

Barnardo's Independence Project

Since 2015, our service has been offering this model of emotional well-being support to young people. The Independence Project concentrates on emotional wellbeing through a Social Prescribing Model.

The young person is allocated a wellbeing and empowerment practitioner who will provide 1:1 support, to develop an outcome focused support plan, specifically tailored to the young persons needs, whilst liaising with other professionals and agencies.

The outcomes the service aims to support young people around include:

- Increased confidence
- Improved Mental Health and Wellbeing
- Access to information on health issues
- Reduction in level/risk of harm
- Increased opportunities and activities

Interventions could include but are not extensively limited to: practical support, creation / implementation of personal well-being plans, emotional support, active listening and support to engage in positive activities.

We provide up to 6 months support, to 12-18 year olds in Newcastle, who are stepping down from Tier 3 Mental Health Services. As well as aiming to prevent them returning back into Tier 3 Services.

"Before I felt helpless as I had no support and now I don't feel as alone"
- Olivia, 18

Meet the workers:



Rachel



Aimee



Abbie

If you would like to make a referral or wish to discuss a young person that you think might benefit from support, please contact us on:

0191 2714615 or BYPFT@barnardos.org.uk

Our address is: BARNARDOS YOUNG PEOPLE AND FAMILIES TEAM
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