



YOUTH DEVELOPMENT PROJECT

WELLBEING WORKSHOP

**Supporting
Mental Health
& Wellbeing for
Young People**

WHAT'S IT ALL **ABOUT?**

The **Youth Development Project** offers a safe, inclusive space where young people can:

- ✓ Build **confidence** and **leadership skills**
- ✓ Develop **social connections** and **friendships**
- ✓ Take part in **fun, engaging activities**
- ✓ Feel a genuine **sense of belonging and achievement**



These sessions are designed to boost **positive mental health and wellbeing** through **creativity, teamwork, and support**

WORKSHOP SCHEDULE

Each workshop runs for **6 weeks**, with **2-hour sessions every Wednesday**.

There will be **7 workshops** in total throughout the year.

WEEK 1: ALL ABOUT ME

WEEK 2: MAKING SENSE OF SENSES
- DELIVERED IN PARTNERSHIP
WITH DISCOVERY COLLEGE

WEEK 3: COOL DOWN CREW

WEEK 4: I AM AWESOME!

WEEK 5: LET'S TALK & GUEST SPEAKER

WEEK 6: SHINE TIME



WHO CAN JOIN

- ✓ Young people **aged 13–25**
- ✓ Diagnosed with **Autism and/or a learning disability**
- ✓ Experiencing **mental health difficulties**
- ✓ Living in **Hammersmith & Fulham, RBKC, or Westminster**

HOW TO SIGN UP

Book a place via Plinth. Scan the QR code below.



Or contact Jolita Anupreviciute for a referral form.

Email: Jolita.Anupreviciute@hfmencap.org