



COMMUNITY WELLBEING TEAM

Waverley, Woking, Surrey Heath & Spelthorne



Changing childhoods.
Changing lives.



**Emotional health and wellbeing support
for young people aged 8–18 years old**

What we offer






Barnardo's Community Wellbeing Team (CWT) offers advice, guidance and support to young people aged 8-18 years old across the Surrey boroughs of Waverley, Woking, Surrey Heath and Spelthorne. CWT provides early intervention support for emotional health and wellbeing as soon as a need is identified. The service operates between the hours of 9am-5pm, Monday to Friday throughout the year.



The aim of CWT support is to empower children and young people to develop strategies and help them understand their individual emotional literacy to successfully support their own emotional health and wellbeing going forward. CWT wellbeing mentors use a goal-based approach to guide young people to understand their own strengths and how they can use them to achieve their goals. This may involve using a variety of evidence-based techniques to achieve positive change.

Please note: CWT is an early intervention service which does not offer or provide clinical level or crisis support.

CWT provides support in the following ways:

-  Weekly 1:1 support from a Community Wellbeing Mentor for up to 8 sessions.
-  Drawing and Talking therapy from a trained practitioner for 12 sessions.
-  Advice, guidance, information and signposting to other provisions.
-  Holiday Wellbeing sessions to young people on our waiting list.
-  B-Connected & B-Connected Moving On Up: 6-week school-based wellbeing group (*referrals received directly from schools*).

Referrals will be assessed upon receipt to determine the most appropriate support to meet the young person's needs. A member of CWT will contact the family and the young person to arrange an initial meeting.





1:1 sessions take place wherever the young person feels more comfortable such as the young person's home, online, school or within the community. These sessions usually take place weekly and up to 8 sessions are provided. It is important for young people to attend their sessions regularly as cancelled sessions will be included in the total number provided unless there are extenuating circumstances. Sessions continue during the school holidays as support is open all year round and not restricted to term-time only.

Community Wellbeing Mentors work with young people to address a range of emotional health and wellbeing challenges such as:

- 🌈 What is wellbeing?
- 🌈 Anxiety
- 🌈 Emotional literacy & regulation
- 🌈 Confidence and self-esteem
- 🌈 Friendships/relationships
- 🌈 Low mood
- 🌈 Anxieties around school attendance or transition
- 🌈 Resilience



Drawing and Talking is a non-intrusive therapeutic intervention that allows children and young people to process their emotions over 12 sessions. It involves using drawing to express feelings differently from ordinary verbal language.

CWT offers schools a 6-week course (B-Connected & B-Connected Moving On UP) which is attended by 8 young people at a time who are selected by the school, also covering the above themes. Referrals are received directly from schools.









During school holidays CWT runs wellbeing sessions at community locations in each of the boroughs we cover. These sessions are open to any young person currently on our waiting list and provide young people with an opportunity to engage with members of the team as well as other young people.

Referral process

CWT works closely with Surrey Mindworks. Referrals can be made via:

-  Surrey Mindworks' Access and Advice team or the online portal.
-  Parents, carers and young people (aged 16 and over).
-  GP surgeries, schools or other community services.
-  By downloading our referral form which can be accessed via the CWT Padlet QR code

<https://padlet.com/CommunityWellbeingTeam/cwt>



How to contact us:

Barnardo's Community Wellbeing Team,
Surrey Wellbeing Hub, Regus, Room 220,
Dorset House, Kingston Rd, Leatherhead,
Surrey, KT22 7PL*

**Please note - this is an administrative hub and not a drop-in venue.*



 CWT@barnardos.org.uk

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