

Doing things differently - how the pandemic has changed our delivery and focus

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What changed?

- **Face to face meetings were difficult or not an option**
- **Working from home became the norm**
- **Businesses closed**
- **Courses were cancelled, re-scheduled or switched to virtual learning**
- **Anxieties changed**
- **'Activity' was limited**
- **Time**
- **Caring responsibilities**

What has been on our young people's minds during the pandemic?



What did we have to think about?

- **Tech skills and equipment**
- **Networks**
- **Mental health**
- **Engagement**
- **Time**
- **Focus of activities**

Head Space is a project that provides counselling and mentoring support to Dorset young people who are experiencing mental health issues as a direct result of the Coronavirus.



Maybe you are struggling with:

- Elevated stress and anxiety
- Disrupted routine and livelihood
- Feelings of depression or loneliness
- Dealing with issues that are stopping you achieving your ambitions

Head Space is suitable if you are looking for short term help, over a minimum of six counselling and/or mentoring sessions, to support in alleviating personal stress and anxiety that may be standing in the way of you confidently continuing in your education, training or employment.

Our Head Space team will put you in contact with a fully trained specialist therapist, counsellor and/or mentor to provide health and wellbeing support, accessible through online platforms or telephone.

For more information

email info@ansbury.co.uk or call 01202 677557

Ansbury Guidance is a registered charity

A project to help young adults access volunteering and work experience opportunities to inspire future choices.



Are you:

- aged between 16 – 24?
- living in Bournemouth, Poole, Christchurch, or Dorset?
- facing challenges in finding employment, or in need of inspiration for your future steps?

A Personal Mentor will help you:

- find the right path for you
- gain positive work experience in an industry that interests you
- develop new employability skills
- increase your confidence
- recognise your potential
- complete a professional CV
- access career guidance to support your next steps

If you would like to find out more call us on
01202 677557 or text 'INSPIRING FUTURES + YOUR NAME' to
07884 438908 or email 4U@ansbury.co.uk


* Taking registrations for our waiting list, to begin after lockdown
* Sign up for our current opportunities to take part in the Inspiring Futures 'Social Media Marketing' and 'Young Adult Advisory Board' groups

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Start with the now – what before why and how

- **What will make young people feel better so that they can feel good when they have taken that first step**
- **Being alongside the young person and undertaking a task with them**
- **The process should be tailored to the young person's way of thinking**
- **Success should be defined by the young person**
- **Goals can be long or short term**
- **Young People can take action without having a specific goal in mind**

The response:



“Thankyou so
much”

...from a young person referred by an inclusion lead who is not engaged with learning but has engaged well with our project. Not only have we found him a placement he wants to do, we have also secured funding for him to access some activity sessions at a skatepark (when allowed). He is making us a video to teach other young people how to do some tricks on a BMX bike.

Impact on others

“the husband is a carer for his wife so he said it really brightened both their days receiving this letter”

Pen Pal project

Inspiring positive futures

I just wanted to say thank you for the opportunity from the Dorset History Centre. I love history, “Horrible Histories” has much to answer for! :) ,after all it establishes lessons we obtain, positive and negative, in order for us to move forward and become better (If of course the lesson is actually learned). In other ways it’s like solving a puzzle, the puzzle known as “Who we once were”, and that also intrigues me. Thank you so much again

For those who like to read...

- <https://creativecareercoaching.org/inclusive-action-planning-reflections-on-a-conversation-with-jules-benton-2021>
- www.ansbury.co.uk/projects
- **There Are No Hours or Days in Coronatime** www.wired.com/story/coronavirus-time-warp-what-day-is-it
- <https://www.mentalhealth.org.uk/publications/impacts-lockdown-mental-health-children-and-young-people>