

Family Mental Fitness North East

Programme Overview

Sycamore Wellbeing



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 The Sycamore Wellbeing Programme?

The Programme:

Sycamore is a six-week targeted wellbeing programme for children who would benefit from additional support with emotional wellbeing, regulation, confidence and connection.

Delivered in our yurt and garden at The Lighthouse Project, where we are fortunate to have a *Tree of Hope* sapling from the felled Sycamore Gap tree, Sycamore embodies resilience and growth, combining therapeutic approaches with play, creativity, sensory experiences and nature.

Sessions follow a consistent structure while remaining responsive to each child's strengths, interests and individual support needs.

Group Sycamore sessions are delivered by a minimum of two practitioners.

Who Might Benefit:

Sycamore may be particularly helpful for children experiencing:

- anxiety or emotional distress
- difficulties with emotional regulation
- reduced confidence or self-esteem
- neurodiversity or additional needs
- school-related anxiety or difficulties with participation
- social or relationship difficulties
- periods of change or increased emotional pressure
- difficulty accessing or engaging with other forms of support

Sycamore can be delivered individually or in carefully considered small groups of up to four children.



Accessing Sycamore

Funded Places

Funded Sycamore places are available for eligible children aged 5–8 years who live in Newcastle or Gateshead and are currently on a CNTW waiting list for mental health support or neurodevelopmental assessment.

Professional referrals can be made directly to Family Mental Fitness North East CIC. Each referral is reviewed individually, and evidence of the child's eligible waiting-list status is required before an NHS-funded place can be confirmed.



**Cumbria, Northumberland,
Tyne and Wear**
NHS Foundation Trust

Funded places are subject to eligibility and availability. All referrals are reviewed by Family Mental Fitness North East CIC before a place is confirmed.

Commissioned Places

Sycamore can also be accessed independently of the funded pathway through commissioned places for children aged up to 13 years.

Programme Option	What's Included	Six-Week Cost
Individual Programme	Individual intake and risk assessment, followed by six sessions with an agreed start date.	£1,788 per child
Small-Group Place	Individual intake and risk assessment, followed by six sessions within an appropriately matched cohort of 3–4 children.	£850 per child
Whole Cohort	Individual intake and risk assessment for up to 4 children, followed by six group sessions with reserved capacity and agreed delivery dates.	£2,142 per cohort

Small-Group Places

Small-group places are designed for referrals where one child is seeking a place within a Sycamore group.

Following intake and individual risk assessment, children suitable for group delivery are matched with other referrals to form a cohort of 3–4 children. Matching takes account of age, presenting needs, support requirements and group dynamics.

A minimum of 3 appropriately matched children is required for a cohort to commence. We work to identify an appropriate cohort as quickly as possible after acceptance onto the group pathway, so a small-group place does not guarantee an immediate start date.

Whole-Cohort Commissioning

Whole-cohort commissioning is for families, schools, services or organisations wishing to commission a complete Sycamore cohort for up to 4 children, with reserved capacity and agreed delivery dates.

Each proposed child completes the Sycamore intake and individual risk-assessment process before acceptance. Commissioning a whole cohort does not override this process or guarantee acceptance of every proposed referral.

FMNE retains responsibility for determining whether each child is suitable for Sycamore and whether the proposed children can be safely and appropriately supported together.

Not sure which option is right? We're happy to discuss the needs of the family or families you are supporting and identify the most appropriate route.

Make a Referral

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



Scan to complete the professional referral form

Questions before referring?

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Family Mental Fitness North East – CIC Number 16642311