

# YOUNG PEOPLE'S WELLBEING SPACE

**Creating a safe space for young people to nurture  
their mental health and wellbeing.**

# THE NEED

**Data suggests that the number of anxiety cases among children and young people in Wales has increased. Statistics show that 46% of children and young people who received counselling in Wales in 2022–23 presented with anxiety as their main issue, compared to 12% in 2015–16**

(Welsh Government. (2024c) Counselling for children and young people: September 2022 to August 2023.)

**Evidence also shows that 50% of mental health problems are established by the age of 14, and 75% by the age of 24**

<https://www.mentalhealth.org.uk/explore-mental-health/statistics/children-young-people-statistics>

**On average, our Housing Support project, which supports 32 individuals in accommodation, attends emergency departments once a month due to self-harm, suicide attempts, or young people requiring urgent intervention who are unable to keep themselves safe..**

GISDA 24-25 Statistics

TO ADDRESS THE GROWING NEED FOR ACCESSIBLE MENTAL HEALTH SUPPORT FOR YOUNG PEOPLE, WE HAVE DEVELOPED A YOUNG PEOPLE'S WELLBEING SPACE PROJECT. THIS INNOVATIVE APPROACH IMPROVES ACCESS TO SERVICES, SIMPLIFIES SUPPORT PATHWAYS, AND ENHANCES OUTCOMES BY BRINGING SPECIALIST AGENCIES TOGETHER WITHIN A SAFE, YOUTH-FOCUSED ENVIRONMENT.

THE AIM OF THE PROJECT IS TO SUPPORT STATUTORY MENTAL HEALTH SERVICES, WORKING ALONGSIDE THEM TO ENSURE YOUNG PEOPLE RECEIVE TIMELY AND APPROPRIATE HELP.

# OUTCOMES

- **Provide person-centred support around the young person**
- **Reduce waiting times**
- **Improve access to support**
- **Strengthen early intervention**
- **Simplify multi-agency support – including health, social services, education, and the third sector**
- **Empower young people**
- **Support families and carers**
- **Raise awareness and reduce stigma**
- **Monitor and evaluate impact**
- **Promote wellbeing and resilience**

# GISDA – ROLE AND EXPERIENCE

- **Experience of working with vulnerable young people since 1985**
- **A strong network of local and national partnerships**
- **A deep understanding of the impact of trauma on young people's lives**
- **A proven track record of developing effective interventions**
- **Person-centred services tailored to individual needs**
- **A fully bilingual service**
- **Highly experienced and specialist staff**

# GISDA – ROLE AND EXPERIENCE (I CAN)

- Project funded by Betsi Cadwaladr University Health Board
- Provides easily accessible early support for people who are experiencing difficulties with their mental health and wellbeing
- Helps reduce the need for referrals to specialist NHS mental health services by offering timely, preventative support

**166**

**TOTAL REFERRALS IN 23/24**

**100%** Young people with mental health needs

**69%** with a diagnosed mental health condition

**56%** at risk of self-harm or suicide

**86%**

Had visited their GP for mental health concerns

**34%**

Had attended Emergency Departments with urgent mental health needs

## **FOLLOWING SUPPORT:**

**70%**

Noted an improvement in their mental health and wellbeing

**59%**

Noted that they can now cope better with difficult situations

**77%**

Noted an increase in awareness of the support available

# GOOD PRACTICE EXAMPLE 1 – “CIRCLE”

A MENTAL HEALTH HUB RUN BY THE CHARITY MIND, FUNDED BY CAMHS AND THE HAMMERSMITH HEALTH BOARD.

Circle's Aims:

- To reduce the number of young people presenting to A&E in crisis.
- To provide a safe space and clinically trained staff to help young people who visit Circle in an emotional or mentally overwhelmed state to de-escalate their heightened state of distress.
- To provide a space where young people and parents can be supported and guided to access appropriate services.
- Prevent children and young people going into an acute crisis state requiring emergency hospital-based intervention or support.

Open 2:30pm until 9pm every night, 365 days a year

  
Hammersmith,  
Fulham, Ealing  
and Hounslow



WHAT IS AT CIRCLE?

- 2 THERAPY ROOMS FOR 1-1 CONSULTATIONS AND MEETINGS
- A SENSORY ROOM
- OPEN SPACE FOR GROUPS AND WORKSHOPS
- CAFÉ AND WELCOMING RECEPTION AREA
- SPACE ACCESSIBLE TO PUBLIC TRANSPORT

# GOOD PRACTICE EXAMPLE 1 – “THE HANGOUT”

A PARTNERSHIP BETWEEN THE CHARITY PLATFFORM AND CARDIFF UNIVERSITY HEALTH BOARD, THE HANGOUT IS A SAFE, ALTERNATIVE SPACE FOR YOUNG PEOPLE AGED 11–18 WHO ARE EXPERIENCING CHALLENGES WITH THEIR MENTAL HEALTH AND EMOTIONAL WELLBEING.

PLATF<sup>FORM</sup>



Bwrdd Iechyd Prifysgol  
Caerdydd a'r Fro  
Cardiff and Vale  
University Health Board

The Hangout offers:

- Drop-in support
- Scheduled sessions with a wellbeing team
- Wellbeing-focused groups
- Group activities
- Volunteering opportunities

Open 3 PM – 9 PM, 7 days a week



# GOOD PRACTICE 3 – “CHILDREN & YOUNG PEOPLE’S SANCTUARY”

## A PARTNERSHIP BETWEEN CAMHS, THE SWANSEA BAY UNIVERSITY HEALTH BOARD, AND THE CHARITY ADFERIAD.

The service is based in Llansamlet and is designed for young people aged 12–18. It is currently available by referral from the CAMHS crisis team and is intended as an alternative for young people who might otherwise attend A&E departments when experiencing emotional distress.



The service is funded by the Welsh Government as part of a pilot admissions avoidance scheme, which looks at how young people can be better supported during crises.

Open 24/7, 365 days a year



# HWB BANGOR



## Original Plan:

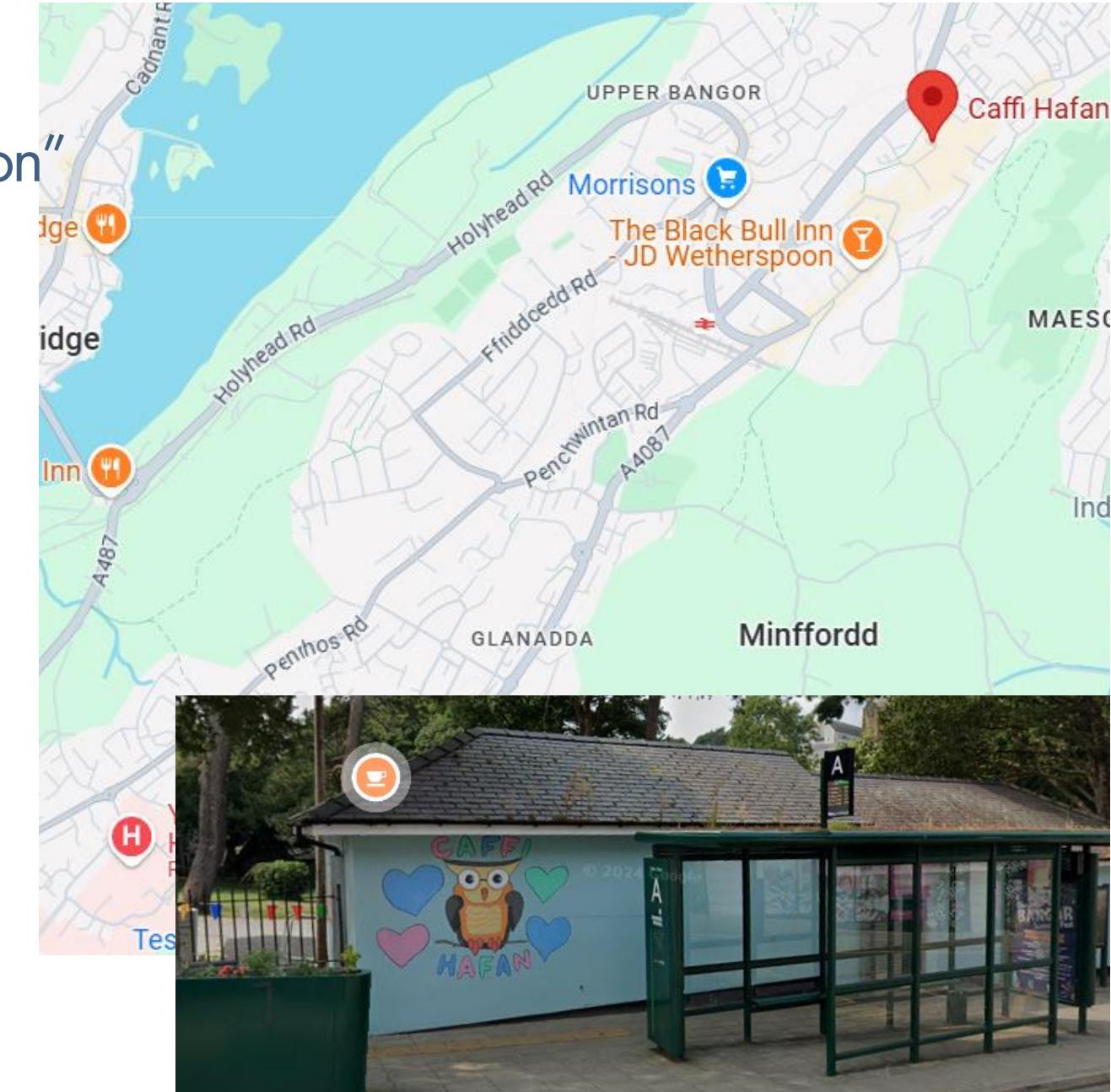
- Purchase a property (house in Bangor) to create a special "Alternative to Admission" centre.

## Challenges:

- Lack of capital funding to buy and adapt a new building
- Timeline constraints

## Proposed Approach:

- Use Caffi Hafan Bangor to run a pilot project
- Utilise existing GISDA hubs
- Provide a flexible service across 4 areas in Gwynedd
- Collaborate with CAMHS and other organisations to strengthen provision



# WELLBEING HUB – 6-MONTH PILOT

**We aim to provide mental health support across four areas in Gwynedd, offering services to children and young people aged 12–18.**

## Project Details:

- Locations: 4 areas in Gwynedd
- Service Hours: 8 evenings per week, 40 hours total per week
- Opening Times (for this pilot only): 5 PM – 9 PM
- Staffing: 2 staff members – 1 Band 5, 1 Support Worker
- Location: Existing GISDA hubs (utilising resources already available in the community)
- Partnerships: Collaboration with CAMHS and other relevant local organisations

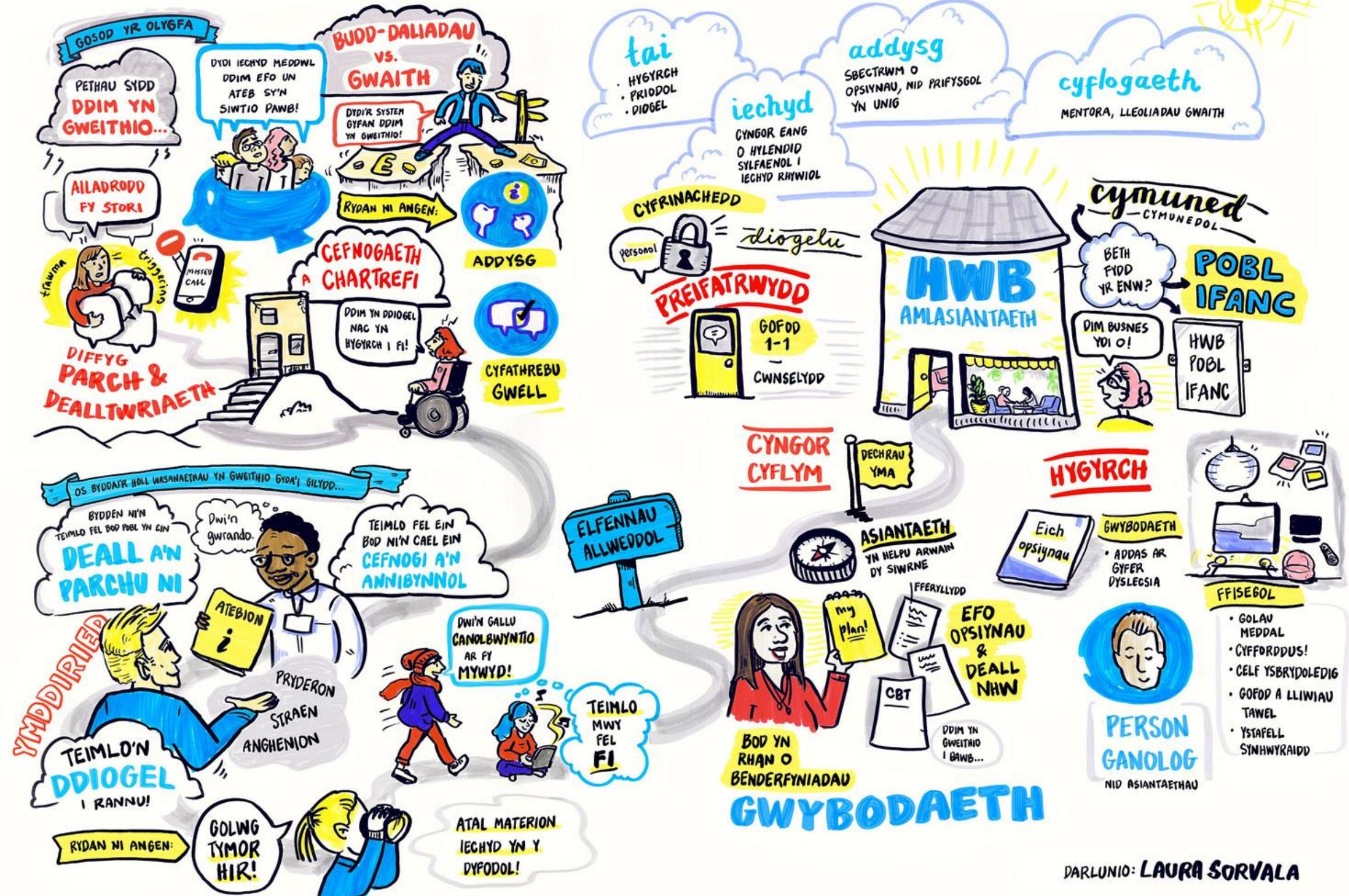
**Project Cost: £79,000**

# HWB LLES - PEILOT 6 MIS

## Support includes:

- Emotional mental health support
- Information
- Referrals
- Advocacy
- Peer support
- Community-based outreach provision
- Work collaboratively and in line with CAMHS service guidance
- Follow up with children and young people after a crisis presentation
- Provide rapid and responsive interventions in the community for young people referred to CAMHS
- Deliver community-based intervention and support
- Continue to support young people following a mental health crisis
- Offer holistic, person-centred support

# Ein Llais: Dychmygu Canlyniadau'r Dyfodol



# GISDA YOUNG PEOPLE'S HUBS

## CAXTON PROJECT



BONT BRIDD  
CAERNARFON



CAXTON HOUSE,  
PWLLHELI



STRYD FAWR  
BLAENAU FESTINIOG



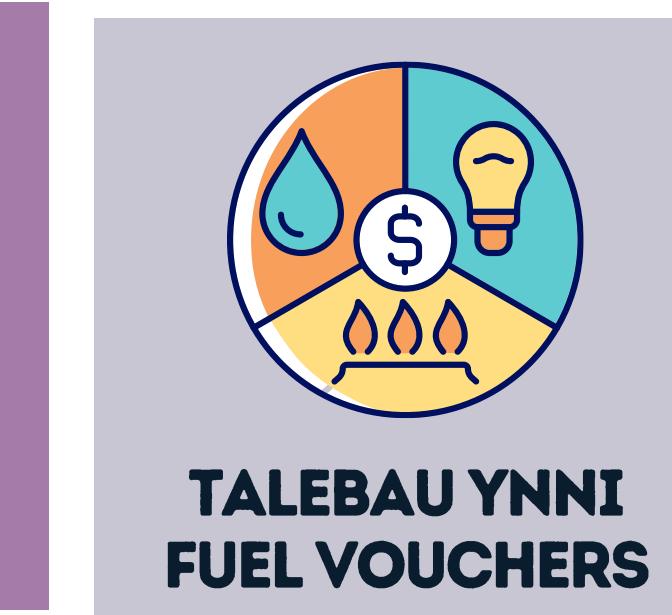
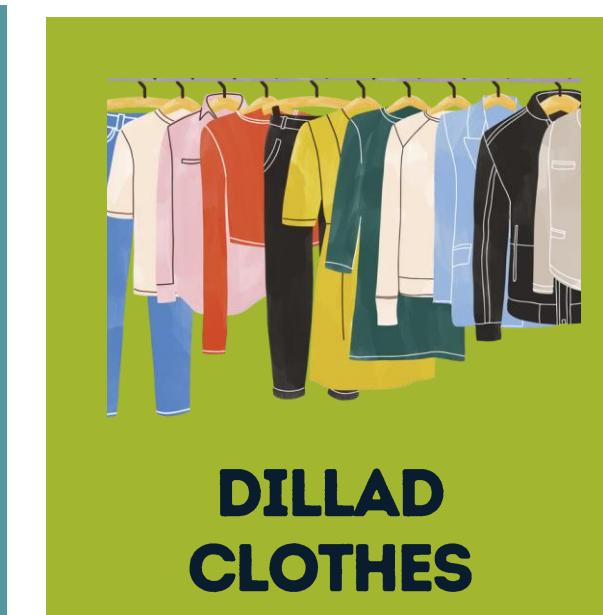
CAFFI HAFAN,  
BANGOR



- YOUTH HUB – A SAFE, HOMELY SPACE FOR YOUNG PEOPLE
- MEETING ROOM
- ONE-TO-ONE COUNSELLING ROOM
- COMMUNITY KITCHEN
- CREATIVE SPACE / STUDIO
- CENTRALLY LOCATED



# AVAILABLE FROM THE HUBS:



# INTERVENTIONS

## EDUCATION AND TRAINING (ACCREDITED CENTRE, AGORED CYMRU)



## YOUNG PEOPLES VOICE



## HEALTH & WELLBEING

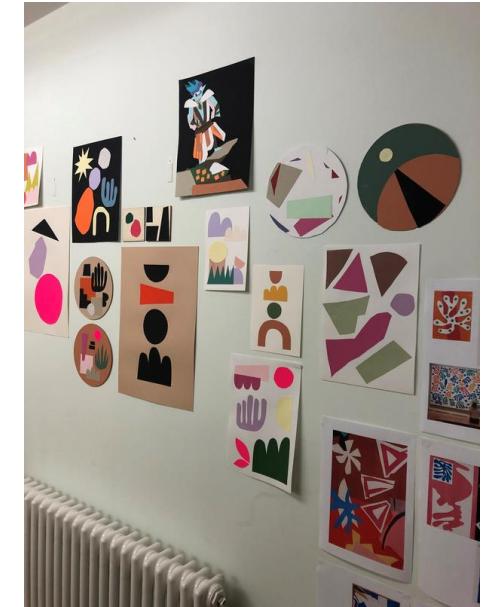


## LGBTQ+



# INTERVENTIONS

## CREATIVE

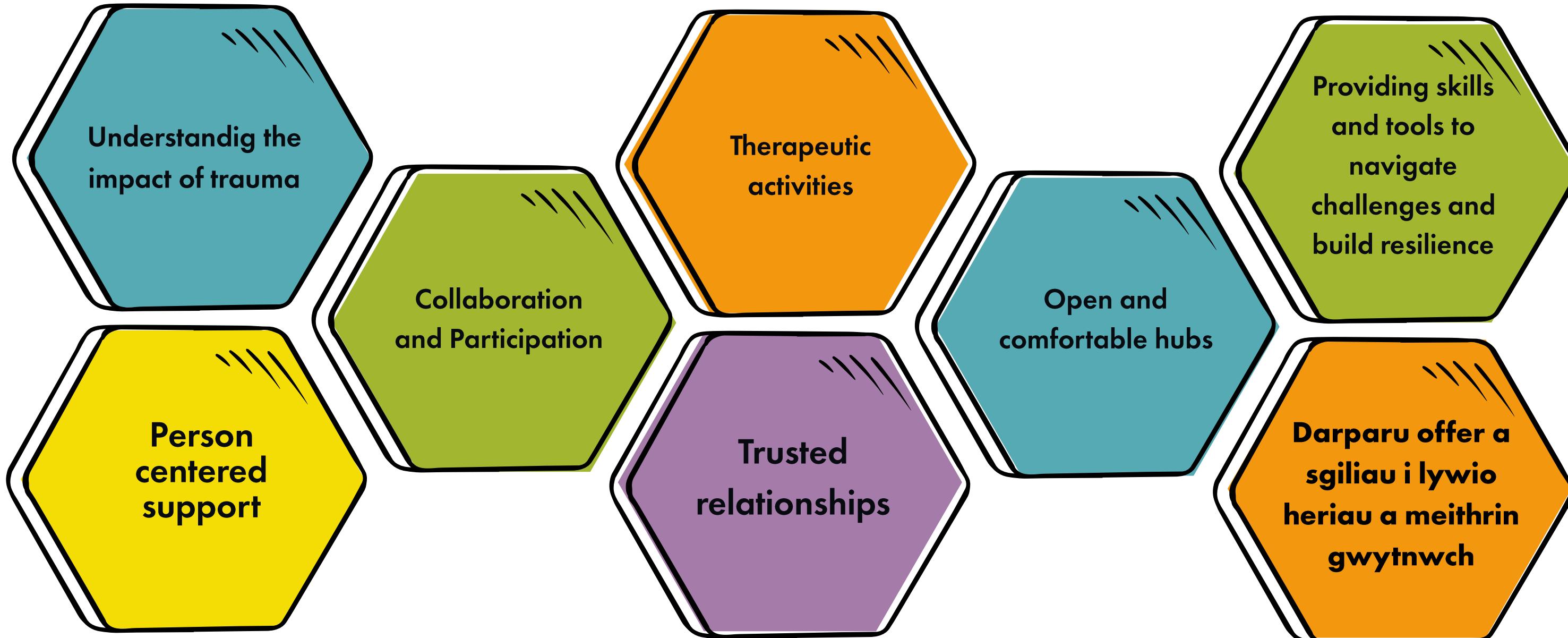


## MENTAL HEALTH &



# MODEL FI

An approach focused on achieving the best outcomes for young people



**DIOLCH  
THANK YOU**