

LUDLOW YOUNG HEALTH

service provided by

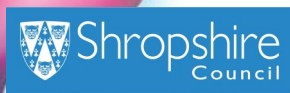


proud to be part of



LUDLOW YOUNG HEALTH

With support from



emotional wellbeing drop-in for
children and young people under 25.

BEAM IN LUDLOW : Ludlow Youth Centre, Ludlow SY8 1RT

FIRST and THIRD Wednesday of each
month

Open: 3.30pm Close: 7pm

February 5th, 19th

March 4th, 18th

April 1st, 15th

May 6th, 20th

June 3rd, 17th

July 8th, 22nd

August 5th, 19th

September 2nd, 16th,

October 7th, 21st

November 4th, 18th

December 2nd, 16th

**Mondays
&
Tuesdays**

9 Market Square, Wellington, Telford TF1 1BP

Open: 12pm

Close: 7pm

Thursdays

Upstairs at Palmer's Café, Claremont Street,
Shrewsbury SY1 1QG

Open: 2pm

Close: 7pm

Saturdays

9 Market Square, Wellington, Telford TF1 1BP

Open: 11am

Close: 4pm

PLEASE NOTE: no sessions will be started during the last hour of our drop-ins. This means we cannot accept anyone into the service after 6pm on weekdays or 3pm Saturdays.



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AskBeam@childrenssociety.org.uk

WHO CAN USE BEAM?

Anyone under the age of 25 can get support from Beam.

Parent and carer support can be given in conjunction with a young person.

No referrals & no appointments: those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrenssociety.org.uk>

We are a **friendly team** made up of **Therapists, Youth Workers & Wellbeing Volunteers**.

We **listen & know** this can make all the difference.

Our aim is to give **advice, sign-posting and support** with any concerns relating to **feelings and emotional wellbeing**.



WE WILL

Help you to understand your thoughts and feelings, give you practical support and suggestions as well as worksheets to take away if needed.

WE WON'T

Diagnose, automatically make referrals or provide appointments.

It can be scary going somewhere for the first time: our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.

AskBeam@childrenssociety.org.uk