



**Friends
in need**

East Berkshire
Bracknell, Slough & WAM



Young Adults Friends in Need

(17 – 25 year olds)

East Berkshire

Young Adults Friends in Need for Referrers

Young Adults Friends in Need is a valuable, free service for your clients who are experiencing mild-to-moderate mental health such as: depression, anxiety, stress, social isolation and/or loneliness. Our aim is to promote community resilience by reducing isolation through peer support.

We are a friendly and welcoming peer-to-peer social support community for people to help each other. Our uplifting, fun and free-of-charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting.

“It was a life saver for me and gave me back my self-confidence and taught me lots of ways to handle my long term clinical depression and get back to work,” says one Friends in Need member – General Group.

All our activities are based around the five ways to wellbeing: To connect; To Give; To Learn; To Notice; To be Active and members are empowered and highly involved in the structure and content of the timetable.

We manage groups and activities by encouraging others to take on responsibility within the group and to help organise and run activities. A peer-volunteer training course has been developed for the specialist role of peer volunteer within a group environment. This will be available for Young Adults who want to train as a peer-volunteer for the Young Adults FiN group.

We value and provide ongoing training and support for our volunteers. Group members who do not wish to have an official role are still encouraged to take responsibility within the group which results in improved self-esteem, confidence and a reduction in a common feeling of worthlessness. Peer volunteers attend a monthly meeting with the coordinator and a planning meeting promotes real team spirit and makes the group stronger.

To find out more about Young Adults Friends in Need please contact Ansa Khan, Team Lead on Tel: 07496 874882 or email: ansa.khan@bucksmind.org.uk (Mon – Friday)

Additional information:

- Age: 17 – 25 years: Young adults aged 17 years will be in this group, people 18 years+ have a choice of Young Adults groups or General FiN groups.
 - Eligibility: Young adults with mild to moderate mental health needs (depression/anxiety) and/or experiencing loneliness/social isolation.
 - Referral route: Access to group through self-referral, GP, Talking Therapies, social prescribers, primary care services etc.
 - Online provision: A weekly/fortnightly online peer support activity run by a FiN coordinator and Younger Adult FiN Volunteer.
 - Face-to-face provision: Two face-to-face peer support activities each quarter per locality (Bracknell, WAM and Slough). For example: cinema activity or walking group.
 - We plan to launch the first Young Adults FiN activity in May 2021.
 - Referral Process: Referrals (young adults) will have to complete a FiN welcome form with either myself or a FiN coordinator (via telephone, zoom). Once completed the new member will receive our FiN welcome pack and have access to the Younger Adult Timetable (activities)/Facebook group.
 - Opportunities: Young Adult FiN volunteers can train with FiN/Buckinghamshire Mind and support/run the online/f2f peer support activities. *Empower volunteers/members to help facilitate the activities.
 - General information: All activities are free of charge.
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To refer a Young Adult:

Referring a client to Young Adults Friends in Need is quick and easy.

You can either complete our: Friends in Need – Young Adults Referral Form or

You can send an email with the name of your client, a telephone number, preferably a mobile so that we can also text them and an email address if possible too. If you have time, a very brief synopsis about your patient would also be helpful e.g. bereaved, socially isolated, low mood, depressed, anxious, etc with an indication of a timescale.

We endeavour to contact your patient within 5 working days and work hard to really encourage them to meet with us as soon as possible.

If you would like to make a referral and you are in.....

Bracknell: please email Elouise Emily Griffin Elouise.Griffin@bucksmind.org.uk Tel: 07949393434.

Bracknell/Younger Adult FiN: please email kara.hale@bucksmind.org.uk Tel: 07914 669430

Slough: please email charlene.morgan@bucksmind.org.uk Tel: 07950 303832

Windsor, Ascot and Maidenhead: please email Mike Workman Mike.Workman@bucksmind.org.uk Tel: 07944 896353