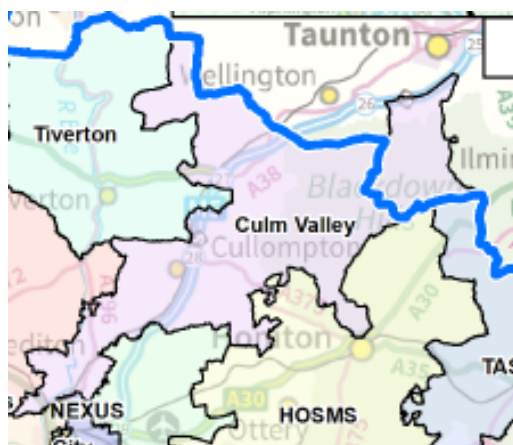


Who are the Culm Valley Youth Forum?



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REG CHARITY 1013514

- Bramblehaies Surgery
- Blackdown Practice
- College Surgery
- Wyndham House Surgery
- Sampford Peverell Surgery



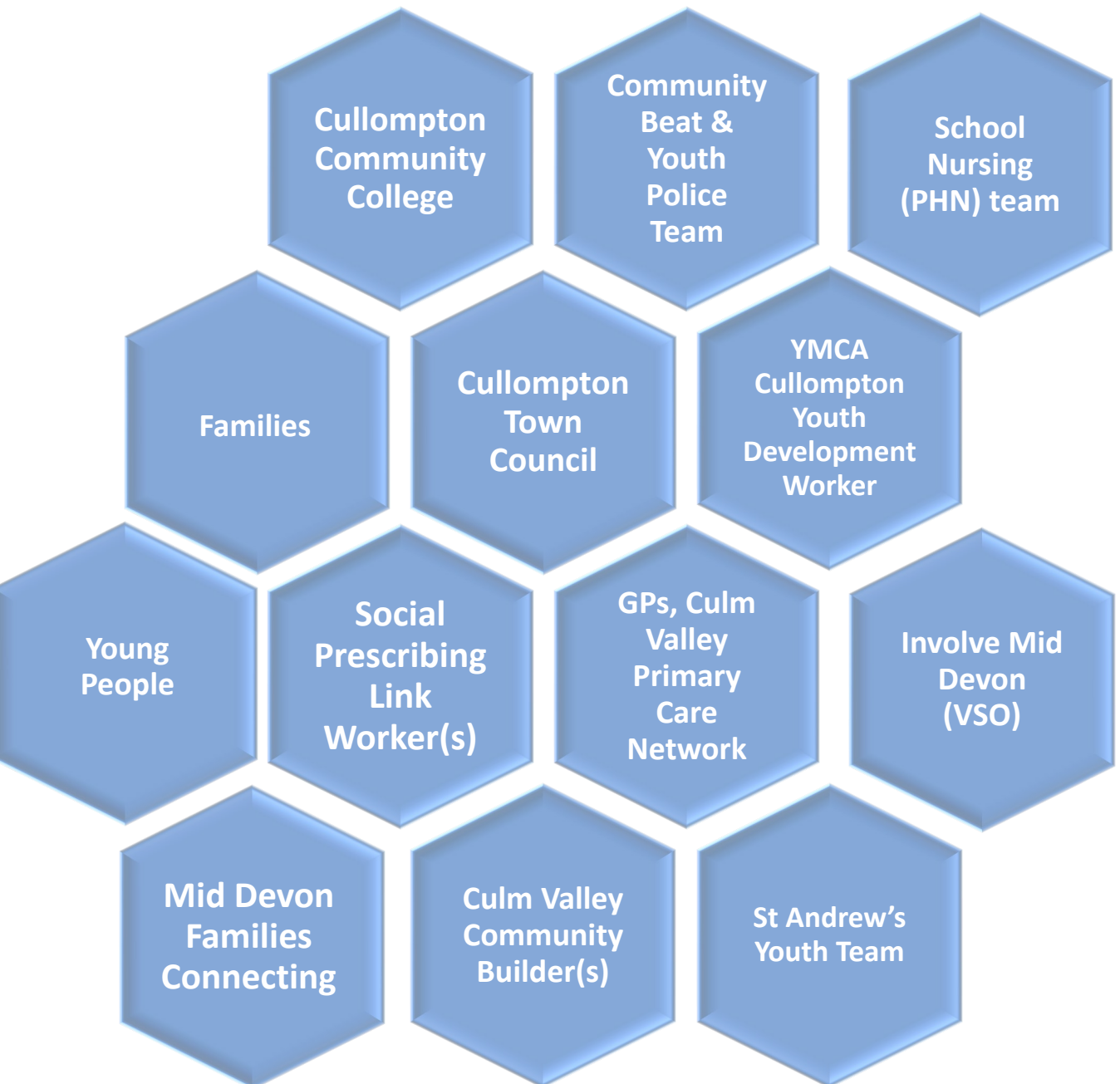
The Friends of Wyndham House Surgery



Children and young people



Who are the Culm Valley Youth Forum?



Culm Valley Youth Forum Charter

- Started in October 2019, we are a network of individuals, teams and organisations, guided by young people, working in partnership to improve the health & wellbeing of young people in Cullompton, Culm Valley & surrounding areas.
- We aim to
 - **Empower**
 - Inspire & motivate local young people to achieve their goals
 - Be the ‘megaphone’ to amplify young people’s voices locally & across the ‘system’
 - **Support**
 - Be a virtual ‘hub’ for local support services for young people including careers advice, financial support & where to get help
 - Be proactive in identifying unmet need & finding solutions to ‘fill the gaps’
 - **Connect**
 - Improve access to a wider range of activities & opportunities for young people
 - Create opportunities for young people to engage with their local community, gain experience and learn new skills



How do we work?

We meet...

- Informal lunchtime chat has become a thriving partnership with varied membership (people/ organisations) + a common goal

We collaborate...

- Space to share information, ideas, (some) resources (time/expertise/ connections/ money), and for peer support

We engage

- Informed & driven by CYP themselves, local priorities/needs, and external opportunities – Town Council YSG

Bringing health, voluntary sector, local authority, education together → unique insights into challenges & opportunities



Ideas & Priorities 2020/21

Empower

Youth Council, School Council, Community Listening events
Teen Yoga Ambassador Programme
Start Up funds & mentoring for CYP-led community projects
Peer Support Training for CYP

Support

Youth Drop In & mobile wellbeing hub for rural /isolated CYP
Accessible activities via free taster months
Wellbeing Workshops & MHFA for CYP community leaders
Cullompton Parent Café (Cooking & Wellbeing sessions)

Connect

Tapestry of opportunities & information (app/web/leaflets)
Culm Valley Youth Volunteer Scheme & Coordinator
Youth Café (run by and with CYP)
CYP Social Prescribing Link Worker



2020/21 Priorities → *Plans for 2021...*

Empower

Youth Council, School Council, Community Listening events
Culm Valley Youth Volunteer Opportunities
Start Up funds & mentoring for YP-led community projects
Youth Café (run by and with YP)

Support

Youth Outreach, GP Drop Ins, Mobile hub for rural /isolated
Yoga/Pilates groups for staff & pupils
Support YP Community leaders (2 x Wellbeing Workshops)
Peer Support Training for young people

Connect

Tapestry of opportunities & information (app/web/leaflets)
YP Social Prescribing Link Worker
Accessible activities via satellite clubs, ?free taster sessions
Cullompton Parent Café (Cooking & Wellbeing sessions)

What are we doing?

‘CYP Volunteer Case Studies’

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‘Cooking in the Community’

Food to
excite
ventrus
Catering for your
children's education



“Wellbeing Wednesdays”

**Community
Wellbeing
Videos**

simplewellbeing
your wellbeing, made simple

**Children's
Health &
Wellbeing
Videos**

**Evaluating
Impact**



**Regular meetings, peer
support, building trust**

Moving online....

padlet

REMAKE SHARE

daisyrobinson 3d

Culm Valley Youth Forum - Children & Families Wellbeing Resources

A place to share anything that might be of interest to Children & Young People's wellbeing in Cullompton, Blackdown & Silverton

daisyrobinson 3d

Sleep Advice Service

Cerebra's Sleep Guide gives detailed information on how you can tackle issues to improve your family's sleep and sleep cards offer advice on dealing with specific sleep problems.



Sleep Advice Service - Cerebra
Our Sleep Guide gives detailed information on h...
cerebra

daisyrobinson 2mo

Devon Family Advice Line - 01392 949059

A new phone advice line for parents and carers across Devon set up by Exeter Community Initiatives (ECI). The line is open 10 – 2pm Monday to Friday and people can leave a message outside of

daisyrobinson 3d

CEDA Online Parenting Courses

Low cost **courses** to support parents to manage challenging and aggressive behaviours at home.



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Toolkit for Families in Isolation

This **free toolkit** offers advice, activities and resources to help you support family's wellbeing throughout a period of self-isolation.



daisyrobinson 2mo

daisyrobinson 2mo

Bounce Brighter Futures Foundation

Mid Devon charity aiming to improve resilience of children, parents and wider school community.

Helpful Resources are available for use at home including Activities, Relaxation and Understanding your Child




daisyrobinson 3d

Families Connecting (Mid Devon)

A group of trained volunteers offering support to individuals who are struggling with the challenges of family life, or experiencing relationship breakdown. Our service is suitable for those who don't need counselling but could benefit from some extra support to their family relationships. We have a particular interest in families, couples and individuals who are experiencing Aut

<https://padlet.com/daisyrobinson/CulmValleyChildrenandFamilies>

Moving online....



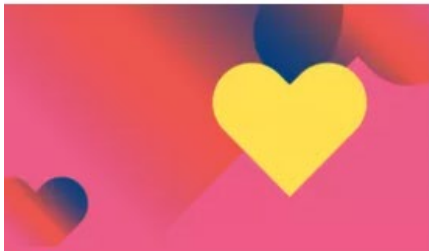
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Culm Valley Youth Forum - Young Peoples Wellbeing Resources

Where to find help, support & connections if you live in Cullompton, Bradninch, Silverton, Hemmock, and surrounding villages.

Young Devon


Wellbeing support for young people:
contact our counsellors through
wellbeingenquiries@youngdevon.org



Wellbeing
our counselling services are nationally-respecte...
young devon

'Understanding your brain'

Online course for teenagers only...



NHS
Online course for teenagers
'Understanding your brain' (for teenagers only!)

- Have you noticed changes in your behaviour?
- Do you sleep more than you used to?
- Want to know why teenagers are more open-minded?

Your brain is changing! Find out more!


Visit:
www.inourplace.co.uk
and 'Buy course or apply code'

Only £8.99!
One off payment, non-expiring access

For technical support contact:
sellhullapproach@heartofengland.nhs.uk
or call 0121 296 4448 Mon-Fri, 9am-3pm

#IAMWHOLE campaign


Mental Health Links for Young People



"SPEAK OUT IF YOU
OR SOMEONE YOU KNOW
NEEDS MENTAL HEALTH
SUPPORT."

Find Help / #IAMWHOLE
You can access information and resources
whole

CHAT Health




IF YOU'RE 11-19 TEXT A SCHOOL NURSE
07520 631722

WE HELP YOUNG PEOPLE
WITH ALL KINDS OF THINGS LIKE...

Y-Smart

Drug & Alcohol service for under 18s



Drug and Alcohol service for under-18s
You may just want to find out more information ...
ysmart

DYS Space Digital Youth Offer

Digital Youth Work
Scroll down to see more! Social distancing
space*

<https://padlet.com/daisyrobinson/CulmValleyYoungPeople>

Where are we going?

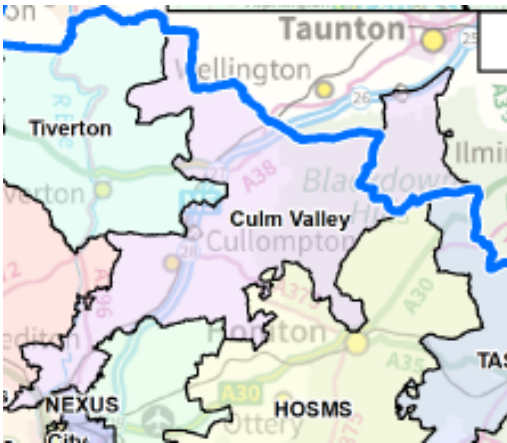
- **Future plans...**
 - Full Time Young Persons' link worker
 - Youth 'drop in' with Youth Worker/GP
 - **Community Projects**
 - Arts & Wellbeing – YP Arts Competition
 - Parent Cafes
 - Youth Volunteering Opportunities (16-25)
 - Participation fund to support inclusion
 - **After Lock Down...**
 - Wellbeing talks in schools
 - Yoga classes for primary/secondary teachers
 - Active Devon Sports outreach/satellite clubs

Future Ideas & Blue Sky Thinking



A growing model for place-based approaches to wellbeing

Culm Valley Primary Care Network



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