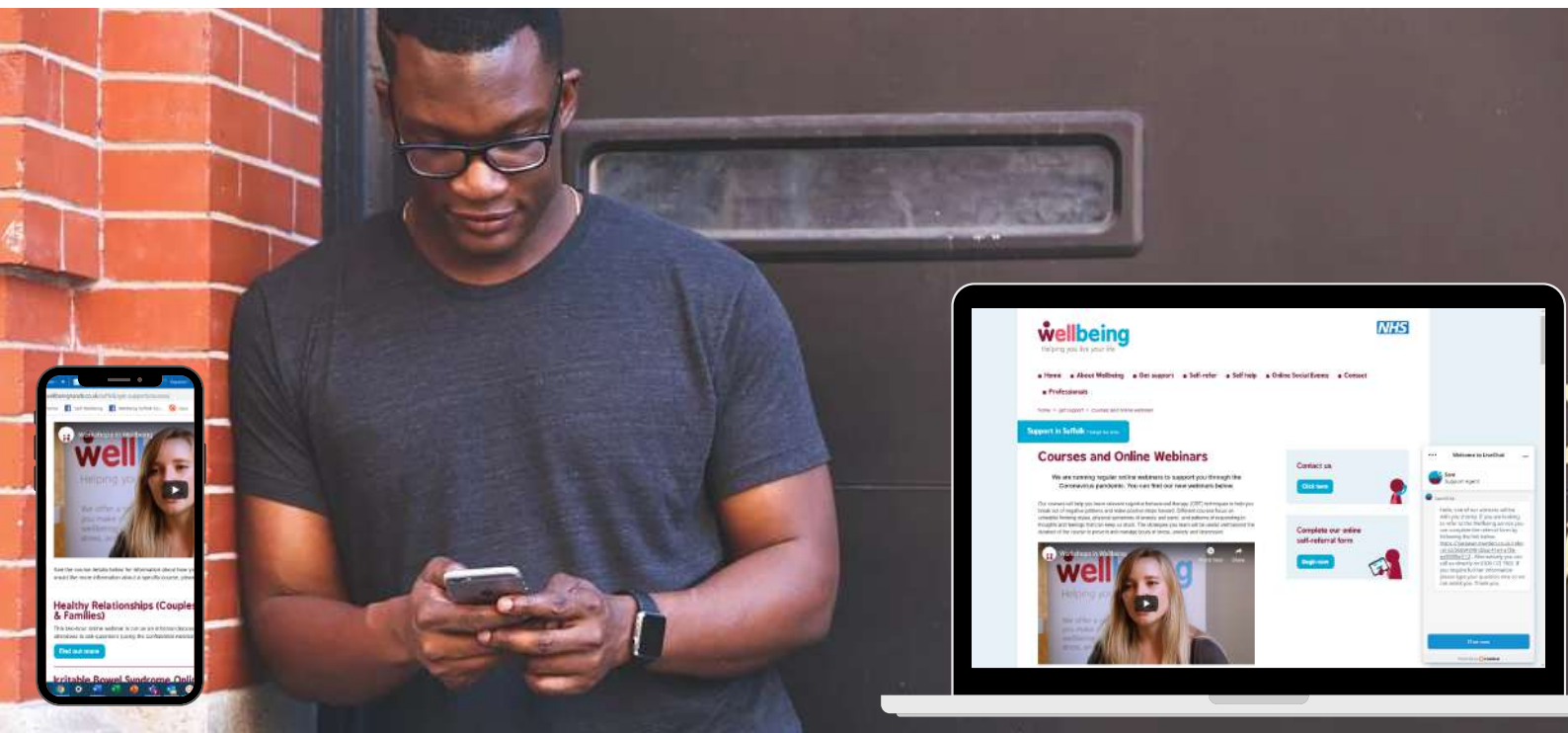
**SUCCESSFUL
STUDY**



**FEELING
ANXIOUS (FOR
YOUNG PEOPLE)**

We also have many more Webinars to support you...

HOW TO JOIN OUR LIVE WEBINARS



Online Workshops - The start to a better and happier you

What are They?

Due to COVID-19 we are making it easier than ever to access the workshops that we would normally run at various community venues. These workshops will now be available online as live 'webinars'. This is a live online presentation, where you log in on your computer, phone or tablet.

A member of the Wellbeing team will present the workshop via a webcam so you can see and hear all the same information that you would receive in a community workshop. Please do not worry, you will not be seen by other attendees and you can ask questions to a member of the Wellbeing team in real time via a live chat function that is private and not visible to the rest of the group.

How Can I Access these Workshops?

If you are interested in attending a webinar, please type this link into your address bar and see if there are any workshops that could help you www.wellbeingnands.co.uk/suffolk/get-support/courses/.

You don't need any special software or a webcam, just a smart phone, laptop or tablet. We will email the link to your email address, which you just click on and away you go!





OUR VIRTUAL SOCIALS



The social team are delighted to announce that we have just launched our new way to meet up with the community with our range of Virtual Socials. To check for the latest information on our Virtual Socials please visit <https://www.wellbeingnands.co.uk/suffolk/social-events/>.

Our Virtual Socials take place on the video chat app called Zoom. If you need help downloading this application simply follow this link here for all the help you will need to get you started to join us on Zoom <https://www.wellbeingnands.co.uk/suffolk/social-events/how-to-zoom-guide/>.

WHAT WILL WE TALK ABOUT IN OUR VIRTUAL SOCIALS?

Anything you like! We are here for you to come and have a chat or even to get something off your chest. Our Virtual Socials will be delivered by Suffolk's friendly team of Community Advisors.

JOIN OUR *Virtual* SOCIALS

- COMMUNITY ADVISORS -

Sara Burton

“Silly, full of useless information, film and history geek, She would love to meet Henry VIII and visit the 1940s! Superpower... she tries to make people laugh”.

Brandon Lightning

“I am the youngest member of the team, recently graduated out of university. I have lived experience of mental health issues and I used to be a young carer. I want to use this to make a difference. I will always find the time to have a laugh, chat and hope to make a difference to your day”.

Nikki Betts

“An aging rocker and groover who can be found most places, she makes sense of her world through interpretive dance! She is always finding new things to learn, and she loves connecting”.

Julie Chapman

“An ex-teacher who has lived experience with mental health issues. She is a northerner who has a creative streak a mile wide and loves to talk!”

STAYING AT HOME GUIDE



Helping You Stay Well at Home

Plan Practical Things

Remember just because the Coronavirus pandemic has affected some services, you must still ensure that you look after yourself. If you need regular medicines you can still go to the pharmacy just be aware of the temporary opening times. Alternatively, you can ask your pharmacy if you can get your prescriptions delivered. If you have a caring responsibility either in the home or by regular visits, know where to go to get all the support you need. Suffolk Family Carers offer support for people who are looking after somebody who due to illness, mental health, disability or substance misuse cannot manage without you:

<https://suffolkfamilycarers.org/>. Furthermore, Carers UK has further advice on creating a contingency plan on how to best deal in these times: **<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?id=6268:coronavirus-guidance>**.

Stay Connected with Others

Stay connected with those people close to you. There are many platforms which enable us to stay connected with each other, and it is important to take advantage of these for our mental wellbeing. Maintaining healthy relationships with the people closest to you inside and outside your house is very important for promoting positive mental wellbeing. There are many other people who are finding the current situation to be a struggle as well, so a connection to them could really brighten their day.

Talk About Your Worries

Remember, it's normal to feel stressed, anxious, low or depressed about the current situation and sharing your worries and concerns with others can help them too. If you cannot speak with someone about your worries, or find it is not helping there are a load of helplines here who are happy to help

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>.

Look After Your Body

Our mental health and physical health can impact each other. Our physical health can influence the way we feel, and generally we feel mentally well when we exercise. Take some time in your day to plan a healthy, well balanced diet for the day. Ensure that you are drinking enough water and avoid too much alcohol. Remember you can leave your house for exercise, you may possibly enjoy a bike ride, walk or a run. Go and enjoy your local area and look after your body. If you are struggling for inspiration try these 10 minute home workouts

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>.

Stay on Top of Difficult Feelings

Being concerned about the current coronavirus situation is very normal, and you are not alone. Some people may experience more intense anxiety that can overwhelm them. In this situation try to stay focused on the present situation that you are in and focus on the things that you are in control of such as how you act to others around you, who you speak to, and where you get information from (avoiding the bad news where possible). If you feel that your anxiety is getting in the way of your day-to-day life, Every Mind Matters has some advice for you here, just follow the links:

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>,

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/#>.

Take the Time to Relax

It is often common to forget how important it is to allow yourself some time to relax when you are dealing with stress, low mood, depression and anxiety. Relaxing can help improve our mental wellbeing and can help you better deal with your anxiety.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Think About Your Daily Routine

Your routine will probably need to change for a little while whilst many of us spending more time at home. Think about how you can adapt and create new routines and set yourself personal goals. Write a plan for your day or your week, invest in a whiteboard/pinboard to be more organised. If you are working from home or not, try to get up at the same time each day, routines are healthy for your mental wellbeing. Try to ensure that you stick to a good sleeping pattern, as good quality sleep makes a big difference to how we feel both physically and mentally.

Do the Things you Enjoy

Make an effort to focus on doing the things that you love. Maybe you could start a new hobby, read a book, ride a bike, learn a language, host an online pub quiz, chat to your friends and family. Be inventive, and enjoy yourself!

Take the Time to Relax

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<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

Distance Yourself from the News

We all have a need to be informed, however this need can often be harmful for our mental wellbeing when it comes to the news. There is plenty of positive news to be found, go and search for the positive news. We advise that you delete the news applications from your phone where possible, limit your time on social media and turn off notifications off your phone where you know news articles could pop up. To stay up to date with the news that you need use the official GOV and NHS website <https://www.gov.uk/coronavirus>.

THE FIVE WAYS TO LOVE BEING AT HOME



Be Active

Step outside in the garden and enjoy a nice walk around your garden. Find a fitness video online, get moving in your home, take regular breaks if you're sitting down.

Connect

Connect with the people that are most important to you. Social distancing may mean we cannot physically be with those individuals, but many media applications such as FaceTime, and WhatsApp's and Messenger's video chat allows us to still have those important face-to-face interactions.

Take Notice

Embrace your curious side! Can you notice the start of spring? Can you see the buds on the trees starting to grow? Can you hear the birds sing? Have you noticed the warm sun on your face? Can you smell the fresh air? Look out of your window or step in the garden and appreciate every moment.

Keep Learning

Learn something new, do you have more time on your hands, maybe you could take up an old interest... have you ever wanted to learn a language?

Give and volunteer

During these difficult times, there is no better time to give back and volunteer. Do something nice for someone close to you, or maybe even for a neighbour. Maybe you could do some shopping for someone in need. This allows you to be connected to the people around you and is incredibly rewarding for you and your community.

A person in a dark suit is holding a brown paper bag. A hand is reaching out from the right side of the frame, touching the bag. The background is dark and slightly blurred.

Spotlight on Employment

INTRODUCING YOU TO OUR EMPLOYMENT ADVISORS AT WELLBEING

To access employment support services from our excellent team of employment advisors, simply refer into the Wellbeing Service. Inform us in your referral form on how we can best help you, and we will get back to you as soon as we can to assess how one of our Employment Advisors can best support you.

MEET WELLBEING'S EMPLOYMENT ADVISORS



At first when I left school all I wanted to be was a make-up artist, I love the creativity behind make-up and for me it was important to help clients feel empowered and confident. A few years down the line, I started to feel lost and unsure on who I was or what I even wanted to do with my life, I struggled quite badly with my own mental health.

A family friend one day told me about VSO – Voluntary Services Overseas, going away for 12 weeks sounded ideal and a great escape. I applied and was successful, fast forward to December, I had spent 3 months volunteering on a livelihoods project in a county called Machakos in Kenya, an hour away from Nairobi. I spent my time in Kenya with two placements, the first teaching children in a Youth Centre during the holidays, the basics of ICT, English Language and Literature, Mathematics and Life skills, discussing various difficult issues from drug abuse to family planning. The second placement I was on I worked with government organisation Youth Enterprise Development Fund (YEDF) helping youth groups aged 18-35 start their own businesses and apply for loans, we facilitated workshops on business plans, writing CVs etc and as well created a support group for young men, who are dealing with their own mental health issues. Kenya helped me to find my passion, helping vulnerable people and to motivate others to achieve their goals.

On my return, I had no idea what opportunities would be available, coming from a small town. I knew I needed to work in Mental Health and luckily for me in January I saw the vacancy for an Employment Advisor working in the Wellbeing Service, it seemed too perfectly fitting and I thought there's no way I'd be successful, somehow I was and I have been working in the service since February I absolutely love it and I am grateful to have such an amazing and supportive team guiding me through. Everyday is different and the personal development and growth within this role has no limits.

SAY HELLO TO LUCY GREEN, 22

Hello there, my name is Lucy Green. I am an Employment Advisor for Wellbeing Suffolk. This is a little about me. To access employment services please refer into the Wellbeing Service and we will get back to you shortly. Thank you".

MEET WELLBEING'S EMPLOYMENT ADVISORS



"Hello, my name is Ron Hardy. I am currently working as part of the social team as an Employment Advisor for Wellbeing Suffolk".

Who am I?

Brief background, I am 68 years old and have been involved in getting people back to work for the last 13 years, the last 2 and a bit working with the Wellbeing Service. Amongst my jobs, banking, a short stint in the army, industrial finance, financial analyst, call centre manager and around 25 years in the motor trade latterly as a sales director. I was made redundant at 52 after the owner decided I had built the business up to a point where he sold it. 2 Years unemployed. I played semi pro football and have been involved in karate for 40 years and have had the pleasure to instruct.

What Is an Employment Advisor?

I have considered how employment has changed both for the employee and employer. In this modern time we are experiencing unprecedented pressure never before experienced, causing redundancies, furlough and business's

failing. Employment laws are now quite complex and many companies are ignorant on their responsibilities other than health & safety, pensions and safeguarding. Anxiety, stress and depression has been like a nuclear explosion causing massive mental health issues for thousands of people in work or seeking work. There has never been a more important role for Wellbeing Services as there is now. I have built some excellent relationships with therapists within the service and can say that my colleagues have also and what we do as a team is proving outstanding with great positive results. So well done everyone. I have had more jobs over the years than I have fingers and toes and have gained much life experience and knowledge. This together with the outstanding work therapists do we are changing peoples lives for the better, long may it continue.

Our role as employment advisers isn't just finding people work, it's about building self belief, empowering and guiding people back into work, returning to work after a mental health issue or remaining in their current job happily. To work with employers to ensure that they offer a safe, secure and a place where employees feel valued and are treated as



they should. I have been fortunate enough to present with brilliant therapists, Tarik and Rob and Mark, Introducing “Wellbeing in the Workplace” enlightening management and staff what they can do to make working a more pleasurable experience. We also present webinars and work closely with those therapists who refer patients over. I have studied many aspects of people at work, whether for purely financial reasons, training for a profession or work in jobs because it’s all they think they are capable of. I can say, that there are not many people working who can say they enjoy or are happy in their work. We try to ensure that when they are referred to us, we do all we can to overcome the issues and get them back on track. So enough rambling, I hope that some of this nonsense makes sense and remember we are here not just for patients and referrals but for YOU as well”.



Ron H.

Employment Advisor
Wellbeing Suffolk



HOW CAN WE HELP YOU?

To access employment support services from our excellent team of employment advisors, simply refer into the Wellbeing Service using this think and finding the self refer option <https://www.wellbeingnands.co.uk/suffolk/>. Inform us in your referral form on how we can best help you, and we will get back to you as soon as we can to assess how one of our Employment Advisors can best support you.



TIPS FOR VIDEO INTERVIEWS

Introduction

If you're applying for a university placement or for a new job, it's very likely that you'll face a video interview as part of the recruitment process during the current pandemic. We understand that being on camera is not for everyone, but with the right preparation for it, you can overcome this and hopefully get the outcome you want. We have compiled a few tips that we feel can help overcome any issues that you may face.

Know the Format

There will usually be two types of formats that interviewers will use

Live

The most similar to a face-face interview where you will actually speak to the people interviewing you. It is important to treat this as a normal interview and focus on building a bond with them.

Pre-recorded

You will be presented with pre-recorded or written questions on screen often with a time limit

Find a Suitable Location with a Suitable Background

Ensure that you think about where you are going to do your interview in advance of it starting. Ensure the location you choose is quiet, free from any disruption and that the background behind you is suitable so that the employer can focus on yourself. Furthermore, ensure that you have adequate lighting and turn off any notification noises in advance.

Wear Suitable Clothing

You wouldn't turn up to a face-to-face job interview in a pair of shorts and a t-shirt, so we do not advise you do this for your video interview. You still want to make a good first impression so ensure that you are wearing exactly what you would usually wear. Although try to avoid patterns like stripes as they will distort on screen and will distract your employer

Body Language

Employers will be looking at you for eye contact, so try to avoid anything which breaks this. This includes things such as hands on your face, too much movement, or slouching. Instead we recommend maintaining a smile, ensure that you look as if you are listening, and take in interest in what the employer is saying to you. If you are nervous, keep calm and do not rush. Take your time.

Think Technical

Imagine starting your interview and then your laptop dies on you. To avoid this, a few days prior to the interview check your computer for any issue, check the camera is working well and the sound is of good quality. Also ensure all software is up to date and that you have a fully charged laptop ready to start.

Good luck, you are ready for the interview!

STUDENT FINANCE WHAT YOU NEED TO KNOW



Information for Students Living in England and Wales

The Student Loans Company (SLC) have partially reopened their contact centre following a temporary closure. They are now handling calls again, but you should bear in mind that current circumstances mean they have fewer colleagues than usual, and call volumes are extremely high.

So, to help support those in the most urgent need, please don't call if you can avoid it. New and existing students in England and Wales can continue to apply for student finance as normal, and SLC will continue to process any applications that have been received as quickly as they can. SLC will continue to make scheduled payments - they have confirmed that providers will continue to receive scheduled tuition fee payments as normal, on receipt of confirmation that the student has registered with their university or college.

For more information visit the Student Loans companies coronavirus page
<https://www.gov.uk/government/organisations/student-loans-company>



APPLY ONLINE FOR STUDENT FINANCE HERE...

If you are a new student, current student, or customers in repayment, you can find more information at <https://www.gov.uk/apply-online-for-student-finance>

www.ucas.com/undergraduate/after-you-apply/coronavirus-covid-19/student-finance-during-coronavirus-outbreak

UNIVERSITY OF SUFFOLK STUDENTS' UNION



ADAPTING TO THE NEW NORMAL

Normally when people think about Students' Unions, they picture events, sports and activities involving large numbers of students in one place. While big events are still our favourite; we've always offered more than this - advice, support and wellbeing being a few of our less obvious but absolutely crucial functions.

In the recent months, we've all had to adapt to a new normal- studying, working, celebrating, exercising and networking remotely. It didn't come without its challenges but the health, safety and wellbeing of all our students, staff and wider community has been at the heart of everything we do. The SU began working remotely in the middle of March and has adapted to the measures quickly, developing new and innovative ways to stay in touch with and support our members.

Offering confidential and impartial advice is a vital service, needed now more than ever. Our advisers continue to respond to email and telephone enquiries, while face to face appointments have moved to Skype, Zoom and Teams.

Social sports have continued on Zoom and have had a good turnout of participants exercising together from their own living rooms. Students that signed up to our Active wellbeing programme (who might be struggling with mental health issues or just need a wellbeing boost) have received texts from ambassadors checking in and offering support.

Our SHOP SU is currently closed but the remaining stock was put into care packages and distributed to students staying in accommodation with reminders that the SU is still here to help.



We have recently utilised an online chat feature on the webpage. We have also developed a social portal to provide students with resources such as exercise, recipes, arts and crafts and Netflix recommendations from other students to continue to support and engage with them. We hosted our annual awards night on zoom which was a great success.

Students' Unions are democratically run, which means that our students elect their leaders every year. The Officer elections were held before the lockdown measures and the new team of officers starts their term on 1st of July! We are all really excited to welcome them.

Find out more about the UOS Union at <https://www.uosunion.org/>



Gergana J.

University of Suffolk
Students Union



VIRTUAL OPEN DAYS AT UNIVERSITY OF SUFFOLK

The University of Suffolk is running open events virtually at the moment, so if you are interested to find out more, register your interest here <https://www.uos.ac.uk/openevents>

Let's Get Baking!



VEGAN CHOCOLATE CAKE

For the cake

a little dairy-free sunflower spread, for greasing

- 1 large, ripe avocado (about 150g)
- 300g light muscovado sugar
- 350g gluten-free plain flour
- 50g good quality cocoa powder
- 1 tsp bicarbonate of soda
- 2 tsp gluten-free baking powder
- 400ml unsweetened soya milk
- 150ml vegetable oil
- 2 tsp vanilla extract

For the frosting

- 85g ripe avocado flesh, mashed
- 85g dairy-free sunflower spread
- 200g dairy-free chocolate, 70% cocoa, broken into chunks
- 25g cocoa powder
- 125ml unsweetened soya milk
- 200g icing sugar, sifted
- 1 tsp vanilla extract
- gluten-free and vegan sprinkles, to decorate

Method

- 1) Heat oven to 160C/140C fan/gas 3. Grease two 20cm sandwich tins with a little dairy-free sunflower spread, then line the bases with baking parchment.
- 2) Put 1 large avocado and 300g light muscovado sugar in a food processor and whizz until smooth.
- 3) Add 350g gluten-free plain flour, 50g cocoa powder, 1 tsp bicarbonate of soda, 2 tsp gluten-free baking powder, 400ml unsweetened soya milk, 150ml vegetable oil and 2 tsp vanilla extract to the bowl with $\frac{1}{2}$ tsp fine salt and process again to a velvety, liquid batter.
- 4) Divide between the tins and bake for 25 mins or until fully risen and a skewer inserted into the middle of the cakes comes out clean.
- 5) Cool in the tins for 5 mins, then turn the cakes onto a rack to cool completely.
- 6) While you wait, start preparing the frosting. Beat together 85g ripe avocado flesh and 85g dairy-free sunflower spread with electric beaters until creamy and smooth. Pass through a sieve and set aside.
- 7) Melt 200g dairy-free chocolate, either over a bowl of water or in the microwave, then let it cool for a few mins.
- 8) Sift 25g cocoa powder into a large bowl. Bring 125ml unsweetened soya milk to a simmer, then gradually beat into the cocoa until smooth. Cool for a few mins.
- 9) Tip in the avocado mix, 200g sifted icing sugar, melted chocolate and 1 tsp vanilla, and keep mixing to make a shiny, thick frosting. Use this to sandwich and top the cake.
- 10) Cover with sprinkles or your own decoration, then leave to set for 10 mins before slicing. Can be made 2 days ahead.

"This indulgent, fudgy easy vegan bake is topped with a rich frosting. You'd never guess that it's free from dairy, eggs, wheat and nuts"

<https://www.bbcgoodfood.com/recipes/chocolate-avocado-cake>

SAMARITANS

**Whatever
you're facing
We're here
to listen**

Call free day or night on

116 123

Email

jo@samaritans.org

A registered charity



samaritans.org

The Samaritans is a free service which offers 24 hours for anyone who feels they are in a crisis. However, the Samaritans are also there to offer support to anyone to help to take action to help prevent the crisis from occurring. The Samaritans give people ways to cope and the skills to be there for others. Furthermore, they promote and celebrate those moments of connection between people that can save lives from suicide.

Website: <https://www.samaritans.org/branches/ipswich/>

Call: **116 123** or **0330 094 5717**.

**TALK
TO US**

If things are getting to you

Talk to us any time you like,
in your own way – about
whatever's getting to you.



116 123

This number is FREE to call

FREE



jo@samaritans.org



samaritans.org

SAMARITANS

A registered charity



Support from 4YP

SUFFOLK YOUNG PEOPLE'S HEALTH
PROJECT (4YP)



Who is 4YP?

Suffolk Young People's Health Project (also known as 4YP) is a local charity, which provides and coordinates services that improve the social, emotional, and physical health and wellbeing of young people in Suffolk, aged 12-25.

Through advice, guidance and practical support we help young people develop the skills and knowledge to lead healthier, happier, safer and more resilient lifestyles. We give young people the confidence to make better informed choices and enable them to reach their full potential.

We work from our drop-in centre in Lower Brook Street, Ipswich and throughout the county, including in many schools. Our services aim to cater for those that struggle to get the support they need elsewhere.

Look through our Services below and separate Groups & Activities pages for details of the many ways you can get support from or involved with 4YP, <https://www.4yp.org.uk/activities>. If you'd like more information, there are many ways you can contact us: <https://www.4yp.org.uk/contact>.

Contact Us

We are just a text away... If you are in need of a service, you can access us on Google Hangouts. Download the app and contact us on suffolk4yp@gmail.com. **For emergencies you can call us on: 07506861487.**





Do you know a young carer or sibling carer?

Caring for a family member isn't always 'doing something' to help. The impact of caring for someone can often lead to young people feeling angry, or they may worry about the person or what is happening at home.

We support:

- Young carers- a young person, who is caring for or emotionally affected by a family member who has a physical or mental illness, disability or misuses drugs or alcohol.
- Sibling carers- a young person who is affected by a brother or sister's disability, illness or additional need.
- We have an online space for Young Carers (5-13) and Young Adult Carers (14-25) which includes blogs, tips and information.
- For more information visit: <https://suffolkfamilycarers.org/young-carers/>

Your Space

- Suffolk Family Carers have created a safe online space for Young Carers with a caring role from the age of 5 to 13 which includes blogs, tips and information including information on advice for Young Carers wellbeing
- To access Your Space visit: <https://suffolkfamilycarers.org/category/young-carers/>

For the 16-25 age group our offer consists of:

- 1:1s with an Adviser
- Emotional wellbeing support
- Online and in person respite activities
- Duke of Edinburgh Award Scheme
- Peer support via online community
- Support to balance caring role alongside studies or work
- Access to personal development opportunities
- Wellbeing workshops
- YAC NHS ID Card to support identification to medical professionals
- Access to grants (eligibility criteria)

One Life Suffolk

Families
and
Young People

One
Life
Suffolk

Helping local people
live healthier lives



Get Help
To Get
Active

Have you been diagnosed with a long-term health condition or disability that prevents you from exercising?

Get Help
To Get
Active

Free support is available please contact our Get Help To Get Active Team on 01473 718193

Worried about your weight?

Concerned about
Coronavirus?

Did you know we are now offering our FREE weight loss programme over Zoom?

'LOSE'
WEIGHT

Contact us to join one today!

01473 718193



During this difficult time, OneLife Suffolk are here to support you by offering our FREE services in the safety of your own home.

Please see our website for more information about how we can support you and your family, alternatively speak to a member of our Client Services team on 01473 718193. **eligibility criteria applies**

Worried about smoking?
Thinking about quitting?
It's a good time to quit



#QuitForCovid

One
Life
Suffolk

Free non-judgemental support to quit smoking

01473 718193

www.onelifesuffolk.co.uk

One
Life
Suffolk

Looking for something to do with your Children?

Why not join one of our FREE webinars just go to www.onelifesuffolk.co.uk to join



FREE FAMILY WEBINARS

The sessions will take place 3 times a week from 22nd April

The webinars will cover 5 topics on a rolling cycle:

- Physical activity
- Sugary drinks
- Food labels
- Eatwell Guide
- Wellbeing and sleep

Monday 2:00pm - 2:30pm
Wednesday 10:00am - 10:30am
Friday 11:00am - 11:30am



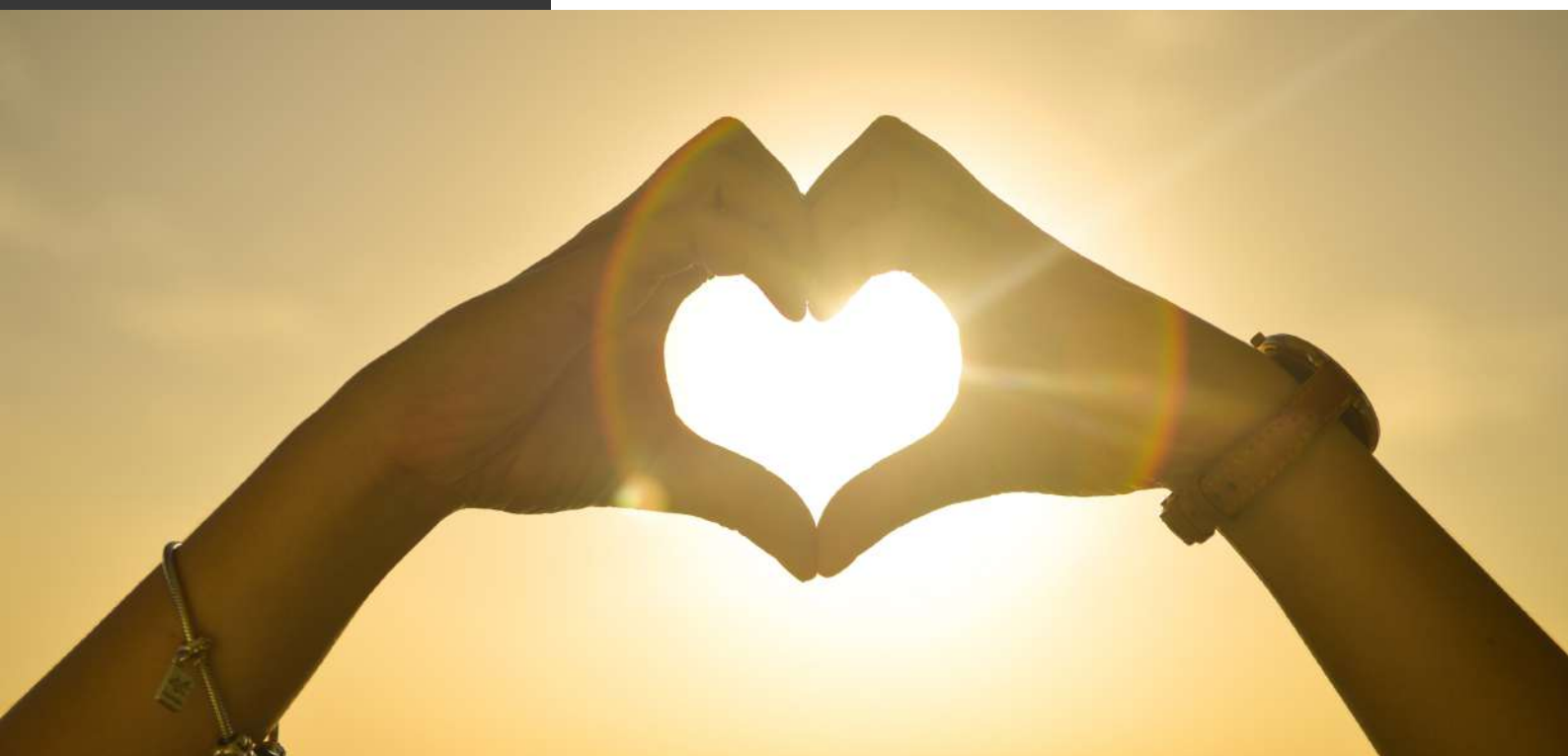
We're Open!

You can still refer to one of our services by calling the number below

01473 718193

One
Life
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Or by visiting our website: www.onelifesuffolk.co.uk



We provide Relationship Counselling, Family Counselling, Sex Therapy and Children's and Young People's Counselling across Suffolk. We are not a free service, with charges per session. However, if you refer through Wellbeing Suffolk they can refer you to us where you will not be charged for session charges.

Relationship Counselling

Whether you're having trouble in your relationship or just want to learn to work with your partner better, talking to a counsellor can make a real difference. Relationship Counselling is for everyone. Whether you're married, single, living together or apart, straight or gay - we can help. Counselling offers a caring, supportive and constructive environment in which you and your partner can look at any issues and think about how you might address them.

What is Family Counselling?

Families can be a fantastic form of support and security, but they can present challenges too. If your family is going through a tough time at the moment, you might find it useful to talk to a counsellor about what's wrong. Family Counselling can help with a variety of different issues, from more long-running problems to new ones caused by changes in family situations.

Contact Us

Call us on: **01473 254 118**. You can also visit us at: <https://www.relate.org.uk/norfolk-suffolk>. You can also access Relate services by referring into the Wellbeing service. To refer into our service visit: <https://www.wellbeingnands.co.uk/suffolk/get-support/register-with-our-services/>



Active Suffolk focus a large piece of their work on Children & Young People, supporting them and/or those working with this group to value the importance of physical activity, improving their health and wellbeing. From supporting primary schools with PE & Sport Premium to influence some of the youngest, through to a Satellite Club programme that caters for the older end of the scale, the work carried out by the CYP team is diverse and spread across a wide number of projects and interventions, both inside and outside of curriculum time. For more information on any of these projects visit the Active Suffolk webpage by clicking <https://www.activesuffolk.org/children-and-young-people>.

Home exercises for children

Active Suffolk have recently developed webpages that provide information and resources to support children, young people and their families to be active, especially while some restrictions are still in place – all of these activities can be done from home with very little equipment!

Give it Your Best Go

During the lockdown, the CYP team at Active Suffolk created the 'give it Your Best Go Challenge', with the idea of the challenge not being to compete against anyone else to be the best, but instead to for children and young people to review their own performance of the activity. The challenge took place over 6 weeks, but all of the activity videos have been uploaded so anyone can give it a go at a later time.

Topleader Programme

Topleader is an exciting opportunity aimed at 12-19 year olds, who are currently volunteering or are looking for sport and volunteering opportunities in Suffolk. The programme offers the opportunity to log voluntary hours in return for rewards and recognition. As the new academic year approaches, new rewards are being selected for young people to earn via the Topleader App, these will be shared and announced very soon. As activity clubs start to open back up with restrictions lifting around Suffolk, Topleaders can start logging hours again regularly whilst volunteering in sport and physical activity.

COVID-19 IS NO EXCUSE FOR ABUSE.

#YOUARENOTALONE



**ARE YOU CONCERNED ABOUT DOMESTIC ABUSE DURING THIS TIME?
WHEN IT IS SAFE TO DO SO CALL:**

**SUFFOLK DOMESTIC ABUSE HELPLINE – FREEPHONE 24/7 ON
0800 977 5690**

**'ARE YOU HURTING THE ONE YOU LOVE? CHOOSE TO STOP.'
RESPECT PHONELINE CALL 0808 802 4040**

Domestic Abuse Help and Advice

Help and advice if you or someone you know is the victim of domestic abuse. If you are being abused, threatened, harassed or physically or sexually assaulted by your partner, former partner or someone who is or has been close to you, there are a number of things you can do. Your abuser may blame you and other things like being drunk, pressure of work, unemployment and minimise or deny what they are doing. These things can put a strain on a relationship but are not a cause of abuse.

Get Help

Don't keep what is happening to you a secret. You have nothing to be ashamed of, and the longer the abuse goes on, the harder it gets to take some action.

Talk to someone you trust or contact an organisation for support:

- **In an emergency, always call 999.**
 - Suffolk InfoLink has a listing of local and national domestic violence support services:
<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/results.action?ipsvmore=Domestic%20violence&communitychannel=0&sr=0&nh=10>
-

Don't Feel Alone

Research shows that 1 in 4 women have been in an abusive relationship at some time in their lives; men can also be abused in a similar way. It can happen to anyone at any time of their lives regardless of age, race, gender, sexuality, disability, wealth, income, lifestyle or where you live.

Don't Remain Isolated

Your abuser may be trying to control you physically as well as emotionally in many ways. They may be controlling finances and may be stopping you going out, or making it awkward for you to see family and friends. All these are types of abuse that can keep you locked in the relationship.

Accept You are Not To Blame

You are not responsible for the abuse although the person abusing you may be telling you, or you may feel, it's your fault. You may have tried changing what you do, say and wear to try to pacify and not to antagonise the situation. You may have already noticed that whatever you do makes little difference to the way your abuser reacts and despite your efforts you cannot change their behaviour.

Keep Yourself Safe

Minimising what is happening can put you (and your children) at risk. It's not easy to accept that a loved one can act in this way and you may be trying to make the relationship work. Your abuser may apologise and persuade you that it will not happen again but any sort of abuse is likely to get worse; violence rarely happens only once and will get more and more serious as time goes on.

Only Leave When it is Safe To Do So

You may be considering leaving or may have left before and returned for emotional or practical reasons, this is not unusual. Most people try to get help or leave a number of times before getting the help that's right for them. If you are thinking of leaving making a plan can help you do this as safely as possible.

<https://www.suffolk.gov.uk/community-and-safety/crime-and-public-safety/domestic-abuse-help-and-advice/>

Lighthouse

For a brighter future, free from domestic abuse

Lighthouse is a domestic abuse organisation that provides advice and support for women, men, young people and children of Suffolk. "We are looking forward to a brighter future, to provide services for women, young people and children from all over Suffolk". For more information: <http://lighthousewa.org.uk/>.

For advice call: **01473 228 270**, Domestic Violence Helpline: **0808 2000 247**.

Suffolk Domestic Abuse Champions Podcast



Suffolk's Domestic Abuse Champion Coordinators, Clare Grist and Teri Cudby, talking about Domestic Abuse topics. To access these podcasts visit: <https://anchor.fm/teri-cudby/episodes/Domestic-Abuse-and-COVID-19-ee77ru>

Positive QUOTES

"Be the change you wish to see in the world."

- Mahatma Gandhi

"Happiness often sneaks in through a door you didn't know you left open."

- John Barrymore

"Keep looking up... That's the secret of life."

- Charlie Brown

"Make your life a masterpiece; imagine no limitations on what you can be, have or do."

- Brian Tracy

"Success is a lousy teacher. It seduces smart people into thinking they can't lose."

- Bill Gates

"The true sign of intelligence is not knowledge, but imagination."

- Albert Einstein

ARE YOU CONCERNED ABOUT SELF-REFERRING?



Do you have any concerns about referring into the Wellbeing service?

Are you possibly feeling anxious about having to travel somewhere to receive our support?

Are you worried about being on a long waiting list?

Referring into the Wellbeing Service is nice and easy, with more details on the last page. We offer support over the phone once you have referred into the service as well as online support with our online courses and online webinars.

Wellbeing support over the phone and online, so if you cannot leave your home, you do not have to. Our waiting lists are currently short so please be assured you will not have to wait a long time before you hear back from us.

Once you self-refer to our service, you will soon receive a text message with a link. Follow this link to book your telephone appointment with a member of our team who will have a chat with you and gather an understanding of how the service can best help you.

To find out more about who we are and how we can help please visit: www.wellbeingnands.co.uk/suffolk/



Children & Young People's Emotional Wellbeing Hub

Supporting 0-25 years of age

Phone: 0345 600 2090

Monday-Friday 8am-7:30pm

Information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years.

The Emotional Wellbeing Hub provides:

- a team of Emotional Wellbeing Practitioners for expert information, advice and support
- an online referral form for anyone concerned about a child or young person's emotional wellbeing and mental health. Young people can also self-refer
- a consultation helpline for emotional wellbeing and mental health issues relating to children and young people

The Emotional Wellbeing Hub is funded by NSFT (Norfolk and Suffolk Foundation Trust) which is the same as for Wellbeing Suffolk. However, Wellbeing Suffolk support people aged 16+. If you are concerned about the mental wellbeing of someone under 16 we recommend you get in contact with Suffolk's Children & Young Peoples Emotional Wellbeing Hub who will provide the support you need. It provides a simple process for families, young people, and professionals to make a referral or get advice about wellbeing and mental health services.

Child and Young Person referral form:

<https://gateway.mayden.co.uk/referral-v2/0f00194a-73be-424c-b4fa-50d8438a0d3a>

Parents Carers and Professional Referral Form:

<https://gateway.mayden.co.uk/referral-v2/2703a180-2ff7-4779-8b6b-6de81ecd8b1b>



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

To find out more about who we are and how we can help please visit:
www.wellbeingnands.co.uk/suffolk/

For any general enquiries or to register with the service, please call:

Wellbeing Suffolk:
0300 123 1503*

Lines open Monday to Friday (excluding Bank Holidays) 8am to 8pm

*Depending on your provider call costs from a landline or mobile will vary.

Or if you would to self-refer to our service please visit:
www.wellbeingnands.co.uk/suffolk/
and click on our self-refer page



Making a referral into the Wellbeing Service is quick and easy. It is a great first step on your journey to a better and happier you.