



**Supporting Young People to
Take Charge of Their Mental Health**



**Mental Health Workshops
-2022 Impact Report**



Background

No5 delivers Mental Health Workshops to young people in Reading, with the aim to **educate, support and build self-awareness** around issues they face today.

The 6 workshops in the series are:

- 'My Story'
- Body Image
- Social Media: Staying Safe Online
- Gender Perceptions
- Healthy Relationships and Consent
- Stigma and Loneliness

The workshops have been **developed in collaboration with our Young Ambassadors, aged 16-25, and our counsellors** at No5. The workshops are currently delivered by No5's Projects Coordinator, Abbie, and No5's Outreach and Wellbeing Support Counsellor, Nathanya, both who have **lived experience** of No5's service.

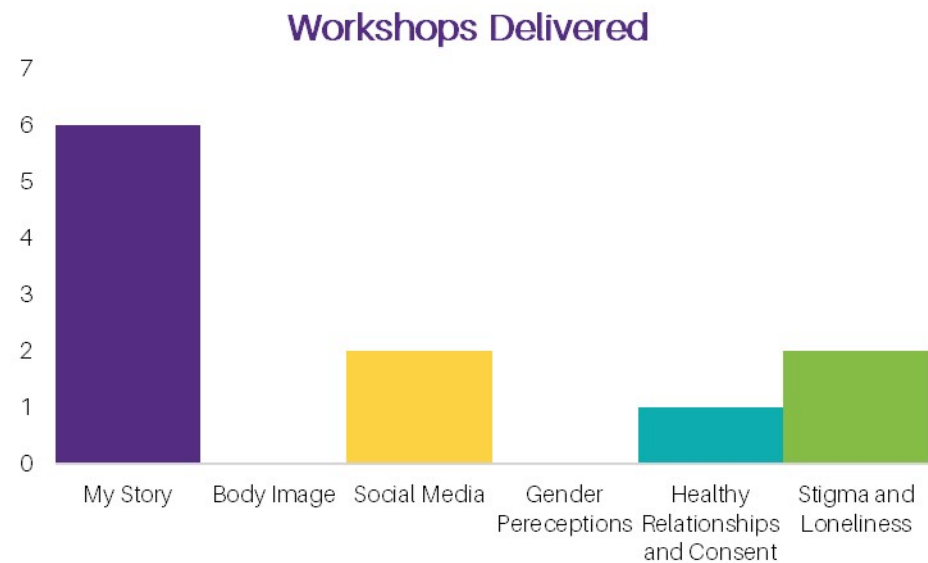
Thanks to funding from The Postcode Society Trust, we currently can offer our workshops for **free to local schools and colleges**. These usually cost £120 per session for community groups, other organisations and corporate partners.



The Impact

In 2022, we delivered **11 workshops**, supporting **212 local young people!** Sessions were delivered across 4 local schools and colleges, as well as at one local Scout Troop.

We recognise that 2022 was the first year since the Covid-19 Pandemic that we have been able to return into education settings to deliver our workshops, so it took some time to re-establish relationships and make the offer known.



Our most popular workshop of the year was 'My Story' with 6 sessions delivered. This workshop is always highly requested as it **provides a peer-led lived experience** of mental health difficulties and recovery to recovery to young people and provides an understanding of the importance of mental health to our overall wellbeing.

Whilst we did not deliver any sessions of our Body Image or Gender Perceptions workshops, they have both received some interest from schools and we are aiming to deliver these before the end of the 2022/23 academic year.

"The activities were engaging, and the workshop was extremely informative"

At each workshop, young people get **take-away resources** including signposting cards displaying a positive mental health message on the front and a QR code on the back linking to No5's useful links page. In our 'My Story' workshop, young people also get 3 coping strategy activities to use in their own time, after exploring them in groups during the workshop.

"I enjoyed the activities and being able to write down some of the things that I'm suffering with that cause me to feel stressed"

No5 also **provides materials** at all workshops including pens and paper to ensure all young people can take part in the activities we run. This appreciated by both the young people and the schools especially, as their budgets often mean resources are limited for such activities.

Each workshop **ends with a discussion time** for young people to ask our lived experienced young leaders any questions they may have around the workshop content, No5, or mental health. After building the safe environment and laying out our ground rules during the workshop, young people really engage in this opportunity, sometimes by sharing their own personal experiences with the group which is a further benefit.

Young People's Feedback

At the end of each workshop, we give young people a chance to share any feedback they may have about the workshops anonymously so we can continue to improve them to the changing needs of young people. The collective feedback is then shared back to the school so they can see the benefit of the workshop and also what their students may need next.

Below is an accumulation of feedback from all 11 workshops:



"I enjoyed learning about the workshop leaders' personal story because it made me feel not alone"

"I enjoyed it, it was helpful, interesting and will prepare me for the future"

"We were able to share what we want and not be judged"

"Well spoken, good delivery and would recommend the workshop to others"

"It was very relevant and the stories that were shared were eye opening"

"The activities were engaging and the workshop was extremely informative"

"I enjoyed it because I could share my thoughts"

"It was very well presented! The leaders were friendly and nice"

The key things young people enjoyed about the workshops was **learning from our lived experienced young leader's** stories and having a **safe, judgement-free zone** to talk and discuss. The peer and non-teacher delivery of these topics and discussion is often not experienced in young people's educational career and so is something they really benefit from in the workshops. It was also interesting to see that even if they did not feel what was discussed was fully relevant to them, that they still found what they learnt useful in aiding them in the future!

Teacher's Feedback

"Student engagement was evident. All content was relevant"

"Excellent application of true stories and introduction to coping methods"

"So glad to see our young people engaged and talking - they are often closed and unwilling to discuss"

Looking to the future

In 2023, we hope to **build upon the relationships** built with the local schools, colleges and community groups and the young people who attend them.

We aim to:

- **Deliver more workshops** across the 2022/23 and 2023/24 academic school year to continue to support the mental health of local young people
- Source **more funding** to continue to provide the workshops for free
- **Expand** the number of counsellors and young people delivering workshops
- **Build and offer new workshops** from feedback of local young people e.g., Climate Anxiety
- Support schools to deliver the **Whole School Approach** through a blend of No5 services. This offer includes our Mental Health Workshops to support resilience and emotional wellbeing in students.

We are also looking at how we can **support parents and teachers** to support their young people's mental health. In response to conversations held with schools and parents, we are currently devising a Listening Skills workshop to help parents and teachers to **improve their listening skills** helping young people to **feel heard and better understood**, and making challenging conversations about mental health feel easier.

To continue to deliver our **Mental Health Workshops** to young people in schools and colleges and begin delivering our **Listening Skills Workshop** to parents and teachers **for free**, we are looking to source further funding.

Each workshop costs **£120 to deliver**, supporting up to 35 attendees. This cost includes paying our counsellors and young people to prepare and deliver the workshop, as well as the provision of physical resources.

Contact Us

If you would like to **book a Mental Health Workshop**, please email Abbie Trussler, Projects Coordinator, at projects@no5.org.uk.

If you would like to **help fund our Mental Health Workshops**, please email Carly Newman, Operations and Relationships Manager, at carly.newman@no5.org.uk.

Find us on social media: [@no5youngpeople](https://www.instagram.com/no5youngpeople)





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