

# Support for parents, carers and young people over the summer holidays

## Training for parents/carers and professionals working with children and young people



Merseyside Youth Association's mental health promotion team (RAISE Team) deliver a range of FREE bite-size courses covering a range of mental health issues that impact children, young people and their families.



**Bite-size sessions coming up in July, delivered via Zoom...**

- Managing Child Worry - 01/07/2024 10:00 am - 11:00 am [Book here](#)
- An Introduction to Eating Disorders - 03/07/2024 1:00 pm - 2:00 pm [Book here](#)
- Young Carers: Identification, needs and barriers - 05/07/2024 10:00 am - 11:30 am [Book here](#)
- Managing my stress response through a trauma lens - 11/07/2024 10:00 am - 11:00 am [Book here](#)
- Behaviour as Communication - 15/07/2024 10:00 am - 11:00 am [Book here](#)
- Managing Challenging Conversations - 15/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Understanding and Managing Anxiety - 17/07/2024 10:00 am - 11:00 am [Book here](#)
- Understanding Low Mood and Depression in Young People - 17/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Self-Harm 18/07/2024 10:00 am - 11:00 am - [Book here](#)
- Social Media and Mental health - 18/07/2024 4:00 pm - 5:00 pm [Book here](#)
- An Introduction to Eating Disorders - 29/07/2024 10:00 am - 11:00 am [Book here](#)
- Adolescent Brain Development - 29/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Body Image - 30/07/2024 4:00 pm - 5:00 pm [Book here](#)
- Cultivating Self-Compassion - 31/07/2024 10:00 am - 11:15 am [Book here](#)



## Kooth launches Summer campaign #GoSomewhereGood

'For some young people, the extended hours of isolation over the summer holiday can mean retreating into phones - and getting advice and ideas from worrying places.

Kooth's mission is to help young people go somewhere good this summer. They've launched a new campaign, #GoSomewhereGood.

Kooth wants to inspire young people with ideas of good places and things to do over the summer that don't cost anything, boost their mental wellbeing, and encourage them to spend less time on their phones. If they vote for their favourite idea, they could win a prize! Kooth is giving away a prize each day for 50 days—anything from a hoodie, skateboard, sunglasses, frisbee, or book voucher!



## Umbrella Stay and Play

Stay, play and explore strategies with our Early Years ND Team (for children with characteristics / emerging characteristics of ND conditions) every Tuesday 10 am - 11 am at Clubmoor & Ellergreen Children's Centre, and every Friday at Five Children and Family Centre and Granby Children's Centre (free to access, no booking required).

## Neurodiversity 1:1 sessions

Every Tuesday, 1:30 pm - 2:30 pm at Clubmoor & Ellergreen Children's Centre and every Friday at Five Children and Family Centre and Granby Children's Centre (free to access, however, booking is essential).

## Supporting your ND child - Strategies for Grandparents and Carers

Aimed at Grandparents and Carers in Liverpool to help support their neurodivergent children. Working alongside Positive Futures, we are offering face-to-face workshops to build skills and knowledge around neurodiversity.

## Understanding and supporting my child's ADHD

This three-part programme, which explores different aspects of living with ADHD and strategies to support it, is available to parents and carers. The programme is delivered as live-streamed online sessions, with sessions available on various dates and times, including evenings and weekends. CAMHS, local authorities, and paediatrics can make referrals for the programme. However, families can also self-refer to the service by completing our online referral form. Liverpool families can refer in to access the "Understanding and Supporting my child's ADHD" parent training programme. Find out [more here](#). ADHD Foundation has produced a set of ADHD information booklets aimed at parents, teens, children and adults. They can be [downloaded here](#).

[Request more information](#)

[Refer here](#)

# YPAS Walk In Support Hub

The Walk-In Support Hub service at YPAS is facilitated from our three community hubs across the city. A child/young person/parent/carer can drop in at

2pm-8pm

**You do not need an appointment to access this service.**

Central Hub Monday – Wednesday 9:30am – 8pm / Thursday 2-8pm / Friday 9:30am – 4pm  
South Hub – Monday, Tuesday, 9:30am – 8pm  
North Hub – Wednesday 9:30am – 8pm / Thursday

YPAS Central Hub – 0151 707 1025  
YPAS South Hub – 0151 305 2030  
YPAS North Hub – 0151 305 2040



**YPAS North Hub**  
Croxdale Road West,  
L14 8YA



**YPAS Central Hub**  
36 Bolton Street,  
L3 5LX



**YPAS South Hub**  
Lyndene Road,  
L25 1NG

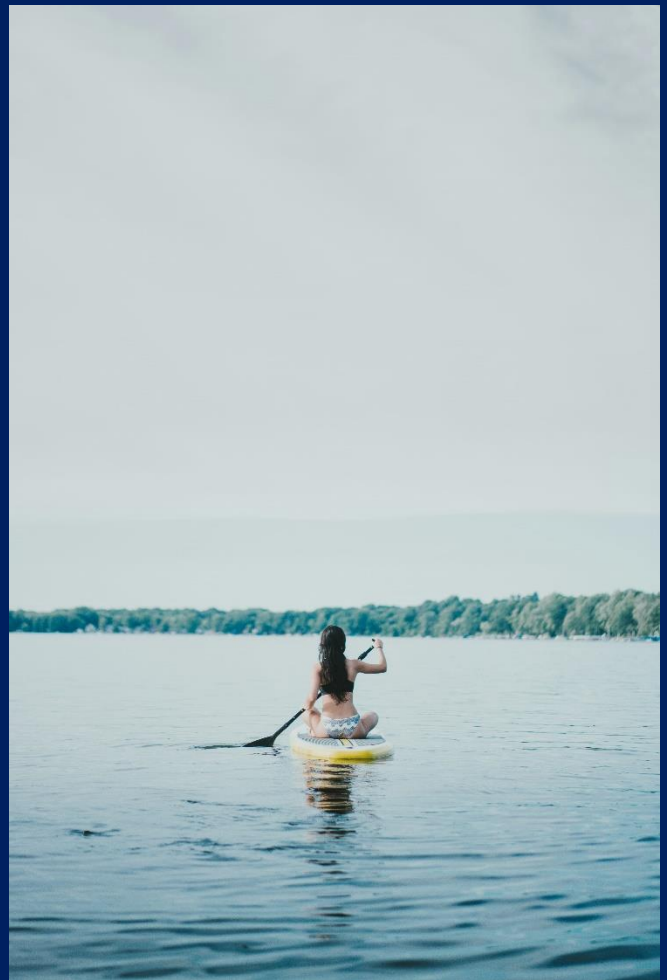
# Beautiful new Beginnings

<https://www.beautifulnewbeginnings.co.uk/teenagers>

We've a range of classes to support your teen with their health and wellbeing! From forest school, to fitness sessions and wellbeing classes.

## Water Wellbeing

Come along to our water wellbeing sessions running in Broadgreen Dixons every Thursday 7:45pm-8:30pm. This girls only session supports positive mental health and wellbeing, resilience and confidence and is completely funded by Sport England so free to attend



## Paddleboarding

Our paddleboarding sessions are back this summer and you are invited! These sessions are totally free to attend due to funding from Sport England and we can't wait to have you with us! Spaces will be available soon for summer 2024 make sure you are subscribed to access your free space!

## Teen Yoga

Yoga is great for calming the mind, moving the body and connecting with your thoughts feelings and emotions. Come and join us for fully funded yoga sessions which are completely free to attend here in Liverpool - these teen girl only events support wellbeing, body confidence and allow friendships to form too! A great way to add a little movement and mindfulness to your weekly routine!

