

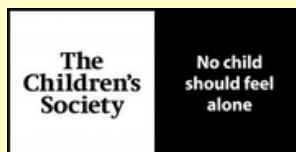
# SHROPSHIRE BEAM

Emotional wellbeing drop-in service for children and young people under 25

## Who are we?

We're Shropshire Beam, part of The Children's Society. The Children's Society are a national charity that fight for the hope and happiness of every child and young person to achieve long-lasting change for this generation and the ones to come. Here at Beam, we hold drop-in sessions with our experienced practitioners to offer emotional support for children and young people under 25 who are registered with a GP in Shropshire or Telford and Wrekin. We also offer a range of workshops which are advertised on our Instagram account: @shropshirebeam.

To access our drop-in sessions, you don't need to book - just pop-in and one of our friendly practitioners will welcome you in!



Please note: to use any of our services, you must be registered with us. You can register beforehand at [www.childrensociety.org.uk/beamshropshire](http://www.childrensociety.org.uk/beamshropshire) or you can register with us when you turn up!



# LOCATIONS AND TIMES

<b>When?</b>	<b>Where?</b>	<b>Time?</b>
<b>Mondays</b>	Sundorne Youth Centre 218 Sundorne Road Shrewsbury SY1 4RG	12pm-4pm (last sessions held @ 3pm)
<b>Tuesdays</b>	Shropshire Beam 9 Market Square Wellington TF1 1BP	10am-6pm (last sessions held @5pm)
<b>Thursdays</b>	Shropshire Beam 9 Market Square Wellington TF1 1BP	10am-6pm (last sessions held @5pm)
<b>Saturdays</b>	Shropshire Beam 9 Market Square Wellington TF1 1BP	10am-2pm (last sessions held @1pm)

Shropshire Beam hold a variety of workshops which run on a drop-in basis. Our workshops and school holiday workshop timetables are always advertised on our Instagram account with the relevant information, please follow @shropshirebeam to stay updated.

# WHAT WE DO...

## We will:

- Help you to understand your thoughts and feelings.
- Give practical suggestions and advice to help you manage your thoughts, feelings and emotions.
- Provide a listening ear and a safe space, which we know can make all the difference.

## We won't:

- Assess or diagnose conditions.
- Automatically make referrals to other services.
- Necessarily have to tell anyone that you have spoken to Beam.

**There may be times where we feel we need to speak to other people, services or agencies. We will try and speak to you about this before we do.**

# HOW BEAM WORKS...

**There is no booking required to use our services. However, you must be registered with us. You can register with Beam through our website: [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk). Or you can register with us when you arrive. You must also be registered with a GP in Shropshire or Telford & Wrekin.**

**You only have to register with us once. If you have already registered with us online, or have registered with us when using our service before, you do not need to re-register.**

**Upon arrival, you will be greeted by a friendly member of our team who will sign you in. Then, a practitioner will see you as soon as soon as they are available.**

**Please note: Young people age 14+ can register and use our service independently.**

**Young people age 13 or under will need a parent/carer to register on their behalf and to use our service.**

# CONTACT US



**Website:**

[www.childrenssociety.org.uk/beamshropshire](http://www.childrenssociety.org.uk/beamshropshire)



**Instagram: @ShropshireBeam**



**Email: [shropshirebeam@childrenssociety.org.uk](mailto:shropshirebeam@childrenssociety.org.uk)**

