

BREAKDOWN OF 'THAT'S A WRAP' SUPPORT

- ◆ Parents & Carers Support
- ◆ Junior Group: Aged from 8+ yrs. old
- ◆ Teens Group: Aged from 13+ yrs. old
- ◆ *Transition Group: Aged from 17 - 25yrs old*

"I gained a lot of confidence from going to WRAP and I have been helped to believe that my opinion counts. It has given me a sense of wellbeing and helped memake new friends and gain new skills."



SHINE BRIGHT

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A toolkit designed by a young person to help cope with lockdown.



That's a

WRAP

A Wellness Peer Support

Programme for Leeds Based
Children and Young People



Transforming Wellbeing
Together!

Leeds
Community
Foundation



www.shinebright.org.uk



Wellness Resilience & Recovery Action Plan

WRAP (Wellness Recovery Action Planning) is an engaging and creative wellness peer support programme which helps children, young people and families to get well, be well and stay well.

It was designed by individuals who themselves were struggling to stay well and they created an evidenced based model which has now helped support communities worldwide.

Children and Young People will take control of their own health alongside their peers, they will build resilience, learn to self-care, keep safe and learn how to prevent a crisis.

There may also be the opportunity to join an ongoing peer support group upon completion of the WRAP programme.

WHAT YOU CAN ACHIEVE?

Children and Young People attend 'That's a WRAP' - a 12 week peer support group programme where they have the opportunity to develop their own wellness and crisis plan and receive a certificate of attendance.

WRAP plans help individuals understand how to:

- Feel better
- Take control of their lives
- Understand and manage their feelings
- Develop coping mechanisms that can help them through tough and challenging times
- Plan for and achieve their goals

KEY CONCEPTS

WRAP is based upon five key ideas that children and young people will develop:

- A sense of **Hope**,
- **Education** - Learning about themselves, and their wellness
- Identify key **Support**,
- Learn the importance of **Self-Advocacy**
- Take **Personal Responsibility** for their wellness

HOW TO MAKE A REFERRAL?

To make a referral for a child or young person struggling with their wellness or to gain more information, contact Nicola Swales, Director and Advanced WRAP Facilitator on 07889255628 or info@shinebright.org.uk

If you have a group of young people who would benefit from the WRAP programme please get in touch to discuss what we can offer.

WHAT TO DO IN A CRISIS

For a more serious mental health issue or crisis, contact your GP or visit the 'urgent help' page of the MindMate website: www.mindmate.org.uk.

If you've injured or hurt yourself and are in a crisis, please [dial 999](tel:999) or go to [A&E](#).

"I lost my personality and who I was through bullying. WRAP has given me my confidence back. I am now a WRAP facilitator and have run my first group. It is great to be able to help others. My confidence is great now.....I have made lots of new friends"