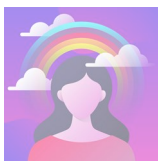


You can **Text** us on our mobile;
07435 473 435 or **Phone** and
leave a message and we will get
back to you!



You can **E-Mail**
info@youthconsortium.org



Young People can get us
on **WhatsApp**
07542 500 042



Find us on **INSTAGRAM**
Stanleyareayc22



We are @areastanley
on **TWITTER**



We are @stanleyyouth on
FACEBOOK



Stanley Young Peoples Club
Severn Crescent, South Moor DH9 7PX.
Contact via Facebook: @sypc2019
Email: stanleyypc@outlook.com

Oxhill Youth Club
Kyo Lane, Stanley DH9 7LG.
Telephone: 01207 282283
Email: Info@oxhillyc.com

Stars Youth and Community
Contact STARS by email on
info@starsyc.org
Contact via Facebook: @starsyouthproject

We work collaboratively across the Stanley area to help all children & young people be happy, believe in themselves & their abilities & to be the best that they can be. We achieve this through our network of Youth Clubs, partners & affiliate organisation – reaching out, breaking down barriers, embracing best practice & new ideas. We recognise that we can achieve more together than we can independently & are proud that children & young people shape our work – as we listen & learn from them.

Our activities are fun, interesting, challenging & engaging – & our support aims to meet changing needs & expectations. We offer support for young people that require help with their mental health, encourage physical activity, social interaction & offer opportunities to try out new experiences & challenges.

Please talk to a Youth Worker or a Peer Mentor at one of the Clubs or see what sessions are available on the Youth Consortium Webpage

www.youthconsortium.org



County Durham
Community Foundation



A Pathway To Better Mental Health



**For Young People who are
Aged 8 to 25 years**

**Whether
it's
for
you
or
a
young
person
you
know...**

We can offer small group and 1:1 Mental Health Support to help you with a range of things such as relationships, problems at home, anxiety, school and stress.



Mental health trained Youth Workers to listen, advise & support you.

Worried about gender and sexuality? Talk to our LGBTQ+ Support worker.

Access to our trained Peer Mentors who are closer to your age and happy to listen.

Mental health counselling.

We can help you to improve your physical wellbeing and in turn your Mental health through support, advice and activities to bring improvements in your life.



A wide range of sports and healthy games and activities in all of our Youth Clubs.

Cooking and diet advice for healthy bodies and minds.

A Duke of Edinburgh's Award package which can help you with confidence and social skills.

We offer tailored programmes, trips & residential which will build confidence, help with social skills and ease anxiety by working with trained workers who can help.



Enjoy trips and residential to a range of fun and interesting places which will help you feel better and build self-esteem.

Music or arts and crafts therapy.

Positive use of technology & games.

Confidence building and teamwork.

Our Mental Health Resource Pack has a range of useful Information and activities.

Positive coping strategies.

Mood journaling.

We can help to improve your life by providing a range of positive mental health focused activities tailored to your needs.



Mindfulness and quiet space access.

**How
To
Find
Out
More
?**

See overleaf...

We are available via all of the main Social Media platforms.

Call into a club. Ring, Email or text a short message and we will contact you to start your journey.