

Family Mental Fitness North East

Programme Overview

Sycamore Legacy



About Family Mental Fitness

Family Mental Fitness provides accessible, early-intervention wellbeing support for children and families across Newcastle.

Based inside a beautiful yurt in the grounds of The Lighthouse Project in Byker, we create supportive opportunities for children and families to strengthen wellbeing, confidence and connection through community programmes and targeted interventions.

What is Sycamore Legacy Programme?

The Programme:

Sycamore Legacy is a six-week, therapeutically informed programme supporting young people to develop self-esteem, pride, purpose and belonging through meaningful community contribution.

Working shoulder to shoulder with two FMFNE practitioners, participants plan and create something tangible that reflects their strengths, interests and abilities.

Therapeutic support is naturally embedded throughout the activities, helping young people develop positive relationships, confidence, communication and emotional regulation without making personal difficulties the focus of participation.

Every programme aims to create something meaningful that young people can take pride in.

Who Might Benefit:

Sycamore Legacy supports older children and young people who would benefit from opportunities to develop confidence, self-esteem, positive relationships and a stronger sense of purpose and belonging.

- Practical opportunities to experience achievement.
- Support with communication and emotional regulation.
- Positive community engagement.
- Develop civic pride
- An alternative to traditional talking-based interventions.

Delivery:

Six weekly 90-minute sessions, individually or in carefully matched groups of up to four, supported by two FMFNE staff.



Accessing Sycamore Legacy

Every young person brings their own strengths, interests and ideas to Sycamore Legacy. Projects are flexible and shaped around what matters to participants, giving them the opportunity to create something meaningful and lasting. Whether through film, photography, art or practical community projects, the focus is on developing skills, building confidence and experiencing genuine pride in something they have achieved.

More Than a Project

Belonging:

Participants receive a Sycamore Legacy hoodie, creating a shared identity and sense of pride.

Connection:

Positive community role models may contribute to sessions, offering opportunities for meaningful interaction.

Recognition:

Participants can share their completed projects with others, including opportunities for supervised school visits where appropriate.

Project Pathway Examples

Legacy Voices

Filming, interviews and digital storytelling

Legacy Lens

Photography, journalism and community reporting

Legacy Art

Creating artwork for public display

Legacy Makers

Practical community improvement projects

Legacy Stories

Capturing experiences and community history

Cost

Sycamore Legacy is not currently grant-funded and is available through paid commissioning only.

The commissioning organisation will be invoiced following referral acceptance, with a purchase order (where required) and payment arrangements agreed before the programme begins.

Payment is due in full before commencement unless alternative terms are agreed in writing.

Programme Option	What's Included	Six-Week Cost
Individual Programme	Individual intake, assessment and six supported sessions	£1,855 per child
Two young people	Individual intakes and six shared sessions	£2,040 per cohort
Three young people	Individual intakes and six shared sessions	£2,225 per cohort
Four young people	Individual intakes and six shared sessions	£2,410 per cohort

Referrals are considered individually, taking account of age, developmental stage, individual needs and suitability for group participation.

FMFNE retains responsibility for determining whether participants can be safely supported together.

Make a Referral

Professionals can refer children directly to Sycamore using our secure referral form

Details are on the [‘for professionals’](#) tab on our website.

Questions before referring?

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