

POP UP EVENTS, COMPETITIONS AND MORE!

Part of our role is to break down the stigma of mental health and raise awareness of what is locally available for young people and their families to access.

To do this we engage in community events such as festivals, work with external agencies such as the local parish youth workers and work alongside other youth organisations.

OUT OF TERM ACTIVITIES

During school holiday's we aim to run larger projects where young people have the opportunity to learn more about the five steps to mental wellbeing in a fun and interactive way, as well as having the opportunity to meet and make friends. We work with all young people aged 5-19 who are residents or access education within the Swindon Borough.

WANT TO KNOW MORE ABOUT WHAT WE DO?

CONTACT US HERE:

Outreachprojectme@barnardos.org.uk

or call us

Tamara - 07783847583

Saxone - 07395712261

Hardeep - 07708492379



You can also contact us via Whatsapp

Find us on Facebook by searching
'Barnardo's Project ME'

Scan me to go to
our Facebook
page!



THE OUTREACH TEAM

WHO ARE WE?

Tamara Howell



Hardeep Lyall



Saxone Barton



ABOUT THE OUTREACH TEAM

The Outreach Team works within the community to raise awareness of mental health issues and promote healthy mental wellbeing. They also help children, young people and families, who might otherwise find it difficult to access mental health support, by introducing them to other local professionals, charities and organisations.

OUR AIMS

- 1) Help and support children and young people and their families/carers who find it challenging to engage with services
- 2) Connect service users with local professionals, organisations, charities, so they can overcome their current life obstacles and lead a happy, healthy life
- 3) Raise community awareness of mental health issues
- 4) Help service-users overcome the stressors in their lives such that they can function at a higher level
- 5) Promote healthy mental functioning

TERM TIME ACTIVITIES

During term time we run various projects for 5-19 year olds that are based on the five steps to mental wellbeing.

11 Week Online Wellbeing Club
College Enrichment Drop-in Sessions
Mental Health Signposting Events
Assemblies
Personal Development Days
Community Events and more!

We also aim to signpost young people and families to appropriate support services: for this please contact us with brief details of what you are looking for.