

Beam

Shropshire
Telford and Wrekin

EMOTIONAL WELLBEING DROP-IN FOR CHILDREN AND YOUNG PEOPLE
UNDER 25

Who are...

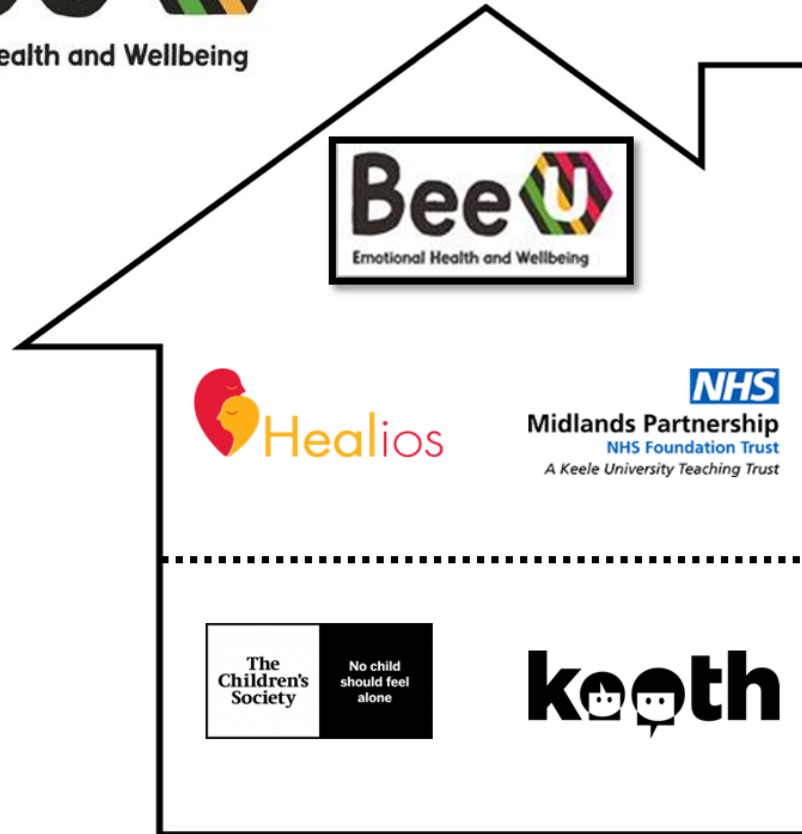


Beam is run by **The Children's Society**, a national charity who work to support vulnerable children through a variety of different projects.



We are part of **Bee U**: a partnership of organisations working together across Shropshire, Telford & Wrekin. Bee U exists to help young people to be resilient and to have a positive sense of emotional health and wellbeing.





Specialist mental health services
By referral only

Accessible, early help
No referral needed

Who are Beam?



Friendly.
Helpful.
Non-judgemental.
Supportive.

We are **experienced** within the field of mental health & emotional wellbeing

We work **collaboratively** drawing on our collective knowledge and experience.

We are a **multi-disciplinary team** of therapists, youth workers & wellbeing volunteers.

Put simply, we **work together** to provide the best possible service for children and young people.

We provide **advice, signposting and support** relating to mental health & emotional wellbeing.

About young
people



For young
people.

accessible,
emotional
wellbeing
support
for
ANYONE
under 25

Beam is a service for children and young people: we put **them** front & centre in all that we do.

This means we strive to:

...work with young people to help them understand their feelings and emotions.

...give young people helpful, relevant advice, information and signposting

...listen to the young people we see: we know this can make all the difference

...try and help young people to develop new ways to cope with life's challenges



What about parents & carers?

We give **parents and carer support** in conjunction with a young person.

This means:

- ✓ We can provide parents & carers with **helpful information** regarding emotional wellbeing issues;
- ✓ We can give **practical advice** to parents & carers;
- ✓ We can **signpost** parents & carers to other services and agencies who might be able to offer additional support

BE KIND TO YOUR MIND



Beam don't...

We do not deliver **structured therapy**.

We use **therapeutic strategies** as part of our work with children and young people but **we do not offer counselling, psychotherapy or family therapy**.

We focus on empowering young people to build their resilience and have a positive sense of emotional health and wellbeing.

We do not offer an **appointment system**.

We operate solely on a drop-in basis. This is to ensure we can be as accessible as possible to all during the hours we are open.

We do not **diagnose**.

We are a **low-level emotional wellbeing** drop-in service. As such, **we do not diagnose under any circumstance**.

We may discuss specific conditions (for example, anxiety) if appropriate.

We also **do not complete assessments**.

We do not automatically **make referrals**.

We may **signpost** to other services where appropriate.

We do not automatically make referrals into other services. In some circumstances we will share information e.g. with social care.

Similarly, we are not able to 'fast-track' any existing referrals.

Where is Beam?

We currently have 3 venues across Shropshire, Telford & Wrekin

TELFORD

9 Market Square,
Wellington, Telford TF1
1BP

MONDAY – 12-7pm

TUESDAY – 12-7pm

SATURDAY – 11am-4pm

Please note: Bank Holiday
weekends we are closed
Saturday and Mondays.

SHREWSBURY

Upstairs at Palmers
Café, Claremont Street,
Shrewsbury SY1 1QG

We are open weekly on

THURSDAY – 2-7pm

LUDLOW

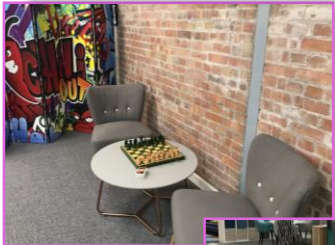
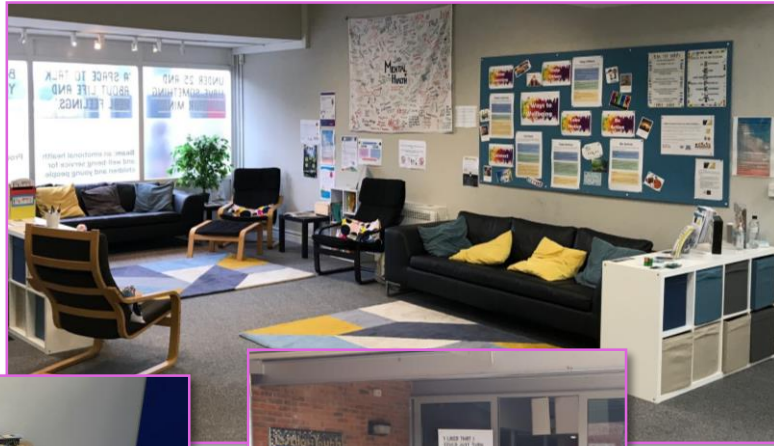
Ludlow Youth Centre, 65
Lower Galdeford,
Ludlow SY8 1RT

We are open at Ludlow
twice a month.

The **first** and **third**
WEDNESDAY of each
month – 3.30-7pm

Please note: after 6.15pm (or 3pm on a Saturday) we can provide service information only.

How does Beam look?



A
LAID
BACK,
INFORMAL
SAFE
SPACE
FOR
ALL

Workshops at Beam

Beam runs workshops for children and young people. The aim of these is to provide **therapeutic group support** relating to a range of common mental health and emotional wellbeing topics.

For a young person to attend a workshop:

- It is important they **want** to attend;
- They need to be registered at Beam;
- They need to have attended one of our drop-in sessions.



We regularly hold workshops relating to :

- Anger
- Anxiety
- Understanding emotions
- Mindfulness
- Creative Writing
- Arts & Crafts

Sign up to
our mailing
list or email
us for a
current
workshop
calendar

Beam FAQs

What if a parent/carer wants to come along without their child?

This is fine for an initial visit. We appreciate that people can find it difficult to discuss their circumstances while their child or children are sat with them. We welcome visits from parents and carers who want to see what the drop-in is like before they bring their child(ren).

What if a young person wants to come without their parent/carer?

We are happy for age-appropriate young people to attend Beam alone. They do not need permission to come, and we don't automatically share with anyone that they have attended. We require consent from the parent/carers of children aged 13 and under, and this is reflected on the consent form. In instances where individuals aged 13 and below attend the drop in alone, we will seek their agreement to obtain consent from a parent/carer over the phone. It is important that the parents/carers of younger children stay at drop-in while their child is attending Beam.

Can we make an appointment?

No. We operate solely on a drop-in basis. This is to ensure we can be as accessible as possible to all during the hours we are open.

AskBeam@childrenssociety.org.uk

Beam FAQs

What happens if a risk is identified?

Our staff will raise and follow up any risk or safeguarding concern through the relevant channels, and would seek to obtain the individual's informed consent in the first instance before doing this.

Which drop in should I attend?

Users can access the most convenient drop-in for them whether that is Telford, Shrewsbury or Ludlow.

Can I see the same person?

As we are a drop-in, you may not see the same person each visit – we operate a 'taxi-rank' rule!

After each session, brief notes will be written about what has been discussed, and these will be reviewed on your next visit prior to you being seen.

There shouldn't be a need to go over what you had discussed the week before.

AskBeam@childrenssociety.org.uk

Wellbeing Volunteers at Beam

Do you have great listening skills and the empathy to support a young person with their emotional wellbeing?

If you have time to spare, contact our Volunteer Co-ordinator for more information!

Joanna.Dovaston@childrenssociety.org.uk
(volunteer queries only)

Typical tasks may include:

- Supporting a young person to talk about their feelings and make positive steps towards achieving good mental health, either in a one to one or group setting
- Creating a welcoming and comfortable atmosphere, providing tours of the service and giving correct and relevant information about what we offer
- Helping to ensure that the young person has a voice in making decisions which affect them
- Building rapport with young people and providing skills and techniques to support their emotional wellbeing (for example, mindfulness, and self-help resources)
- Recording accurate and high quality notes and providing risk assessment information to staff
- Participating and helping to facilitate young person focused groups and workshops with staff

Please note: we cannot take volunteers who are currently using the Beam service.



E-MAIL US:
AskBeam@childrenssociety.org.uk