

Supporting good mental health and wellbeing!!



- Connecting with others can boost self-esteem, allow us to share positive experiences, and joining groups can help build skills, motivation, and reduce anxiety
- Being physically active can boost both your mental wellbeing and physical health.
- Taking notice and being present in our lives helps us stay aware of our thoughts and feelings, which promotes positive associations and supports wellbeing.
- Keep learning by trying new things and developing skills, which can boost confidence, wellbeing, and personal growth
- Giving to others, through kindness, support, or your time in the community, can boost your wellbeing, build positive connections, and foster self-worth and confidence

TYPES OF SELF-CARE



Why self care?

- Helps restore balance
- Boosts your mental health
- Lowers the pressure

Self care is about taking time for yourself to feel grounded especially when life can feel overwhelming .
Self care looks different for everyone.



Support services for young people.

- Youth Work
- School councillors
- Young Minds
- NHS Wales Silver Cloud
- NHS 111 press 2
- Meic Cymru
 - Mind
- Samaritans
- C.A.L.L

Support for parents/ carers

- Early Help Hubs
- Citizens Advice Wales
- Young Minds
- Barnados Cymru
- Shelter Cymru
- Samaritans

Local Authority financial support

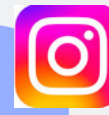
- Council Tax Reduction
- School Clothing Grants
- Emergency Assistance Payment
- Cold Weather Payments
- Alternative Fuels Payments
- Free school Meal Entitlement



WHAT'S HAPPENING?!

- MONDAY - FREE YOUTH CLUB EXTRAVAGANZA
- TUESDAY - CULINARY CREATIONS FOR FREE
- WEDNESDAY - YOUTH CLUB SHENANIGANS, NO CHARGE!

Keep an eye on our socials for half term activities



Thrive.youth.service@swansea.gov



SUPPORTING YOUNG PEOPLE, FAMILIES AND THE COMMUNITY THROUGH CHALLENGING TIMES.



Thrive Youth Service Talks The Cost Of Living Crisis How Financial Hardship Can Affect Young People And Families.
You Are Not Alone
Stronger Together



The Cost Of Living Crisis In its 6th year Of Impacting families Wales, Leaving Many Young People Living In Poverty!!

This has seen bills soar;

- Energy bills
- Food and Groceries
- Housing costs (rent and mortgages)
- Fuel and transport costs
- Household goods and essentials
- Interest rates and borrowing costs
- Childcare and everyday living expenses



Poverty In Wales!!

- 1 in 5 People live in Poverty in Wales
- 22% of the population
- 700,000 individuals
- 200,00 Children and Young People
- Wales has seen little progress in decrease in Poverty in 20 years
- Wales consistently most deprived in UK.
- 58% of People living in poverty in Wales are employed at some capacity.

Why Youth Work Matters !!

Youth work is relationship focused, offering safe, non-judgemental spaces where young people can be themselves. Experienced practitioners provide opportunities for personal growth, skill development, and social connection in a holistic way, fostering confidence, resilience, and positive aspirations. By supporting young people emotionally, socially, and practically, youth work helps them navigate challenges and reach their full potential .



Building resilience and providing opportunity !!

- Educative – Builds skills and knowledge to make safe choices and pursue goals.
- Expressive- Provides safe ways to share feelings, supporting positive mental health , well-being and personal growth.
- Empowering- Increases self-esteem and agency, helping young people thrive and resist negative influences.
- Inclusive- Creates safe, respectful spaces where all young people feel valued and can reach their potential.
- Participative- Encourages involvement in decisions, fostering belonging, confidence, and future aspirations.



Living through poverty can impact a young persons overall wellbeing!!
All Young people are vulnerable , but young people living in poverty are at higher risk of being exploited .



Signs a young person is potentially being exploited that parents and cares should look out for;

- Behaviour changes that may seem extreme
- Going missing or being secretive about where they are going and who with.
- Unexplained gifts or money.
- Misusing drugs or alcohol.
- Developing sexual health problems.
- Using sexual language you wouldn't expect the to know.
- Seeming upset or withdrawn.
- Mental health problems.



You are not alone. If you have any worries about your child or a young person you support, Thrive Youth Service is here to listen and help you access the right support at the right time.

