



Platform's Young People's Project, in collaboration with Vibe Youth and Barod, will provide a safe space for young people aged 13-16 years to pause, breathe and connect. Through the provision of a twelve week wellbeing programme, peer support and one-to-one support, young people will be given the opportunity to explore what mental health and wellbeing means to them. They will have the opportunity to meet others facing similar challenges, share stories of recovery and every day strategies for wellbeing. The project will provide the opportunity for them to train to become Peer Mentors and will give young people a platform to shape the direction of the project.

What is it?

A twelve week positive and empowering mental health skill building programme delivered by supportive and empathic facilitators. Young people can be referred by others and also themselves with an understanding that they can experience and achieve autonomy in managing their own emotional, psychological and social wellbeing for better life outcomes.

Who is it for?

The twelve week programme is for any young people (aged 13 – 16 living in Swansea, Neath or Port Talbot) who may be experiencing detrimental impacts of mental health conditions and illness. The programme, project and the team as a whole will support young people who are referred to build skills for successful life outcomes that will impact on overall wellbeing and the community as a whole.

What do we aim to achieve?

The programme will provide an inclusive and supportive environment for young people to explore and experience day to day skills to support and alleviate negative outcomes and minimise those impacts for better development for their future lives. We aim to minimise the reliance on statutory agencies and services and provide targeted and individual confidence in a self-recovery model that partners those services.

How will it work?

The twelve weeks of the programme focuses on the ten skills outlined below and two sessions by Barod and Vibe Youth and is supported by weekly group led practice. A journal further consolidates the learning outcomes and provides a personal record of quantifiable progress.

Week 1 - Mindfulness

Week 2 - Keeping active

Week 3 - Nurturing friendships

Week 4 - Healthy living

Week 5 - Positive thoughts

Week 6 – Positive vibes delivered by Vibe Youth

Week 7 - Choices, ‘What is a Drug?’ delivered by Barod

Week 8 - Reaching out

Week 9 - Helping others

Week 10 - Being organised

Week 11 - Healthy sleeping habits

Week 12 - Setting realistic and achievable goals

All programme content and development has been achieved by targeted focus group activity and the whole concept was co produced with young people in Wales. We have listened to what young people want and are with them to help them manage their own recovery.

Additionally groups will be used to identify and develop a peer mentor system so we can support them to learn how to support others with accredited qualifications and continuous support.

If you would like to talk to us about the project, please contact us
youngpeople@platform.org

We look forward to hearing from you and working with you in the future!

The Platform Young People’s Project Team

