

Information from other services

What is the Listening Post? The Listening Post is a listening and mentoring service for young people who live or study in Darlington. We believe every young person should have somebody to talk to.



What does that mean? It basically means young people can come and talk and someone will actively listen. The goal is to provide a safe space for a young person to talk. It isn't counselling.

What do young people talk about? Literally anything. The conversation is led by the young person, not the listener. So some young people want to talk about the good things that are happening in their lives, but usually it is about the things that are worrying them and causing them concern at that time.

How can using the Listening Post help? Being given a safe space to talk about anything you want to talk about can help release emotions and negative thoughts that might otherwise intensify if kept held inside. It can also help to bring a fresh perspective to a situation and enable young people to find their own solutions to issues.

Where do Listening Post sessions take place? Currently, due to COVID19, we have had to move to holding telephone appointments, but normally our appointments would take place either in schools/colleges or at Forsyth House (Primary Healthcare Darlington).

How do you access the Listening Post? Referrals can be made by parents, teachers, social workers and even young people themselves. Initial contact is made either by telephone (07847 933799) or email (ListeningPost@dacym.co.uk).

De-caf are now offering digital sessions

Digital De-caf is a virtual drop-in for 11-16 year old with social, emotional and mental health problems and for anybody who is struggling with the current situation. This drop-in promotes good mental health and well-being. Get in contact with us to join us virtually between 11-12 on a Sunday.

If you are aged between 11 and 18 and live or study in Darlington and finding the current situation hard to cope with you can call a dedicated helpline being delivered by the Listening Post and Darlington Mind.

Darlington MIND will also be offering a dedicated service from 1.30-4.30pm each weekday (Monday-Friday) from 1st April 2020. To access this support please contact 07432 843161 between 1.30-4.30pm. If the telephone line is busy or unavailable please make contact with MIND via emailing crew@darlingtonmind.com.



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healthwatch Darlington



Thinking about your body can be exhausting

Social media, celebrities and trends have made things difficult for people who are worried about their body image

What can I do if I'm worried about how my body looks?

- Talk to someone you trust
- Focus on the body parts you do like
- Be kind to yourself
- Keep your mind busy with hobbies
- Spend time with people who make you happy

Where can I go if I need further support?

- Counselling Directory UK
www.counselling-directory.org.uk
- Beat
www.beateatingdisorders.org.uk
- Youngminds
<https://youngminds.org.uk/>
- Childline
www.childline.org.uk
- Your local GP

healthwatch Darlington
Contact us: 01325 380145
j.austin@healthwatchdarlington.co.uk

Created by Youthwatch Darlington, a volunteering group, for 14-25 year olds.

Youthwatch Darlington

Health watch – Youthwatch design.

Our young volunteers from Youthwatch Darlington wanted to raise awareness about body image and the affects this can have on mental wellbeing amongst younger people. Earlier in 2020, young people across Darlington took part in our 'Children & Young People's Mental Health' survey. We asked them what everyday life issue or events may affect mental health.

Overwhelmingly, body image was voted as the highest contributing factor. They have designed this awareness raising poster, produced an advice and information page on our website and shared blogs to raise awareness.

Visit www.healthwatchdarlington.co.uk to see more.

Our team offers a range of services such as parent support groups, toddler sessions, family activities, training for parents/carers, short break activities and much more. We provide a variety of support from advocating for adults, creating personalised packages of support including visuals and social stories for families, well-being check ins and supporting parents/carers to understand and manage their child's needs. If you would like further information please call a member of the care team on 01642 531248 or complete an online enquiry form at www.daisychainproject.co.uk/forms/contact-us.



As of next week we are delivering services again with children, young people and their families.



The St Teresa's team offers specialist social work support and counselling to anyone diagnosed with a palliative or life limiting illness, as well as their carers and families. The Team continue to offer direct bereavement counselling to families known to the hospice, including individual counselling and a bereavement support group via Zoom. Advice and support is also available to any member of the community by signposting to the appropriate bereavement resources.

If you think someone may benefit from our team's help (or indeed a service from our in-patient unit or community hospice team) please do not hesitate to send us a referral in the usual way or telephone the hospice to discuss how we may be able to help.

Telephone: 01325 254321

Email: www.darlingtonhospice.org.uk/

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Come And Explore Kooth With Us

The following introductory sessions will provide you with a brief overview of Kooth, explaining the new activities within our self help resources, as well as a live demonstration of the service, to see what a young person experiences when they access Kooth.

To attend please register on the following links.

Monday 3rd August 2020, 1:00pm - 2:00pm

<https://www.eventbrite.co.uk/e/kooth-introductory-session-tickets-114096634104>

Tuesday 11th August 2020, 9:30am - 10:30am

<https://www.eventbrite.co.uk/e/yorkshire-and-north-east-introduction-to-kooth-tickets-114285521070?aff=erelexpm>

Monday 17th August 2020, 11:00am - 12:00pm

<https://www.eventbrite.co.uk/e/kooth-introductory-session-tickets-114288730670>

These events are available to all professionals across the North East, North and West Yorkshire, and Humber Coast and Vale



Kooth Live Forums: August 2020

Live forums can be found in the discussion boards and go online at 7.30pm on the evening they are planned.

They are moderated in real time until 9.00pm.

Monday 3rd August – Accepting Your Body Hello, and welcome to tonight's live forum! Tonight we are going to talk about body acceptance. Many of us struggle with our body image and have a hard time accepting the face we see peering back at us in the mirror. Let's brainstorm together tonight to try to feel more positively about ourselves!

Friday 14th August – Fears & Phobias Lots of us have fears about certain objects or situations, but if that specific fear stops you doing everyday things and has been going on for a long time then you might have a phobia. Phobias are a really common type of anxiety disorder and they are an extreme fear of something, even when there is no danger. Tonight we want to look at the difference between specific and complex phobias, what causes phobias in the first place, the types of support

available, and some self-care. We hope you'll join us to share your thoughts, feelings and experiences of phobias, or maybe get some tips on coping with them.

Wednesday 19th August – VOC: Inclusivity and Diversity There have been a lot of very important conversations happening in the media lately around inclusivity and diversity, and for this week's live forum, we want you guys to join in. We'll be talking about why inclusivity and diversity are important, what we can all do to make sure we're as inclusive as possible, and hopefully think about some of the overall benefits that living in a diverse and inclusive society can bring.

Friday 28th August – Transitions in Education Tonight's highly-requested live forum will be all about transitions in education. We will be considering: why thinking about and preparing for transitions into school, college, and university is important, what a successful transition may look and feel like for a student, some barriers to feeling confident when transitioning, and how we can overcome these obstacles. We will also be considering some options and sharing tips for support if you're feeling vulnerable or worried about moving to a new school or year group.