



Dear Parents / Carers

WASP (Wellbeing Action and Support Project) is a service delivered by Sunderland Mind aimed at raising awareness of mental health, build resilience that equips young people with strategies to prevent problems developing into bigger, complex issues.

We have been working in partnership with Southmoor Academy for a number of years, providing a Lunchtime Drop-in service and a listening ear service, which has been a great success.

Both have been effective in improving young people's emotional resilience and a way of preventing youth mental health issues from occurring. The Lunchtime Drop-in service and the Listening Ear are optional and no one will ever be made to come along, without wanting to be there.

Lunchtime Drop-in

The Lunchtime Drop-in service consists of a range of fun and engaging activities. These activities help to generate discussions about topics relevant to the young people, as well as increasing their resilience through improved self-esteem and confidence. We meet every Wednesday and Friday in the Reading Suite – everyone is welcome, regardless of whether they have any issues. **During the current pandemic the session now takes place via zoom on Monday evenings at 4pm. Everyone is welcome, anyone wishing to attend can email jena.shaw@sunderlandmind.co.uk for login details**

Listening Ear

This service allows a young person to have a chat 1:1 about day-to-day concerns to prevent them developing into a bigger issue that can become unmanageable or cause stress and anxiety. We are here as an independent organisation to just listen.

The service is not counselling, and we cannot solve the young person's problems – especially complex emotional issues. What we can do is support the young person and listen to them. The Listening Ear is a confidential service, however, if ever we are told something that puts the young person or someone else in danger then we are required to inform a member of the safeguarding team within Southmoor Academy. In the rare event that this happens, the young person will always be informed first that we must report what they have told us.

The young person is always our priority and we always make that completely clear every time we chat to someone as part of this service. The Listening Ear can be accessed by a young person either by speaking to a member of our team, their House Leader or Mrs Callaghan. The young person does not have to disclose his or her reason for accessing the Listening Ear, to the referrer.

We are determined as a project, to raise awareness of mental health in young people. We aim, to ensure that everything we do benefits the young person.

If you have any questions/concerns about our services within Southmoor Academy, please contact myself on 0191 565 7218 or 07984595624 or email leigh.ann@sunderlandmind.co.uk

Thank you,

Leigh Ann Thomson
Young People's Coordinator
Sunderland Mind