



## Empowering Young People to Shape their World

Chilypep's work with young people in Barnsley



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# Chilypep's work: Summary

**2019/20**



**Chilypep provided one-to-one support to 133 young people**

Chilypep delivered 697 hours of one-to-ones



**485 young people participated in Chilypep's groups**

Chilypep delivered 789 hours of group work



**We delivered training and workshops to 1,344 young people**

**We trained 827 professionals**



**We consulted with 801 young people**

**111 young people from our groups gained one or more qualifications**

Young people from our groups gained 138 qualifications



**We worked with over 60 organisations** locally, regionally and nationally



**Chilypep has 6 full-time staff and 11 part-time staff**

We were supported by 20 amazing volunteers and placement students, and 8 trustees (also volunteers)



**STAMP were shortlisted for the National Children & Young People's Mental Health (CYPMH) Awards**

## Who we are...

Chilypep is a nationally registered Youth Empowerment Charity, where we work to empower and improve the lives of children and young people.

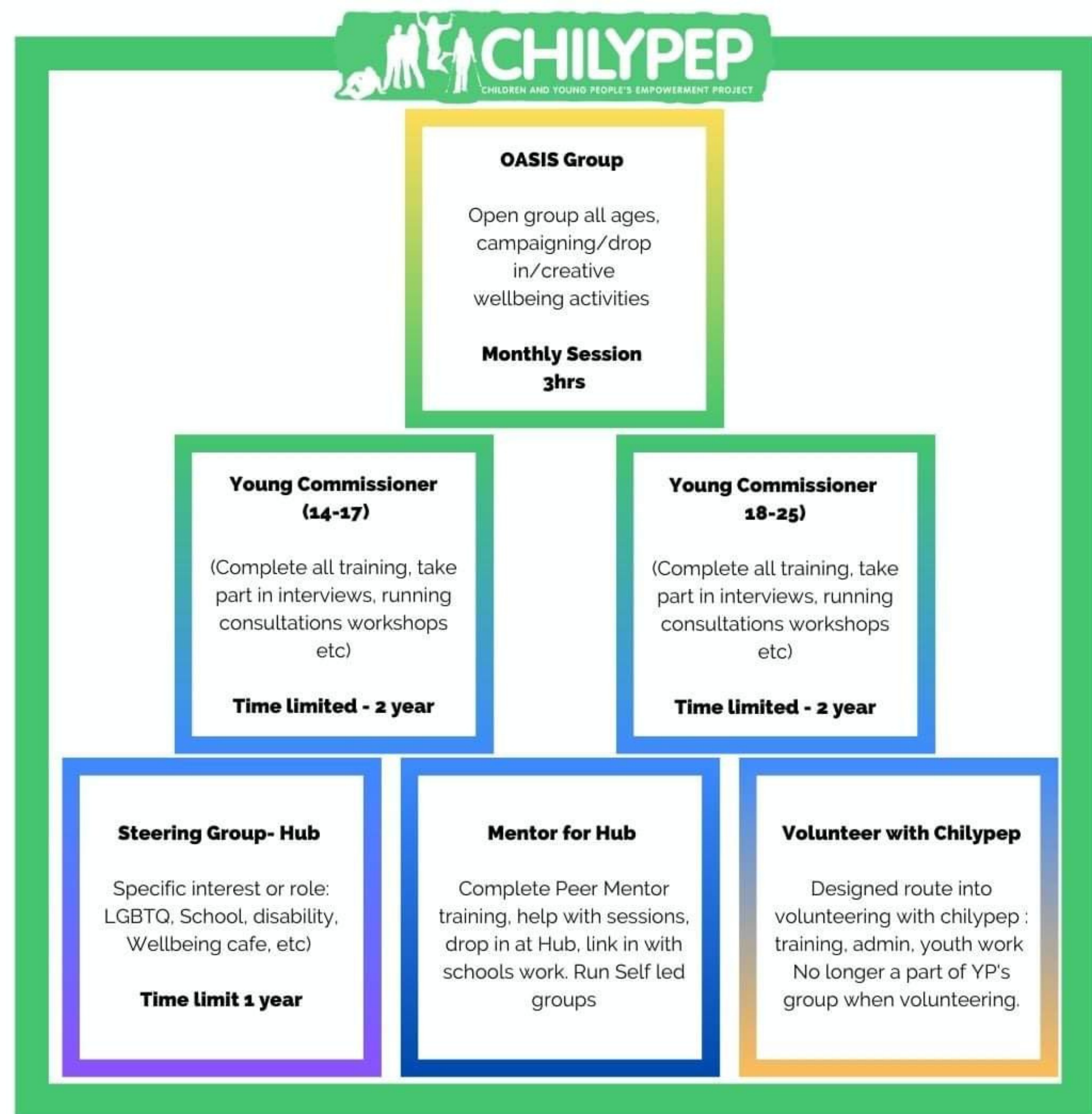
Our work in Barnsley has been around improving mental health services for young people in the town through early intervention and prevention work:

- OASIS Young Commissioner Group
- Peer Mentoring Programme
- BRV – Specialist Boys work programme
- Delivery of Mental Health Training
- Development of youth EWB Hub

# OASIS

OASIS (Opening up awareness and support and influencing services) is a Chilypep group based in Barnsley that aims to empower young people to shape mental health services.

We believe young people should have a say in how the services they use to look after and treat their mental health are run. That's exactly what awareness raising and campaigns group OASIS do.



# Peer mentoring

Chilypep is working with Barnsley College and 4 Secondary Schools (The Dearne, Netherwood, Outwood Carlton and Horizon) to provide peer mentoring training and support. Students train as qualified mentors to support other students' wellbeing. We also provide mental health awareness tutorials to students and small wellbeing sessions for targeted students.

- Working in Barnsley over the past 5 years to establish peer mentoring programme in colleges
- Students trained as peer mentors
- Wellbeing Wednesdays
- Worked with Sixth Form to create a wellbeing space for students
- Developed youth-led mental health campaigns
- Awareness raising and engagement events
- Transitions programmes
- Setting up a peer mentor network
- Rolling peer mentoring training out to secondary schools
- Establishing wellbeing cafes
- Direct links into Chilypep support and wellbeing HUB

## Peer Mentoring

Do you want to help students settle in to college life and raise awareness around Mental Health?  
Sign up to be a Peer Mentor with Chilypep today!

## BRV-Boys Programme

Group sessions exclusively for boys to provide support around:  
emotional wellbeing,  
healthy relationships and  
building confidence.

## Wellbeing Wednesday On Tour

Creative Wellbeing sessions coming to a department near you!  
Take part in fun activities from our Mental Health First Aid Kit, learn how to de-stress and get good sleep.

## Support groups around Emotional Wellbeing

We can provide group sessions over 6 weeks on topics such as anxiety, depression, sleep, managing stress & building confidence.

# BRV

The Building Resilience and Vocabulary (BRV) project supports boys and young men with their emotional literacy. They do this by learning how to recognise, communicate and manage their emotions. Through the project boys develop a better understanding of themselves. It also helps their education and behaviour. As a result they become active, empowered citizens.

BRV includes a 10 week programme and 1-1 support working to:

- Recognise, value & respect own and others emotions and boundaries
- Increase knowledge & understanding of self
- Explore & challenge perceptions of masculinity
- Learn how to address emotions and develop helping strategies
- Develop help seeking behaviours and identify support needed
- Identify and address risky or life chance blocking behaviours/attitudes
- Be able to critically reflect and make informed choices
- Increase sense of citizenship and belonging
- Have positive opportunities and experiences to focus on their futures



**“The BRV Project has helped me realise that it is important to look at the positives in life.... They are kind caring and really listen. It’s such a shame there aren’t more BRV workers because there are more lads I know need their help.”**

Danny, Age 16

# Mental health training

Chilypep is funded by Barnsley CCG and BMBC to deliver a range of mental health and suicide prevention training to schools, colleges, and frontline services and community organisations across Barnsley. This includes:

- Mental Health First Aid courses (adult and youth)
- Suicide prevention training
- Bespoke training courses



**MHFA England**



**ASIST**

*Applied Suicide Intervention Skills Training*



All courses are currently being delivered online. To book a course or for more information contact:

[laura.abbott@chilypep.org.uk](mailto:laura.abbott@chilypep.org.uk)



# Young people's HUB

Chilypep is currently working with young people to develop a young people's wellbeing HUB in Barnsley town centre, to include:

Wellbeing Café

Access to youth groups and support ran by Chilypep & Partners

Access to drop in support

Access to IT facilities

Training Room for YP & Professionals

Outreach into local communities and schools





**Thank you!**



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