

Your Adventure, Our Passion. Your Journey of Change.



Group activity programme to support young people with their mental wellbeing...

Head Out is an early intervention programme for young people who are experiencing difficulties with their mental health. This could be impacting their day to day lives, relationships or engagement in education. It involves an initial outreach and befriending process with site visits and taster sessions. Following this we offer six group activity days which combine outdoor activities with workshops that promote resilience, social skills and building confidence. Through groupwork and 1:1 reflection we support young people with difficulties they are experiencing such as recognising emotions, managing anxiety and building healthy relationships. We tailor the provision to their individual needs.

As with all our core programmes young people will be able to outline their own aims and goals, differences they would like to make and how they can go about achieving this with our support. Alongside the programme we can attend meetings with parents, school and other professionals to support with positive change, reengagement and access to other services.

The programme is fully funded, please be aware that spaces are limited.

"I have learnt that I'm human and most things aren't impossible, the mind is manipulative and I don't always have to believe it".



ZIPWIRE

ACCESSIBLE ABSEIL

Group provision is aimed at 12-16 year olds. We also have other provision available for young people requiring higher levels of support or for those within a different age range. Please contact Jeni for more information.

CANOEING

KAYAKING

CLIMBING

ORIENTEERING

PROBLEM SOLVING

ARCHERY

BUSHCRAFT

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