

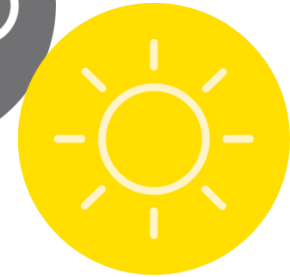
Emotional Health & Well-being

Warrington: Improving the Emotional Health & Wellbeing of our Care Leavers

‘Supporting care experienced
youngsters to thrive instead of
just survive’

April 2021

Providing services, including a
Emotional Health & Wellbeing
worker and Trauma Informed
Counsellor, that offer practical and
emotional support so care
experienced youngsters can
take control of their lives now and in
the future



Why?

To ensure care experienced young people have immediate access to support services when they are struggling with their emotional health and wellbeing

What did they do?

- Engaged with the Voluntary Sector (Cheshire Community Partnership & Pure Insights) to jointly fund an Emotional Health & Wellbeing service for Care Leavers.
- Pure Insights in partnership with Warrington Children in Care & Care Leavers Service have appointed an Emotional Health & Wellbeing worker and Trauma Informed Counsellor.
- The Emotional Health & Wellbeing worker is co-located with the Care Leavers team.
- Within 3 month of the service launching 21 young people were receiving a weekly 1:1 intervention from the psychological wellbeing worker which include; learning self care coping strategies, learning self regulatory skills, understanding trauma and the impact it has on physical and emotional wellbeing, understanding their own story and what impact that has on them now.
- 19 have completed Initial wellbeing goals
- 14 have completed Resilience wheels
- A beach trip took place on September 8th for 25 young people plus 5 team members in addition to an Alton Towers trip for 25 care leavers and 5 of the team to coincide with Care Leavers Week on 20th October.

What difference is it making?

- Immediate access to Psychological Well-being support
- Building trusted relationships
- Identifying sources of support in for our YP in existing networks or in the wider community. Also identifies helpful/unhealthy relationships
- Supporting YP to maintain housing
- Supporting YP to access Education, Employment & Training

Thanks Kim and Jess for today! It's been brilliant. I've never been to a beach before!

Warrington YP , Beach Trip to Blackpool, Sep 21

I'm really glad I've met Jess and that she's working with me.

Warrington YP, August 21

Today feels like a holiday for me! I don't ever come out on things like this usually.

Warrington YP, Sep 21