

The Wellbeing Club



**By young people,
for young people!**





**“Positive
mental health
is essential
to learn and
succeed in life.”**

- Ella H



Hello!

We are a group of young people from the Leeds Youth Council, UK Youth Parliament and Together Leeds Youth.

In late 2020, over 186,000 young people in the UK voted in the national “Make Your Mark” youth ballot. When the votes were counted, **mental health was voted as one of the top issues for young people in England** and as such we decided to choose it for our campaign for 2021.

Of course, this wasn't our only reason for choosing this subject; we believe mental health support is needed now more than ever as a result of the pandemic and with so many young people like us struggling during lockdown and having so many disruptions to our education and social life. Being a young person can sometimes take a huge toll on our mental health and it can be really difficult to talk about this with others.

So at the start of 2021 we all began meeting every two weeks to plan our campaign to increase mental health support, and we came up with our idea of ‘Wellbeing Clubs’!



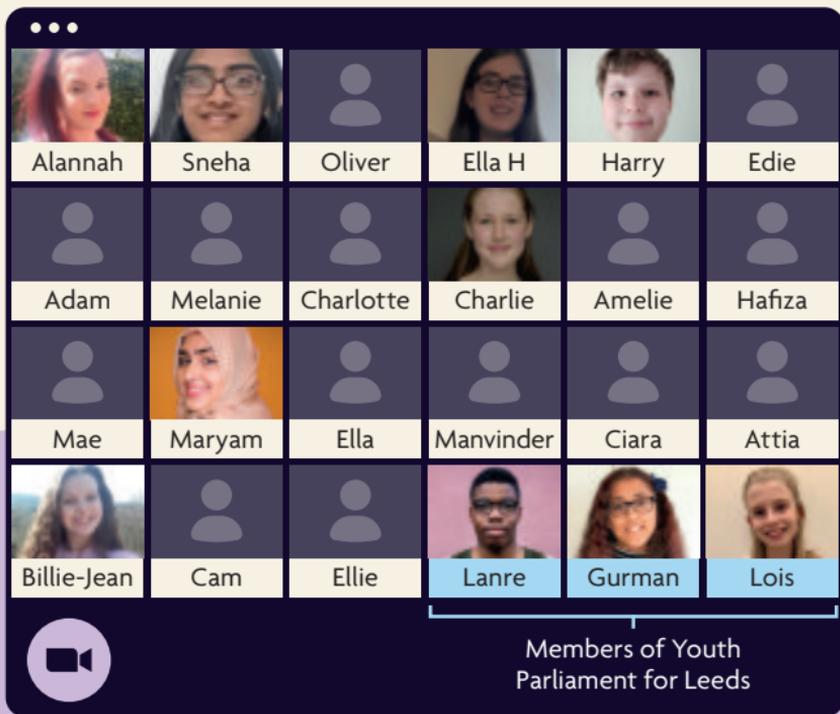
We would love schools and youth groups like yours to run clubs dedicated to mental health - to help give young people a place where mental health is a priority, not an afterthought. **We have put together this handy resource pack to give you the tools, information and inspiration you need to get these clubs up and running.** All of the activities have been written by us, drawing on the things we find helpful for our wellbeing in the hope other young people will feel the same.

We believe that our project will provide a platform, for the young people you work with to talk about their wellbeing. This is not designed as a counselling or professional support service but we have included in this pack, signposting information and links on where young people can access further help and support.

We hope you and the young people you support enjoy participating in our Wellbeing Clubs and find it useful – we've included an evaluation section at the end so let us know how you've got on!

Thanks!





We built this resource from scratch to help schools, colleges and youth groups to hold an informal wellbeing club – a regular chance for young people to come together in a supportive environment and talk about our emotional wellbeing. Many of the activities we have included in this pack work just as well online or in virtual settings so even if you can't deliver them face-to-face we hope your young people can still benefit.



We wanted our project to help young people in Leeds to:

- Deal with all the changes to education, learning and exams
- Manage their worries about the future – employment, university, college, parents' employment
- Rebuild friendships after lockdowns
- Stay active and healthy
- Cope with sadness and loss
- Feel more in control of their wellbeing



“The most difficult roads lead to the most beautiful destinations”

- Billie Jean

What is the Leeds Youth Council?

Established over 20 years ago, the LYC is a network of young people in the city aged 10-18 who are passionate about helping to make Leeds the best city to grow up in. Group members receive regular newsletters detailing a range of youth voice projects, campaigns, events and workshops they can get involved in on a voluntary basis. Members also have the chance to apply to run for election as a Member of Youth Parliament for Leeds or to join the Leeds Youth Council working group.



Details of how to join the LYC are included in this pack.

What is the Together Leeds Youth Network?

The Together Leeds Youth network is a partnership of over 15 organisations in Leeds directly supporting young people as part of the Covid19 response. These organisations work to provide positive activities; such as sport, dance, arts and mentoring in the heart of local communities, delivered by trusted staff and volunteers, to make young people's lives healthier, safer and more successful.

“Now more than ever it is so important that we are supported and encouraged to join or start a **conversation about mental health.”**



- Ciara





How to set up a Wellbeing Club in your setting

When we came up with the idea, we wanted **The Wellbeing Club** to be a regular thing. Our hope is that it takes place at a regular time and location that is convenient for young people to access – this could be weekly, fortnightly or monthly.



All you need to run a Wellbeing Club is a suitable space and a group of young people.

In this resource you will find 12 wellbeing activities that we have designed and created for you. We suggest letting the young people in your group choose a different activity or two in each meeting. It's also helpful to leave some time for a general chat about wellbeing.

The Wellbeing Club was created as a way for young people in Leeds to have discussions related to their emotional wellbeing. It isn't designed to replace the professional mental health support that is available for those who need it. As such, we have included a section in this pack that highlights some of the professional services and organisations in our city that can provide more in-depth and holistic support.

Do's and Don'ts for running The Wellbeing Club

Do



- Create an open and calming environment
- Listen to the participants and encourage them to listen to each other
- Create a working agreement / confidentiality agreement / ground rules for your Wellbeing Club
- Promote the project to all the young people in your setting. We have included promotional material to help with this.
- Use a calming, comfortable and suitable space to hold your Wellbeing Club.
- Seek additional support and advice from professional mental health services if necessary. See page 36 for a list of services.

Don't



- Pressure individuals to share
- Make comparisons between individuals
- Make judgements about anyone's lived experience or perspective
- Exclude anyone who wants to take part



Meditation

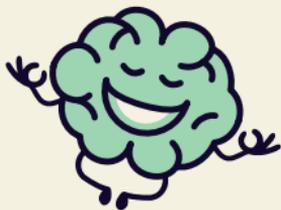
Aims of activity

I designed this activity to promote positive wellbeing and create a more relaxed and optimistic mindset for those in your group. I feel that group or individual meditation helps calm your mind and enables you to gain new perspectives on situations. Finally, the biggest benefit will be that it helps when dealing with stress and increases tolerance and resilience in the future.

What you need



Scan me!



This QR code will take you to the Headspace youtube channel:
youtube.com/c/headspace

In person or online

It can be done in both settings - just make sure the young people have a quiet space where they can sit comfortably that is free from distractions.



Meditation

How to run

1. The person running the activity should make sure all the young people are sitting comfortably (perhaps on chairs*) with their palms resting on their lap.
2. All the participants should close their eyes – or if they are not comfortable doing this, look to the floor.
3. The group leader should either start the meditation audio or talk the participants through meditation themselves.
4. The participants meditate for 5-15 minutes (times can vary but beginners should start small then build up).
5. After the time has passed, end the meditation and the participants should slowly open their eyes.
6. Have a group discussions about how it felt – before, during and after.

*This can alternatively be done lying down - which may work better but depends on space and accessibility



This activity was designed by **Sneha**



Stress Bucket



Aims of activity

I thought this simple but effective activity should be included in the pack as it is a great way to help manage stress and anxiety.

What you need

- Blank Paper and marker pens
- Example stress bucket
- A bottle of water (optional)
- A bucket or large empty bottle (optional)
- There is also a great physical stress bucket activity that you can borrow from the Public Health Resource Centre. Contact: phrc@leeds.gov.uk



In person or online



Both – this activity is designed to be done in a group setting but works just as well individually. There is an interactive online stress bucket available on the MindMate website: mindmate.org.uk/games/stresspot



Stress Bucket

How to run

1. Start by providing an example picture and explanation about the stress bucket concept.
2. Ask the participants to think about all the things in their life that are causing them stress.
3. Ask them to draw / write down all of these things in the stress bucket.
4. Once this is done, encourage participants to think about how full their bucket is and what it feels like if it is full.
5. Work in pairs to act out a full stress bucket (can use a full fizzy pop bottle to demonstrate).
6. Work together to think of a way of reducing some of the stresses. Each time, make a hole in the stress bucket. Think about things they can do themselves, activities and people who can help or support them.
7. Participants then agree one or more of the strategies to take home that will make a hole in their stress bucket.
8. This can then be revisited in the next Wellbeing Club meeting.



This activity was
designed by **Ella H**



Music, Arts and Crafts



Aims of activity

I wanted to include this activity as it enables people to express themselves through the arts - using music to bring out and represent their emotions.

This can help ease anxiety and worries and is also a good form of meditation. It promotes positive wellbeing so let your imaginations run wild!

What you need

- Pencil and paper
- Headphones
- Device to play music
- A quiet place where you feel safe

In person or online

This activity is designed to be done in person – either individually with headphones or as a group with the same audio played for everyone.



Music, Arts and Crafts

How to run

1. Ask participants to set up in a quiet place with some headphones and a device for playing music.
2. Ask them to find music or a playlist that they feel represents how they are feeling.
3. Take a pencil and some paper, a rubber is not necessary as there cannot be mistakes – it's all about expression!
4. Ask them to feel the music, close their eyes and just draw whatever they feel.
5. After ten minutes ask if anyone would feel comfortable sharing their experience back with the rest of the group.



This activity was designed by **Oliver**

The Problem Buster

Aims of activity

I have designed this activity to encourage people to share their worries and problems. They can do this anonymously or they can openly say who they are. It will help the people resolve or fix their worries or problems.

What you need

- A simple form that says “What is your name?” (optional) and “What is causing you stress?”.
- Enough copies of the form for all the participants at the wellbeing club.
- Alternatively, an online form could be created using Google Forms with the link shared with participants in advance.

In person or online

This activity is designed to be run in-person.





The Problem Buster

How to run

1. Before this activity, all participants will complete the form (the teacher or person leading the group can do it too) where they can write down what is currently causing them the most stress. They can choose to do this anonymously or leave their name.
2. The group leader will then collate all of the responses, cut them out and place them into a hat/bowl.
3. Everyone will sit in a circle and the individuals who submitted a worry will take one out of the hat at random and do their best to describe how they would resolve it.
4. If the person gets their own they can put it back in and get another one.
5. If they can't think of a suggestion to resolve it, they switch with someone who thinks they can. If no-one can resolve then the group leader can instigate a group discussion to think of solutions – which may include advising the young person to use [MindMate.org.uk](https://www.MindMate.org.uk) to find more specialist help.



This activity was designed by **Harry**



Rip it up!

Aims of activity

We thought up this activity as the physical action of ripping or breaking something can release anger or stress and it can feel like that worry has gone. A weight off your shoulders is always useful!

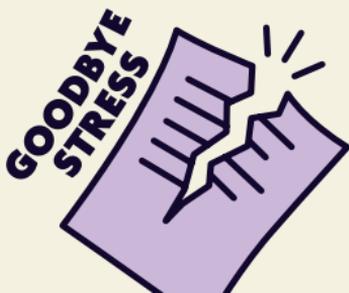
Some people could be encouraged to talk about what they wrote down and why it's stressful but it's fine if people don't want to. It could also help to think about exactly what it is that is stressing you out before tearing it up.

What you need

- Paper and pen
- Any other object that you don't mind being broken and is safe to break (eg paper plates) and any writing tool.

In person or online

This activity is designed to be done in-person.





Rip it up!

How to run

1. Give all participants an object or piece of paper and give them 5 minutes to write or draw all of their main worries on it.
2. Once this is done, ask everyone to stand up and then to (on the count of 3) rip / break / smash / throw this object / paper to get rid of it.
3. (Optional) Invite participants to talk about what they wrote down and why they are stressed out. This is entirely optional and nobody should be put on-the-spot to share if they aren't comfortable doing so.



This activity was
designed by **Charlie H**



Dance Health



Aims of activity

I designed this group activity as it provides a free, equal and diverse opportunity for young people in and around Leeds to “dance their feelings out” and feel included no matter what.

This could help to start conversations as people can feel more expressive of their feelings through dance. Before and after the sessions, during a warm up or cool down, would be a fantastic time for the teacher or youth worker to discuss group wellbeing. For example; how they feel before and how they feel after and what's worrying them. This would be really beneficial for people who feel they can't talk or express themselves in any other way.

What you need

- A safe indoor place for colder months and an outside space to promote outdoor exercise during summer months.
- Something to play music to dance along to.

In person or online

This activity is designed to be done in-person.



Dance Health



How to run

1. Everyone is welcomed and given the option to speak 1-1 before the session.
2. Everyone engages in a warm-up and talk about what they hope to achieve in this session. Participants are then asked to do a rating score for where everyone thinks they are in terms of their wellbeing.
3. Group similar scoring people together and talk them through what their mood is, how they can make that better and what everyone else in their group can do to help - this also helps promote better social engagement skills.
4. Each group or individual then creates a fun dance routine to an audio of their choice and later explains to everyone else why that's the song or style they chose and how that expresses their mood on that day.
5. Each group then performs their short dance routine.
6. Afterwards, encourage a "cool down chat" and ask what their new wellbeing score is, is it higher or lower and do they need additional support?



This activity was
designed by **Billie-Jean**



Active Exercise to feel good!

Aims of activity

This activity allows young people to take a break from school work, revision and whatever else is stressing them out and do something that gets them moving. I designed it in the belief that it will provide an escape from reality and worry for an hour - which in turn will provide a big boost to a young persons' wellbeing.

What you need

- A projector and smartboard for Zumba or just dance.
- Balls for the sports (and bases for Rounders but chairs or cones can be used).
- Plenty of space.
- Music.

In person or online

This activity is designed to be delivered in-person.





Active Exercise to feel good!

How to run

These instructions depend on the specific activity that you think will work best for your group of young people. Here is an example activity;

Wellbeing Zumba

1. Ask participants to come in loose clothes if possible.
2. Ask participants to get into a space and take them through some beginner Zumba routines. There are many youtube videos of zumba routines that could be displayed on a projector and the young people can copy this.
3. You could ask the participants to split into smaller groups and challenge them to choreograph their own routines so that they can teach the class.

This format would also work for a “Just Dance” class, using the Just Dance videos on Youtube (bit.ly/3xfYm26) – there are loads of really great ones to choose from!



This activity was
designed by **Alannah**



Journaling

Aims of activity

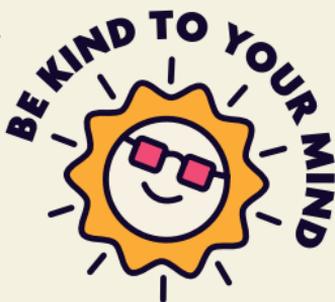
I thought this project would help young people with their wellbeing as it allows them to express their feelings in a way that can either be kept personal or shared if they are comfortable to do so. The act of journaling prevents people from keeping their feelings bottled up.

What you need

- Plain notebooks for students that don't bring one
- Coloured pens and pencils
- A whiteboard or flipchart to write prompts on.

In person or online

Both – this can be done over Zoom or even just in a young person's own time as it is quite an independent activity.





Journaling

How to run

1. Young people gather together and bring a notebook and pen (staff could possibly provide this if young people can't get their own)
2. The first session can be dedicated to allowing them to decorate their journals to make them personal
3. Each session after that is dedicated to allowing young people to fill in some of their journal. The staff could write prompts on a whiteboard / flipchart just as a rough guide for those who are unsure what to write eg;
'Write one thing you are grateful for this week'
'How happy did you feel this week on a scale of one to ten?'
'Has anything made you sad this week?'
'Write one thing you are excited about'
4. There can be time at the end of each session for students to share what they have written if they want to but there is no obligation to do this.





Emotional Health Quiz



Aims of activity

We were trying to think of an activity that everyone could do which would be a good conversation starter for mental health. This quiz-based activity will do just that - help start a group conversation and in doing so reduce stigma about mental health issues.

What you need

- A copy of the Time to Change Mental Health Quiz which is available via the QR code or by visiting: time-to-change.org.uk/take-action/resources-schools
- Pens and paper or internet connected devices



In person or online

This activity works best in person with participants writing their answers down or putting their hands up to vote for the correct answer. It could also be done online with phones/laptops if the quiz is done over an online meeting platform.

Emotional Health Quiz



How to run

1. This activity begins with a quiz about mental health with multiple choice answers so everyone can take part. The quiz contains questions about statistics such as how many people suffer from mental health conditions in the UK, common misconceptions and symptoms/signs to look out for.
2. After the quiz, the teacher or youth worker leads a discussion about every question to tackle misconceptions and help students understand and be more informed about mental health. They can use discussion prompts such as “did that answer surprise you?”
3. At the end of the discussions, ask the group if anyone has learned anything new as a result of taking part in the quiz.



This activity was designed by **Alannah**





Exams and Assessments Worry-Buster

Aims of activity

I put together this activity to help young people deal with all of the stress and anxiety we face in the time around exams and assessments.

What you need



Printed pages of random past exam papers.

You can get these from sites such as [savemyexams.co.uk](https://www.savemyexams.co.uk)

Scan me!

In person or online

This activity is designed to be done in a group but it can also be done individually at home / shared online.



Exams and Assessments Worry-Buster

How to run

1. Get an old exam paper and get the young person to write all of their exam worries down – all over the text of the paper or in the margins. They can express their worries, concerns and anxieties using words or pictures.
2. After a set amount of time, ask members of the group if they would like to read out and share some of the things they have written down.
3. Once everyone who wants has shared ask the group to stand up and then rip up/crumple/destroy the paper. It doesn't matter how it is done, as long as it is destroyed (safely!)
4. If people are still stressed, encourage them to write down a positive action they can take to help.
5. You may need to ask the group to tidy up after.



This activity was
designed by **Harry**

Mindful colouring and art

Aims of activity

I wrote this activity as a way to give young people the opportunity to talk about how they are feeling, to have fun taking part in the session and to feel happier after they have shared their feelings with someone

This works best as a group activity, where participants can work collaboratively with others and know they are not alone in how they are feeling.

What you need

- Art materials to create colour
- Mindful colouring pages
- Mindful collaborative colouring pages
Can be found on [twinkl.co.uk](https://www.twinkl.co.uk) or search online for “Mindfulness colouring activity”



In person or online

This activity can be adapted to run as an individual or group activity both in-person and online.

Mindful colouring and art

How to run

1. Young people choose a design to colour and the art media / materials to use.
2. As they're colouring they can informally talk about the art work or how they are feeling. Some may just want some relaxing time out whilst others may enjoy the opportunity to talk.
3. This activity can also be conducted collaboratively as a group, where each young person completes part of a larger picture and then it is put together to form a larger collage piece.
4. The group work could also encourage participants to talk to each other whilst supported by an adult.
5. As an optional extra, challenges could also be set in terms of colours or unusual media (eg use recycled materials only, no straight lines allowed etc)



This activity was
designed by **Ella H**



The 'design your own activity' Activity



Aims of activity

We created this pack by thinking of the kind of wellbeing activities that would be fun, inclusive and make a positive difference for us and our friendship groups. However, we understand that everyone is different and people have their own hobbies and interests.

Therefore, we have included this final activity as a way to get the young people you work with to create a wellbeing activity that is perfect for them.

What you need

- Note paper and pens
- Hat or bucket

In person or online

This activity would work both in-person and online.

How to run

1. Get the members of your group to sit in a circle and begin by asking them all to say one thing that stresses them out.
2. Once they have done this, go round the circle again and ask everyone to say one thing they do that helps them relax or feel less stressed. *(continues overleaf)*



The 'design your own activity' Activity

3. After everyone has had the opportunity to share, explain that as a group you now want to do think of an activity they could all do together that will help support their wellbeing.
4. Give each person in the group a slip of paper and a pen. Everyone has 2 minutes to think of a group wellbeing activity that they think would work well. Once everyone has thought of one, ask them to fold up their paper and put it in the bucket / hat in the centre of the room.
5. Once everyone has put their paper in the bucket, give it a shake and then pass it around the group. One by one each bit of paper gets unfolded and read out. Once they have all been read the group then do a "hands up" vote to choose the most popular wellbeing activity.
6. Ask the person who came up with that idea to put their hands up and explain it in more detail.
7. Then – either in this workshop or the next one you have scheduled – get everyone to take part in the activity.
8. You could even try doing a different one of your groups' suggestions each session!



**Struggling
with your
mental health
and confused
about how to
get **support?****



Which services can I go to myself?

There are lots of services in Leeds that you can contact yourself without needing an adult to be involved, including...

- 10-18 year olds can have free anonymous online counselling or live chat at www.kooth.com
- 11-25 years olds can visit **The Market Place** in the city centre for free, confidential support and counselling. Call [0113 246 1659](tel:01132461659)
- Under 18s who are struggling after the death of someone close can contact **Child Bereavement UK Leeds**. Call [0800 0288840](tel:08000288840)
- Talk to **Forward Leeds** about worries about drugs or alcohol. Call [0113 887 2757](tel:01138872757)
- **The Beck mediation** service is available to 10-18 year olds and their families, when they would like to improve their relationship. Call [0113 391 8000](tel:01133918000)



A full list of services and support in Leeds can be found on the MindMate website: mindmate.org.uk

Scan me!



Who can help me find the right support?

If you're unsure how to get the support you need, you can contact the **MindMate SPA (Single Point of Access)**, so they can help you to find the most suitable service in Leeds.



If you're aged 13 to 17 years old with a Leeds GP you can self-refer on the MindMate website or call 0300 555 0324 (Mon-Fri, 9am – 5pm). Parents of children aged 5 to 17 can also refer their child.

There are lots of specialist support services that you might be referred onto, such as **school or college based support** or counselling at **The Market Place** or **Kooth**. Or you might be referred onto **CAMHS** (Child and Adolescent Mental Health Service) if this is the right service for you.

You can also talk to your **GP** about support available, or if you want help with a referral to MindMate SPA.

Support in schools

You can also talk to a teacher about getting mental health support in your school. All schools in Leeds offer support such as counselling for family support, via teams called **MindMate Wellbeing** or **Cluster Support**.



I'm in a crisis and need help right now

Teen Connect helpline

11 to 18 year olds can call or access online chat via Teen Connect helpline.

- Open Mon-Fri 3.30pm–2am & Sat-Sun 6pm–2am
- Call [0808 800 1212](tel:08088001212) or text [0798 435 5251](tel:07984355251)

Safe Zone

11 to 17 year olds can get urgent face-to-face support at Safe Zone.

- Open Mon, Wed, Thurs 6pm – 9pm
- Call [0113 8198189](tel:01138198189) or text [07593 529 367](tel:07593529367)



Ask for an urgent appointment at your GP or in an emergency call 999

Search 'Urgent Help' on MindMate for more information.



National helplines:

Young Minds Crisis Messenger

Offer free 24/7 support. If you need urgent help text YM to 85258.

Child line

Call 0800 1111 or go online to find out about other support offered.

Samaritans

Feeling extremely low? The Samaritans are here to listen 24/7. Someone will listen to you and help you understand what to do next to keep yourself safe. Call 116 123

Beat

Provides helplines offering support and information about eating disorders. Email fyp@beateatingdisorders.org.uk or call 0808 801 0711

Worried about money issues?

The Money Advice Service can offer you guidance on financial support and any bursaries available. You can contact them directly via their web chat or call 0800 138 7777.



Order **free copies** of the MindMate Support card, that explains how young people can access support for their mental health in Leeds.

Email: phrc@leeds.gov.uk to request an order form.



**“Don’t be
afraid to ask
for help.”**

- Edie

**MAKE A
DIFFERENCE**

**HAVE
YOUR
SAY**

Join the Leeds **Youth Council!**

Are you aged 10-18?

(or up to 25 with additional needs)

**Want to help make Leeds
an even better city?**



- Join the LYC network & receive a welcome pack
- Regular email to keep you updated on projects to get involved in!
- Get exclusive invites to events and special meetings!
- Make new friends and learn new skills!



Sign up online:

tinyurl.com/LYCN123

Scan me!



   Search: 'Leeds Youth Voice'



The Wellbeing Club on YouTube

We have created our own YouTube channel to support your Wellbeing Club.

Our channel will be updated with a series of short videos where you can see us act out and explain some of the wellbeing activities in this resource. We will also host interviews with mental health professionals, mindfulness features and much more!

But most importantly – we would love it if YOU and the young people you work with could create some content – for example developing your own wellbeing activity and making a short video to explain how it works!



You can get in touch through the channel itself:

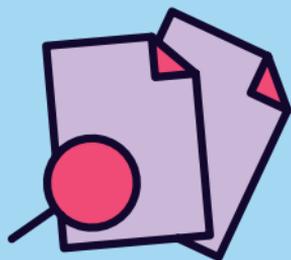
bit.ly/LeedsWellbeingClub

Scan me!



We would love to know how you have made use of our resource pack!

We have created a simple online evaluation – so whether you are a teacher or a youth worker delivering a Wellbeing Club or a young person attending one, please take a minute to let us know!



Leave your feedback here:
surveys.leeds.gov.uk/s/WellbeingClub

Scan me!



**“Now we’ve
made it through
Covid, we can
make it through
anything!”**

- Alannah

