



Cup-O-T:
Wellness and Therapy Services.



BUILD TOGETHER

THE BRECKLAND YOUTH MENTAL HEALTH PROJECT

Cup-O-T: Wellness and Therapy Services had been commissioned by Breckland Council and Breckland Youth Advisory Board to deliver support for young people who are on mental health waiting lists, and their families. The project runs October 2021-September 2022 and will work with 50 families in that time.

We will be running the Build Together workshops in the 5 Breckland market towns. As well as online 1-2-1 support sessions and weekly peer support drop ins.

www.Cup-O-T.co.uk
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07305879545



What does the Build Together programme provide?

Workshops



4 activity based workshops that will take place after school on an evening or at the weekend. We are not a fan of sitting down, listening to a slideshow and being given handout sheets! The 4 workshops will be practical and focus on building skills together as a family to manage day-to-day while the young person is waiting for mental health services and intervention. The four sessions are:

- Listening (and really hearing)
- Learning (about yourself and others)
- Understanding (without judging)
- Supporting (with what actually helps)

The workshops will start involve information and activities that you can do individually and as a family. We will all come back together to enjoy a shared meal – e.g pizza/chips/breakfast pastries.

1-2-1 support

Each family will meet online with one of our Occupational Therapists at the beginning, middle and end of the programme. We will identify with you what your family would like to get from the programme, the current difficulties you are experiencing and set achievable goals with you for where you would like to build your skills. We are then able to tailor the programme to your specific needs as a family.





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Peer Support



Peer Support Workers are people with their own lived experience and training to be able to use this experience to support other people. Our Peer Support Workers will be available for online drop in sessions. This a space where you can share your experiences as a group and off load – what’s going well, what isn’t, what you’ve found useful from the Build Together skills workshops, what you could do differently in the next week. They will also create interactive resources, blogs and reviews to support you and your family.

Who are the facilitators?

The programme lead is Catherine Gray (Occupational Therapist and EMDR Therapist)

Contact: catherine.gray@cup-o-t.co.uk

Tel: 07305879545

Workshops, 1-2-1 sessions and peer drop in sessions are facilitated by:

Occupational Therapists - Amber and Catherine

Peer Support Worker - Louise





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Referring Breckland Families

Who can refer?

We accept referrals from organisations working with young people and/or families, including, but not limited to:



- Self referrals from families
- Mental health organisations (statutory and non-statutory/3rd Sector)
- GP surgeries
- Schools
- Community and Third Sector Youth Support Groups
- Help Hubs, Social Prescribers, Social Care, Children's Services, Just One Number etc

Referral criteria:

- The young person is aged 11-18 (or up to 25 for those who have a disability);
- The young person lives in the Breckland area;
- The young person is currently on a waiting list for mental health services; OR is awaiting treatment from mental health services;
- OR is not attending school / at risk of not attending school due to their mental health;
- The young person AND their parents/carers are willing to attend the workshops, 1-2-1 sessions and peer drop in sessions.

There are 50 family spaces for the whole programme - 10 families per cohort.

We will run workshops in: Attleborough, Dereham, Swaffham, Thetford and Watton. Families can attend any of the areas - not just the one they live near.

Scan the QR Code to take you to the referral form:
or visit our website: www.Cup-O-T.co.uk

