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# COMMUNITY WELLBEING TEAM

The Surrey Wellbeing Partnership is made up of 12 different charities and organisations working across Surrey, coming together to support children, young people and their families to thrive.

Barnardo's Community Wellbeing Team works across Surrey Heath, Spelthorne, Waverley & Woking.

We work with children and young people, aged 6-18 years, to help support emotional health and wellbeing as soon as a need is identified. Wellbeing mentors use a goal-based approach to guide young people to understand their strengths and how they can use them to achieve their goals.

The Community Wellbeing Team provides support in the following ways:



- 1:1 support from a Community Wellbeing Mentor for up to 10 sessions
- B-Connected: 6-week school-based wellbeing group
- Advice, guidance, information, and signposting to other provisions
- Offering phone or online support
- Holiday Wellbeing Check in's

A discussion will be had upon receipt of the referral to agree the most appropriate service to meet the young person's needs. A member of the Community Wellbeing Team will contact the family and the child/young person to identify their goals and support them to achieve positive change.

Our 1.1 session's take place at either the young person's home, school or within the community. These sessions usually take place weekly, and up to 10 sessions are provided.

We also offer school's a 6-week course (B- connected) which is attended by up to 8 young people, who are selected by the school.

The Community Wellbeing Mentors work with young people on the following topics:

- 🌈 What is wellbeing?
- 🌈 Emotional literacy
- 🌈 Resilience and self-esteem
- 🌈 Anxiety
- 🌈 Anger and dealing with difficult feelings
- 🌈 Friendships
- 🌈 Safety plans
- 🌈 Low mood
- 🌈 EBSNA



During school holidays, the Barnardo's Community Wellbeing Team runs holiday wellbeing check in sessions in the community, supporting emotional health and wellbeing. These are open to any child/young person currently on our waiting list.

Referrals to our services can be made by:

- 🌈 parents/carers, young people (aged 16 and over), schools and other professionals e.g. GP or Social Care in the following ways
- 🌈 By downloading our referral form directly from the website  
<https://www.barnardos.org.uk/get-support/services/community-wellbeing-team-cwt>
- 🌈 Through Surrey County Council's Access and Advice Service via Mindworks



Proud to be part of  
**Mindworks**  
Surrey  
The children and young people's emotional  
wellbeing and mental health service



### How to contact us:

Community Wellbeing Team  
Surrey Wellbeing Hub, Regus, 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](mailto:CWT@barnardos.org.uk)

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