

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” World Health Organization, 1948

One in four of us is likely to experience mental health problems at some point during our lives, Youth Works believes it is so important to recognise the issue.

Through our Eric programme we:

- Promote positive emotional/mental health. To extend the choice and control that young people have over their emotional health
- Allow young people to understand and express their feelings
- Nurture and develop young people's confidence and self esteem
- Increase emotional resilience
- Reduce the stigma attached to emotional / mental health
- Respect the individuality and diversity of all young people and their views and opinions

We offer young people the opportunity to access a 10 week course around the issue of emotional health and well being. The course offers young people the opportunity to engage with others who have experienced similar difficulties. The course will cover a variety of team / circle games specifically designed for emotional intelligence, image therapy sessions, workshops on emotional health and the chance to experience a variety of outdoor pursuits. The programme will end with a residential.



Thanks to the **Big Lottery Fund's (BIG) Mental Health Matters (MHM)** and in partnership with **Bro Morgannwg NHS Trust** YouthWorks has secured funding to deliver the 10 week emotional health programme over the next 5 years. Using qualified and experienced staff the 10 week programme has been successfully developed and implemented.

About the "Siaradwn Ni" project.

"Siaradwn Ni" project, aims to reduce stigma and improve public awareness regarding mental health issues across the Bridgend and Neath Port Talbot borough areas. This will be achieved through providing a knowledgeable and trained framework of support and suicide prevention, encouraging earlier recognition and response. Chair of the Mental Health Matters Committee, Barbara Wilding, said: "The project will have a significant impact on the lives of people who suffer with mental health problems in Wales and the funding will make an important strategic contribution to developing mental health services across the country, by helping people with mental health problems and supporting projects that try to overcome the barriers that they face.... People with mental health problems are some of the most disadvantaged people in society and often experience multiple deprivations. Many are isolated and have low self-esteem and low aspirations. Their condition is made worse by the stigma, lack of understanding and discrimination they face daily."

What the young people involved said about ERIC

"Helps you identify and understand your feelings and emotions"

"Makes you feel good about you're self"

"Helps you to heal wounds that can then turn into scars, never to be forgotten but always remembered, you got through it"

"Gives you the freedom to express yourself"

"The staff that deliver ERIC create a warm friendly and comfortable environment"

"Will work wonders and hopefully change lives in a positive way"

"Reassures you that if you are experiencing mental health issues that you are not a 'nut case' or a 'Looney tune'. In fact it is made very clear that almost if not everyone suffers with mental and emotional health (at one point in their life)

"Has made me realise how important it is to talk about things that may be bothering me or that make me happy"

"Doing different things and realising "I CAN" do them"

"Meeting new people and making friends"

"Get to do things you may not normally do"

"Gives good advice, and memorable times"

"To me it has been an adventure, something I can look back on and say, yeah, that was fun!!"

Youth Works will run

- Introductory Non-residential Weekends
- 10 Week Activities, Non-residential, one day each week
- Followed by a residential weekend activities based programme

If you have any young people who would be suitable for the course please contact :

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The Engine House
Parc Tondu
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Or 01656 727800 and ask for the YouthWorks office.

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ERIC

programme, part of the Siaradwn Ni Project

