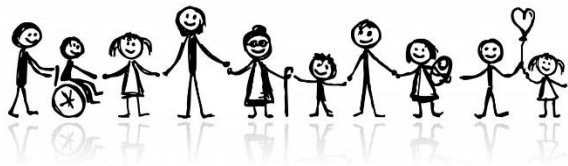


# WHAT TO EXPECT FROM



emotional wellbeing drop-in for children and young people aged 0-25, their parents and carers.

service provided by



# Who are we?

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.



## Our beliefs and values

### **Brave**

We are brave, fighting injustice at every level, fearless in our determination to be listened to. We expose and directly address 'hard truths' and are determined to turn words swiftly into actions.

### **Ambitious**

We are ambitious for the lives of the children we work with. The pioneering work we do helps them and children across the country aspire to better lives.

### **Supportive**

We support children in their personal development and to build positive relationships. Together we enable children to reach their full potential and realise their ambitions.

### **Trusted**

We have been trusted for over a century to deliver care where it is most needed. We maintain that trust by being dependable and consistent in our approach and by fighting for change based on hard evidence.



For more information about the history of our organisation as well as our various projects, please visit our website:

**<https://www.childrensociety.org.uk/>**

# The Bee U Partnership



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

Bee U is made up of:



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

# What does Beam do?

**OUR AIM:** to provide children and young people aged 0 – 25, their parents/carers & professionals with advice, signposting and support with any concerns relating to mental and emotional wellbeing.

Our team is very passionate about empowering young people. Simply listening to a young person's experience or using therapeutic strategies and providing information can make all the difference.



“We want to help you acquire the resilience and skills you need when life throws up challenges. We want you to know what to do for yourself if you are troubled by emotions or problems with your mental health”

# Who are Beam?



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

## Our background & experience

Young offenders	NHS & IAPT	Education & support	Mental Health Nursing
Sexual violence	Counselling	Teaching	Eating disorders
CBT	School pastoral support	Trauma	Residential care
Mentoring	Attachment	Students	Assistant psychologists
Behaviour management	Youth work	Occupational therapy	Children's rights
Domestic Violence	British Sign Language	Mental health first aid	Childhood sexual exploitation

# Who can use Beam?

**Anyone** between the ages of 0-25 can access support from Beam.

Parents and carer support is given provided it is in conjunction with a young person.



# What will Beam do?



We can provide **low-intensity therapeutic support** under a brief therapy framework.



We promote **psycho-education**.



We give **practical support** and suggestions.



We **listen**, trying our best to ensure our service users feel heard.



We **adapt**: we know there is no such thing as one size fits all.





# What won't Beam do?



We do not deliver **structured therapy**.



We do not **complete assessments**.



We do not **diagnose**.



We do not automatically **make referrals**.



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



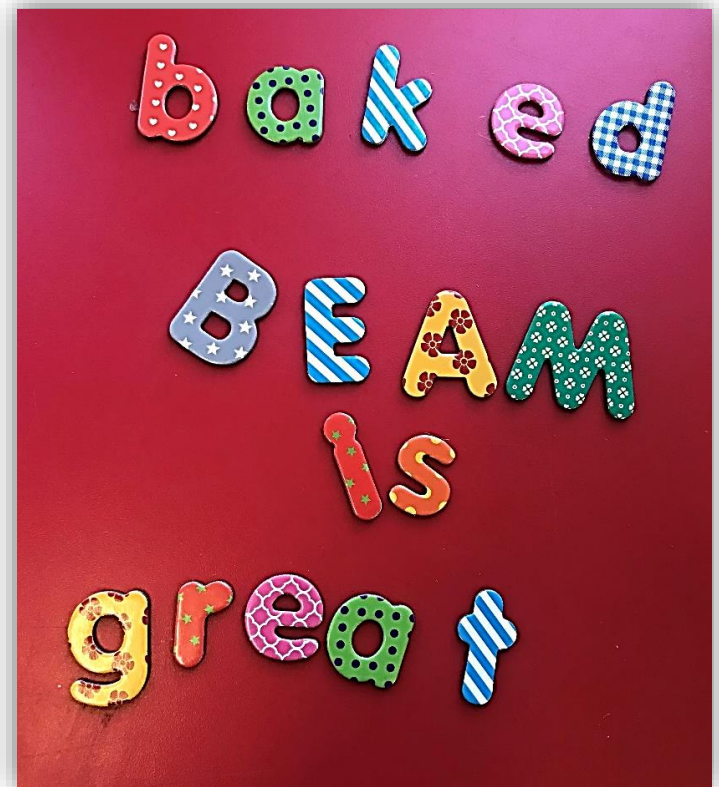
# Registration & Consent

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.

You will be asked to complete a feedback form at the end of your visit. These are anonymous and help us to make improvements where needed.



# When & Where is Beam?



<b>Monday</b>	<b>12pm – 7pm</b>	9 Market Square, Wellington, Telford TF1 1BP
<b>Tuesday</b>	<b>12pm – 7pm</b>	9 Market Square, Wellington, Telford TF1 1BP
<b>Thursday</b>	<b>2pm – 7pm</b>	Upstairs at Palmer's Café, Claremont Street, Shrewsbury SY1 1QG
<b>Saturday</b>	<b>11am – 4pm</b>	9 Market Square, Wellington, Telford TF1 1BP

## Wellington, Telford



## Palmer's, Shrewsbury



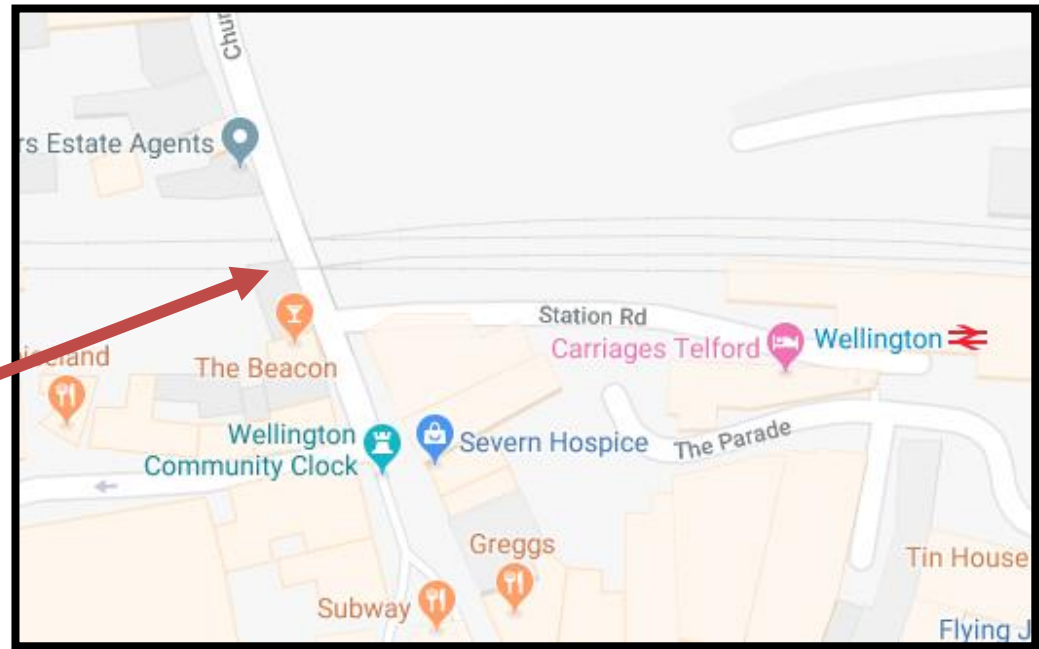
# How to find us in Wellington

9 Market Square, Wellington, Telford TF1 1BP

We are 100m from Wellington train station, next to The Beacon pub in the centre of Wellington Town Centre.



**WE ARE  
HERE!**



# Where to park in Wellington

We do not have onsite parking, but there are a variety of **free** car parks in the vicinity of Wellington.

Note that some of the car parks require you to take a free ticket for your stay.

**Please check individual car park for parking terms when you arrive.**

## Short stay

Swimming pool (East & West)	TF1 1LX (4 minute walk)
Victoria Road (North)	TF1 1PZ (5 minute walk)
Nailors Row	TF1 1PY (3 minute walk)
Wilkinsons	TF1 1DT (3 minute walk)

## Long stay (3 hours+)

Belmont/Tan Bank	TF1 1HJ (3 minute walk)
Wellington Station	TF1 1BY (2 minute walk)
Victoria Road (South)	TF1 1PZ (5 minute walk)
Wrekin Road	TF1 1RH (7 minute walk)
Ten Tree Croft	TF1 1EG (5 minute walk)

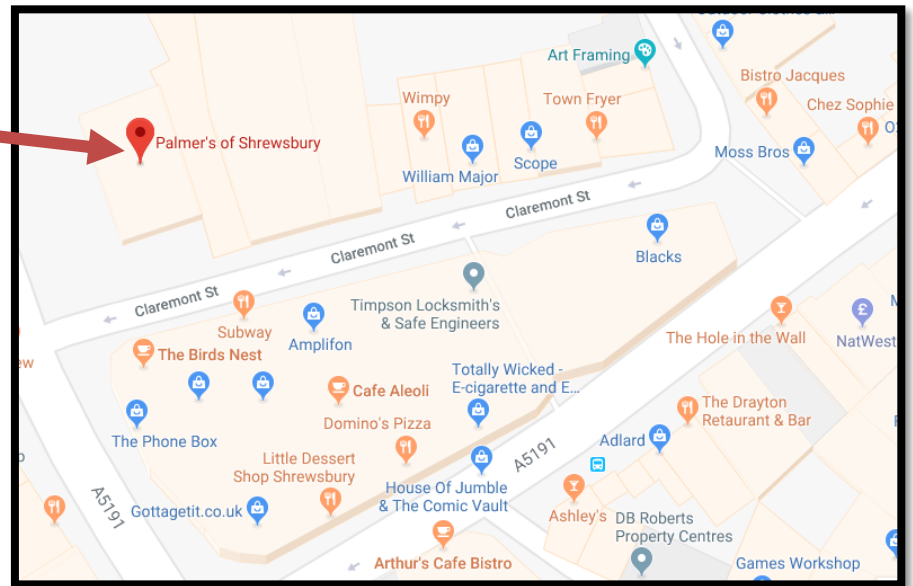


# How to find us in Shrewsbury

Upstairs at Palmer's Cafe, Claremont Street,  
Shrewsbury SY1 1QG



**WE ARE  
HERE!**



# What does Beam look like?

Shropshire - Upstairs @ Palmers, Shrewsbury



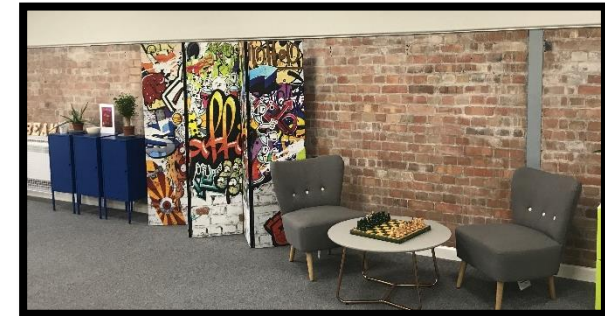


# What does Beam look like?



## OUR BRAND NEW VENUE

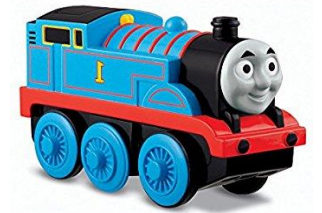
9 Market Square,  
Wellington, Telford  
TF1 1BP



# How to get to Beam in Wellington

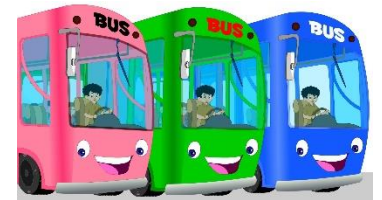
## **t r a i n**

We are a 100m walk from Wellington Train station. There are frequent, direct trains from Shrewsbury, Oakengates and Telford.



## **b u s**

We are a 5 minute walk from Wellington Bus station.



## **c a r**

We do not have any on-site parking, but there are plenty of free long and short-stay car parks within the Wellington area.



# 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.

The workshops we are running currently are detailed below, and we have more in development.

	<b>VENUE</b>	<b>DATES &amp; TIMES</b>	<b>WHO IS IT FOR?</b>
<b>CREATIVE WRITING</b> <i>Using writing to express emotions and thoughts</i>	9 Market Square, Wellington TF1 1BP	Mondays, 4-5pm Runs for 8 weeks from 10 <sup>th</sup> September – 29 <sup>th</sup> October	Suitable for ages 14+
<b>WHAT'S BUGGING YOU?</b> <i>Anger and how to manage it</i>	9 Market Square, Wellington TF1 1BP	Tuesdays, 4-5pm Runs for 6 weeks from 18 <sup>th</sup> September – 23 <sup>rd</sup> October	Suitable for ages 13 – 18
<b>WHAT'S BUGGING YOU?</b> <i>Anger and how to manage it</i>	Palmer's Café, Claremont Street, Shrewsbury SY1 1QG	Thursdays, 4-5pm Now running until 27 <sup>th</sup> October	Suitable for ages 13 – 18
<b>ARTS AND CRAFTS CLUB</b>	9 Market Square, Wellington TF1 1BP	Saturdays, 1-2pm Runs <b>fortnightly</b> from 15 <sup>th</sup> September	Age 11 and under
<b>ARTS AND CRAFTS CLUB</b>	9 Market Square, Wellington TF1 1BP	Saturdays, 2-3pm Runs <b>fortnightly</b> from 15 <sup>th</sup> September	Age 12 and above
<b>BODY IMAGE</b>	9 Market Square, Wellington TF1 1BP	Wednesdays, 4-5pm Runs for 5 weeks from 26 <sup>th</sup> September – 24 <sup>th</sup> October	Girls aged 13+ (we will be offering a boys Body Image workshop in future)

# Beam Workshops - FAQs

## **How can a young person register to attend a workshop?**

Currently there is no need to 'sign up' for workshops – just arrive at the specified start time! However, we do require the young person to be registered with us, and to have attended one of our drop-in sessions prior to attending a workshop.

## **Why do young people need to attend a drop in session in addition to registering with Beam?**

This is to ensure that we have some background information about the young person so that we can ascertain the appropriateness of the workshop. It is also to ensure they know what the workshop will involve.

## **What age are the workshops for?**

As we develop, we will be offering workshops for a range of ages, including younger children. Currently the individual workshop information specifies the age range they apply to.

# 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.

This is currently in development, and be similar in format to the workshops we run for young people. More information about these will follow!



**ANXIETY**



# FAQ's



## **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.

## **Do parents/carers need to wait while their child is seen?**

It is important that the parents/carers of younger children stay at drop-in while their child is attending Beam.

## **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.

## **Do I / does my child need to have a diagnosis to come?**

No.

## **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.

This may mean that at busier times there is a wait to be seen. We try and make this as comfortable as possible by offering refreshments, as well as games or activities to entertain children and young people.

## **Drop in's are mainly during school time. What can I do?**

We can provide a signed letter confirming a young person has attended Beam if this is required by the school. This can only be provided on the day of attendance.



## 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.





e-mail us:

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