

This is a **YOUTH GROUP** with a difference.

LIGHTHOUSE



A **youth club style drop-in** for young people **10 – 18**
years old living in **Havant Borough**

Who we are

We are a team consisting of wellbeing practitioners from Havant and East Hants Mind, and youth workers from Motiv8.

Working together we provide a **safe, informal and supportive** environment for young people to take part in **activities** with peers, make **friends**, have fun and access immediate **1:1 support** from our experienced youth workers and mental health practitioners.

No referral

No appointment or referral needed just drop in at the start of a session.

Everyone is welcome



Drop-in for young people

- **Tuesday**
10-13 year olds (Year group: 6, 7, 8)
Session time: 4:30PM – 6:30pm
- **Wednesday**
13-16 year olds (Year group: 9, 10, 11)
Session time: 5:30pm – 7:30pm
- **Thursday**
16 & 17 year olds (College/6th form age)
Session time: 5:30pm – 7:30pm



**Motiv8, The Hub,
Leigh Park,
Havant,
PO9 5AA**

We believe in respecting and maintaining your confidentiality. We will not share your personal information unless we have your permission or we have to because of our duty of care to protect your health, safety and wellbeing and that of others.

The lighthouse drop-in will offer

- Activities such as games, mindfulness, art & crafts, cooking, and peer support workshops
- Wellbeing workshops such as exam stress, resilience, relaxation, low mood, anxiety, body image and self-esteem
- A safe, open access youth drop in for young people from 10 to 18 from the Havant area.
- 1:1 youth work or tailored mental health work if needed
- A chance to build positive relationships and access a range of flexible advice
- Signposting to other support, organisations, help and advice, and escalation to more intensive support if needed

What to expect

- Friendly and welcoming group
- Opportunity to access a safe space
- Welcome on arrival, relaxed atmosphere
- Calming, non-judgemental, environment
- Biscuits and squash, with games and workshops
- Opportunity to discuss coping skills, mindfulness and relaxation techniques
- Signposting to apps, websites and telephone support

Led by Havant and East Hants Mind
In partnership with Motiv8

For more information:
www.easthantsmind.org

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Funded by

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