



Space2BU is a drop-in wellbeing space for young people. It takes place on Mondays 3-4.30pm at Arbury Road Baptist Church. We aim to be a space where young people can relax, be themselves, and find ways to attend to their own wellbeing.

The space is intended for young people aged approximately 11-14 (school years 7-9). The maximum age for participation is 16 (year 11) and the minimum age is 10 (year 6). Participants can arrive and leave as they wish and are responsible for their own travel to and from the group. If parents prefer to collect their child and are not happy for them to leave unaccompanied, please contact the Space2BU team to discuss this.

This group is not a clinical or therapeutic service, rather a space to relax, enjoy community, and have space for reflection and personal interests. It is run by a group of youthworkers and teachers from North Cambridge churches and schools for the benefit of young people in our community. All participating adults have DBS checks and safeguarding training – please see our webpage for our safeguarding statement and group values. We will not routinely communicate with parents about young people but may do so if we have any safeguarding concerns.

If you would like to speak to a team member at any time, please feel free to call or message us on the numbers below.

Kimberley Rayson (Arbury Road Baptist Church) - 07594 246662

Tilly Akoto (Youth for Christ) - 07366 571998

space2bu@arburyroadbaptist.org

Space2BU Values

Welcome - everyone is welcome, without judgement. This is a place where we don't have to pretend.

Safety – please respect each other by not repeating anyone else's stories without permission*.

Choice - everyone can choose which activities they want to take part in, and when they wish to come and go.

Community – this is a place for building supportive friendships. We aim that no-one dominates, and no-one is left out.

Kindness – we think of one another, and seek to build each other up through our words and actions.

Presence - we are present for one another, in the present moment, with quiet compassion.

- The only time the Space2BU team would need to pass on something that was said in the group would be if they believe a young person may be at risk of harm. In this case, team members would always discuss this with the young person concerned before contacting parents or appropriate professionals.

We ask that all participants conduct themselves in line with these values while they are at Space2BU.

Please sign and return this form to give your consent for your child to take part in Space2BU.

Young person's name

Date of birth

Parent's name

Phone number or email of parent (important)

Emergency contact number (if different from above)

Phone number or email of young person (optional)

Please tick all that apply:

I consent to my child taking part in Space2BU at Arbury Road Baptist Church.

I consent to their information being stored securely in accordance with the GDPR policy of Arbury Road Baptist Church.

I consent to my child travelling to and from the group unaccompanied.

I consent to my child being included in photographs, which may be used to publicise and celebrate the activities of the group (no names will be used).

We will contact you/your child on the email addresses or phone numbers given above to give you information about the Space2BU group (eg holiday dates). May we also send you invitations and information about relevant events or services run by community groups or churches in the Arbury area?

Signed _____

Date _____

Where to find help:

At Space2BU we aim to provide young people with opportunities to attend to their emotional wellbeing, and enable open conversations about wellbeing and mental health. We are not medical or social care professionals, and recognise that there will be times when young people will need support different from, or more than what we are equipped to offer.

If you or your child are experiencing mental health challenges and need urgent help or medical advice we advise that in the first instance you contact your family doctor or your child's school. You may also find some of these services helpful:



<https://www.youngminds.org.uk/young-person/shout-85258/>

The Young Minds website has options for young people, parents and professionals to seek advice about young people's mental health. It is run by Shout and the text number is the same as the SHOUT support service for all ages.



<https://www.childline.org.uk/get-support/>

Childline has helpful advice for young people, and options to get in touch with a support worker immediately via phone, email or text.



www.kooth.com

Kooth offers an online community where young people can access anonymous emotional support.



For people of any age seeking help in a mental health crisis, phone 111 and select option 2.



<https://centre33.org.uk/>

In Cambridgeshire, Centre 33 is a service which supports young people. It is not an emergency service, however they do have an informative website which lists contacts which can be called outside of office hours.