

**Beam**

Shropshire  
Telford and Wrekin

EMOTIONAL WELLBEING DROP IN FOR  
CHILDREN AND YOUNG PEOPLE UNDER 25,  
PARENTS, CARERS & PROFESSIONALS

# SERVICE INFORMATION & WHAT TO EXPECT FROM BEAM

service provided by

**The  
Children's  
Society**

No child  
should feel  
alone

proud to be part of

**BeeU**  
Emotional Health and Wellbeing

**The  
Children's  
Society**

**No child  
should feel  
alone**

Beam is operated by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today.

**We listen. We support. We act.**

Because we believe no child should feel alone.

**FOR MORE INFORMATION ABOUT OUR  
ORGANISATION, VISIT OUR WEBSITE:  
<https://www.childrenssociety.org.uk/>**

# BEE U PARTNERSHIP

Bee U is the name for the 0-25 Emotional Health & Wellbeing Service based in Shropshire and Telford & Wrekin.



## BEE U IS MADE UP OF 4 PARTNERS:

NHS Midlands Partnership Foundation Trust  
(MPFT)

The Children's Society

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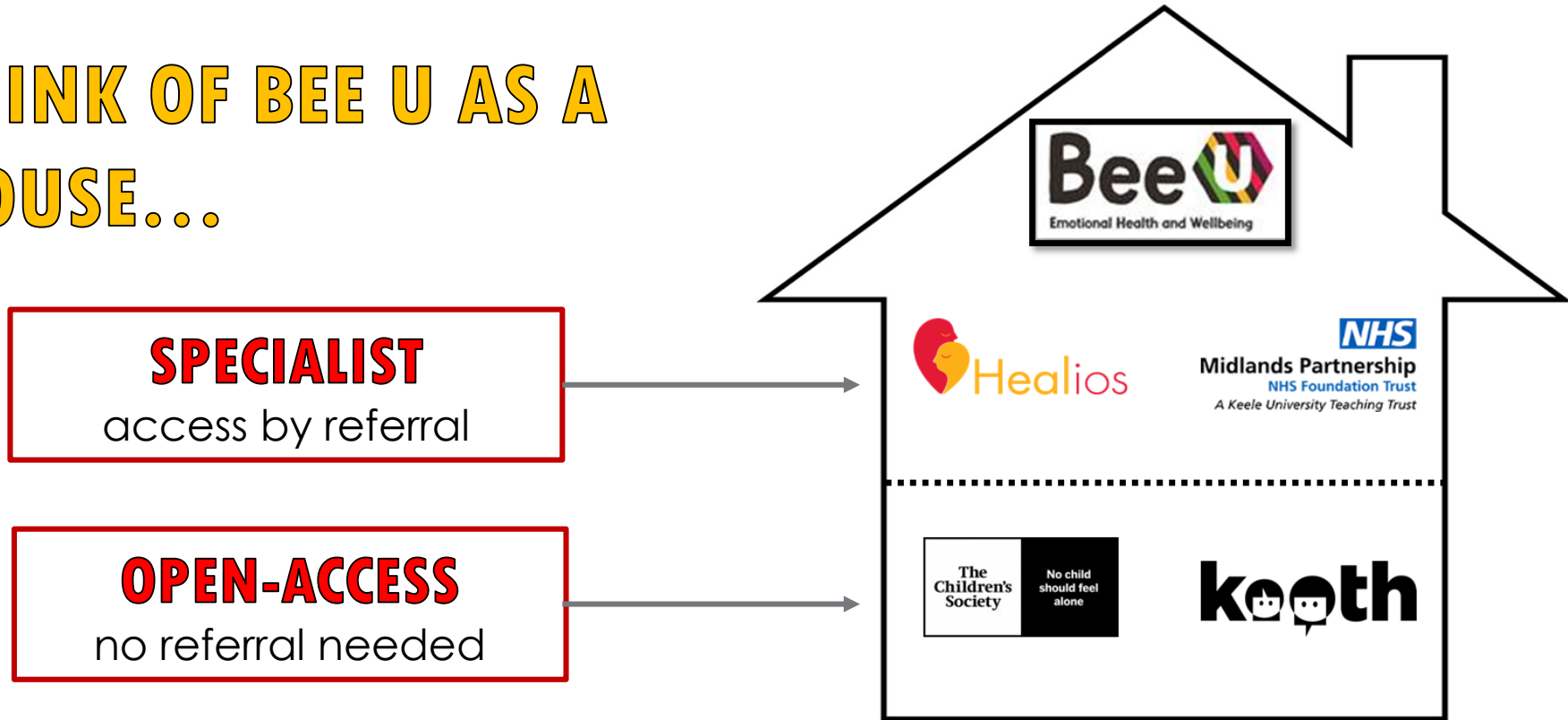
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VISIT THE BEE U WEBSITE:

<https://beeu.org.uk/>

# “THE HOUSE OF BEE U”

THINK OF BEE U AS A HOUSE...



**UPSTAIRS:** NHS MPFT & HEALIOS PROVIDE **SPECIALIST** MENTAL HEALTH SERVICES

**DOWNSTAIRS:** THE CHILDREN'S SOCIETY & KOOTH, PROVIDE **ACCESSIBLE, EARLY HELP** WITH EMOTIONAL WELLBEING

V2 OCTOBER 2018

# WHO ARE BEAM?

**WE ARE** a **multi-disciplinary team** made up of Therapists, Youth Workers and Wellbeing Volunteers.

**OUR AIM** is to provide children and young people under 25, their parents/carers & professionals with **advice, signposting** and **support** with **any** concerns relating to mental and emotional wellbeing.

**OUR TEAM** is **passionate** about **empowering young people**. We know **listening** to a young person's experience, using therapeutic strategies and giving advice can make all the difference.

Sexual violence

CBT

Mentoring

Behaviour management

Domestic Violence

Counselling

School pastoral support

Attachment

Youth work

British Sign Language

Education

Trauma

Young offenders

Occupational therapy

Mental health first aid

Eating disorders

Residential care

Mental Health Nursing

Children's rights  
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Childhood sexual  
exploitation

# WHO CAN USE BEAM?

**Anyone under the age of 25** can get support from Beam.

**Parents and carer support** can be given in conjunction with a young person.

**No referrals & no appointments:** those wishing to access the Beam service can just come along to a drop-in session.



# WHAT WILL BEAM DO?

We provide **low-intensity therapeutic support**. We have a variety of games and resources to engage young people during our drop-in sessions.

We promote **psycho-education** to help young people and their families understand mental health conditions, improve resilience and develop coping strategies.

We give **practical support** and suggestions, taking the time to **listen** to ensure our service users feel heard.

We **adapt**: we know there is no such thing as one size fits all. We offer a variety of ways to access support.



# WHAT WON'T BEAM DO?

We do not deliver **structured therapy**.

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

We do not **complete assessments** or **diagnose**.

We do not automatically **make referrals**.

Beam

Shropshire  
Telford and Wrekin

The  
Children's  
Society

No child  
should feel  
alone

Bee U  
Emotional Health and Wellbeing

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# WHEN & WHERE IS BEAM?

We currently operate four drop in sessions a week, all of which are open to service users from across the county.

**Monday**     **12pm – 7pm**     9 Market Square, Wellington, Telford TF1 1BP

**Tuesday**     **12pm – 7pm**     9 Market Square, Wellington, Telford TF1 1BP

**Thursday**     **2pm – 7pm**     Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG

**Saturday**     **11am – 4pm**     9 Market Square, Wellington, Telford TF1 1BP



# REGISTRATION & CONSENT

On the initial visit, **children, young people, parents and carers** will be asked to complete our **registration and consent forms**.

This is required **before** we can commence working with them.

We will also ask for **professionals** to complete a registration form, detailing the organisation they work for as well as their contact details.

We will be ask for a feedback form to be completed at the end of the session. These are anonymous and help us to make improvements where needed.



# WHAT DOES BEAM LOOK LIKE?

Shropshire - Upstairs @ Palmers, Shrewsbury



We recognise it can be scary for a young person going to a new place for the first time.

Our drop in's are set out to be as laid back and informal as possible.

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# WHAT DOES BEAM LOOK LIKE?

9 Market Square, Wellington, Telford



We opened our permanent Beam venue in Wellington, Telford this summer.

Our accessible drop in space has been decorated with fresh, clean colours and fitted with comfortable furnishings to offer a laid back, informal, safe space for all.

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# BEAM WORKSHOPS

Beam is now running 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.

We are currently offering workshops relating to :

- Anger
- Anxiety
- Body Image
- Mindfulness
- Creative Writing
- Arts & Crafts

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.



Please refer to our workshop calendar for more information, otherwise please contact us via email:

[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)

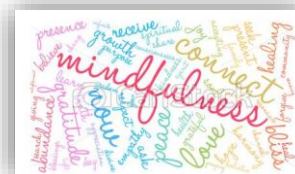
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# BEAM TRAINING ON MENTAL & EMOTIONAL HEALTH

Beam will be delivering training for parents, carers and professionals relating to common mental health issues that young people face.



**ANXIETY**



This is currently in development, and be similar in format to the workshops we run for young people.

We regularly send out information and updates about Beam via e-mail.

Contact us to be added to our mailing list.

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# BEAM FAQs

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

This is fine. 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.



# BEAM FAQs

## What happens if a risk is identified?

Our clinical 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?

Shropshire and Telford & Wrekin users can access either of our drop ins in Shrewsbury or Telford.

## Can I see the same person?

As we are a drop-in, we cannot guarantee that you will see the same person each visit. 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.

## 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.







**E-MAIL US:**

**[AskBeam@childrenssociety.org.uk](mailto:AskBeam@childrenssociety.org.uk)**

