

Oxfordshire  mind



oxfordshire  
**youth**

# DELEGATE PACK

TUESDAY 25TH JUNE 2024

THE KING'S CENTRE, OSNEY MEAD, OXFORD OX2 0ES



**YOUTH**  
in mind

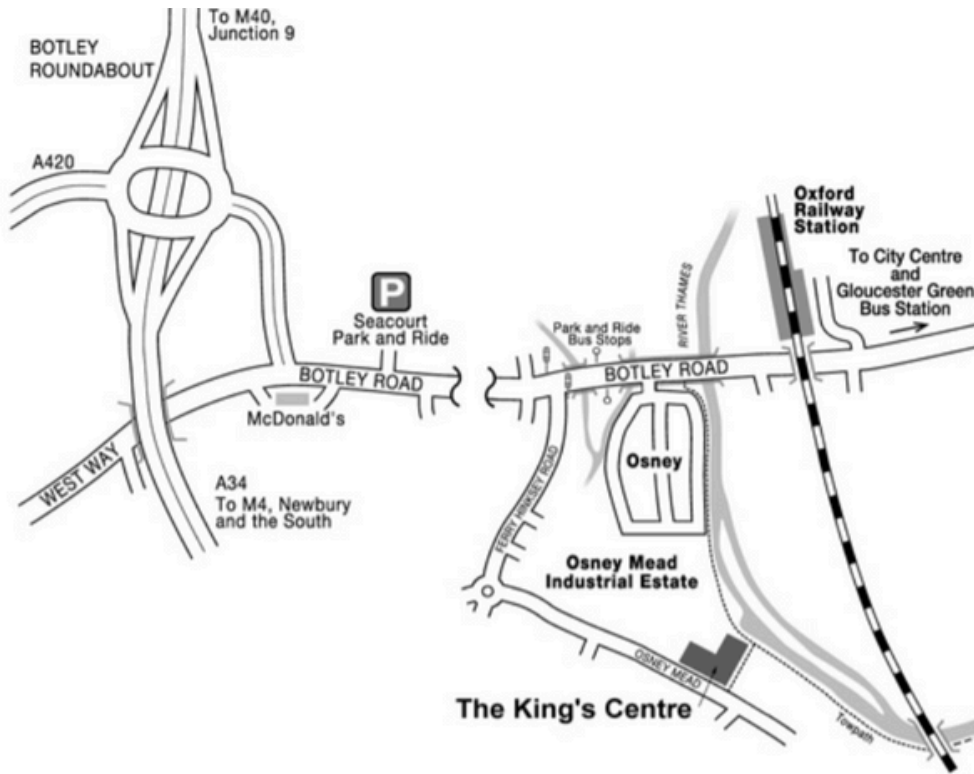
#YOUTHINMIND #YIM2024

# AGENDA

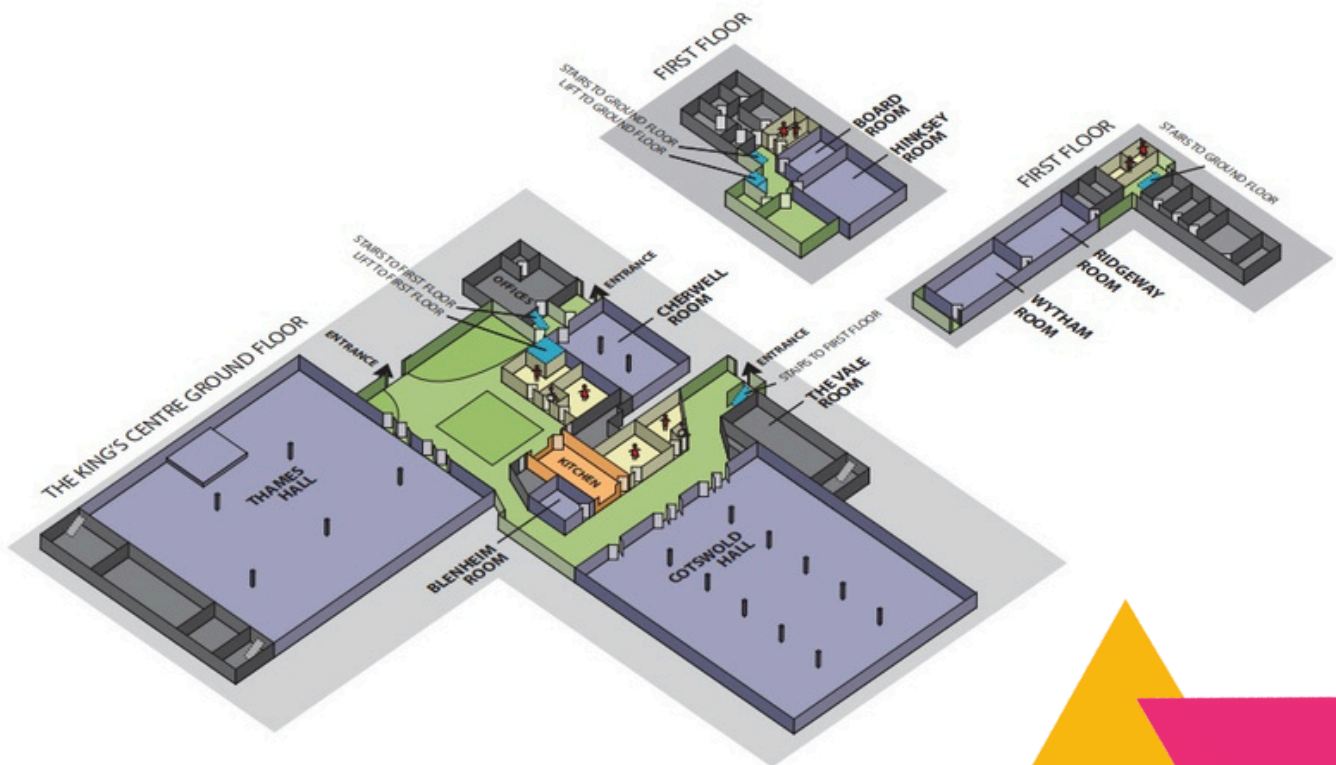
- 8.30 - 9.30** Delegate arrival and registration  
Exhibition open and stalls viewing with refreshments
- 09.30** **Mask off** Opening performance with secondary school pupils from Oxford Spires Academy
- 09.45** **A big hello** Jodie Lloyd-Jones C.E.O., Oxfordshire Youth and Jess Willsher C.E.O., Oxfordshire Mind
- 10.00** **The power of art** Kay Rufai
- 10.40** **Fund the hubs** Kadra Abdinasir
- 10.55** Press pause: take a moment
- 11.00** **The digital effect panel** with Mina Fazel and Oxford Spires Academy
- 11.25** Refreshments and networking
- 12.00** **Workshop 1**
- 13.00** Lunch and networking
- 14:00** **Workshop 2**
- 15.00** A moment to reflect - Slido
- 15.10** **The creative element:** Jen Berkova
- 15.30** **A.I., C.A.M.H.S., and Neurodivergence** Dr. Emma Fergusson and Laura Agnew
- 15.55** **More than motivational quotes** Peter Leonard
- 16.15** **Let's hear from you!** Smart Survey hosted by Jodie Lloyd-Jones and Jess Willsher
- 16.30** Networking and delegate departure

# VENUE MAP

## MAP SHOWING SEACOURT PARK AND RIDE AND THE KING'S CENTRE



## MAP OF THE KING'S CENTRE



# KEY INFORMATION



## FINDING YOUR WAY AROUND

The main sessions are being held in the Thames Hall. The majority of workshops are located in breakout rooms across the venue. Lunch will be served in the Atrium and refreshments will be available in the Cotswold Hall. Maps will be displayed around the venue and on the help desk.



## WELLBEING AREA

This space is provided for you to take time out if you have been triggered, or just need a break. It will be available to delegates throughout the day. Our Wellbeing Area is situated in the Cotswold Hall, on the right hand side.



## OUR MENTAL HEALTH

There will be mental health first aiders present for the duration of the conference. Please feel free to approach them at any time, they will be wearing white lanyards. Please come to the help desk if you are unable to find them at any point.

## YOUR FEEDBACK

We are truly interested in what you have to say! When prompted, please use the QR codes below to tell us what you think and give feedback.

## FIND OUT MORE AND STAY CONNECTED



**YOUTH IN MIND  
GUIDE  
QR CODE**



**SLIDO  
QR CODE**



**SMART SURVEY  
QR CODE**

# KEYNOTE SPEAKERS



## **KAY RUFAI, C.E.O. AND FOUNDER OF S.M.I.L.E-ING BOYS PROJECT**

Kay is a British-born Nigerian photographer, poet, filmmaker, author, mental health researcher and founder of the internationally acclaimed S.M.I.L.E-ing Boys projects. He is currently artist-in-residence for West Midlands Police, as part of Coventry City of Culture. His award-winning work explores themes of masculinity, mental health, identity and serious youth violence and has been widely exhibited at The Barbican, City Hall, Tower Bridge, the Royal Court and more, as well as featured in the Guardian and on Channel 5 news and BBC 1XTRA.

## **THE POWER OF ART AS A TOOL TO CHALLENGE STEREOTYPES AND CHANGE MENTAL HEALTH OUTCOMES**

Kay will use the 'eight pillars of happiness' methodology to explore, through an anti-racist lens, our relationship with stereotypes and how this shapes mental health services and experiences of black children in education, mental health services and the criminal justice system. He will provide tangible tools for creating a more equitable education, culture, and society, using S.M.I.L.E-ing Boys portraits to explore and reflect on internalised biases and stereotypes to evoke self-reflection and empathy.

## **KADRA ABDINASIR, ASSOCIATE DIRECTOR OF POLICY, THE CENTRE FOR MENTAL HEALTH**

Kadra Abdinasir is the Associate Director of Policy at The Centre for Mental Health. She specialises in children and young people's mental health and tackling mental health inequalities. Kadra also oversees the Children and Young People's Mental Health Coalition team, a network of over 300 organisations championing the mental health of babies, children and young people.



## **STRENGTHENING SUPPORT: TACKLING INEQUALITIES IN YOUNG PEOPLE'S MENTAL HEALTH THROUGH EARLY SUPPORT HUBS**

Kadra will be sharing insights from the #FundTheHubs campaign which is calling for the national roll-out of early support hubs, giving young people a place to go when they first struggle with their mental health. Kadra will set out the case for this model and talk through the campaign's successes and challenges. She will also outline what the next government should do to tackle mental health inequalities and ensure all young people benefit from high-quality community based support.

# KEYNOTE SPEAKERS



## **PETER LEONARD, CHIEF EXECUTIVE, THE CENTRE FOR EMOTIONAL HEALTH**

Peter has worked in primary education as a teacher, deputy headteacher and headteacher. He has also been chair of a multi academy trust and the chair of trustees for numerous charities. As a result of volunteering as a Parent Group Leader for The Centre for Emotional Health, he set up a company offering training and support to families. Peter is passionate about the importance of better emotional health for everyone.

## **MORE THAN MOTIVATIONAL WALL QUOTES: HOW TO CREATE AN EMOTIONALLY HEALTHY SPACE**

Peter will be drawing on his 27 years of professional experience, and research by The Centre for Emotional Health, to explore the importance of emotional health to everyone and what emotionally healthy spaces look like. He will then help us to think about developing the spaces we inhabit into emotionally healthy ones. In particular Peter will be using examples of work done in schools and community organisations.

## **DR. MINA FAZEL, PROFESSOR OF CHILD AND ADOLESCENT PSYCHIATRY, THE UNIVERSITY OF OXFORD**

Mina Fazel is Professor of Adolescent Psychiatry at the University of Oxford and a consultant psychiatrist at the Oxford Children's Hospital. Her main interest is in improving mental health services for vulnerable and hard-to-reach populations, which has led to an interest in refugee health and school-based mental health services.

She conducts the OxWell Student Survey, which in 2023 had responses from over 40,000 students from 200 schools, and is guiding understanding of what school-aged students want and need when it comes to mental health support.



# DIGITAL FOCUS



## THE DIGITAL EFFECT - SOCIAL MEDIA AND SELF HARM DR. MINA FAZEL

Mina will be sharing findings on exposures to self-harm material on social media. She will describe what these might be telling us about young people, their mental health, self-harm behaviour and other relevant school and home experiences. The implications of these findings will also be explored with a young people's panel.



## HOW DIGITAL TECHNOLOGIES WILL HELP US IMPROVE OUTCOMES FOR NEURODIVERGENT YOUNG PEOPLE

### DR. EMMA FERGUSSON, CHILD AND ADOLESCENT PSYCHIATRIST AND LAURA AGNEW, CLINICAL LEAD NURSE

Laura and Emma will be sharing with you the exciting work they are undertaking within Oxfordshire C.A.M.H.S., using machine learning to help support clinical decisions in the autism and A.D.H.D. diagnostic pathway. As clinicians, they are not experts in AI, but they are passionate about embracing the potential of digital technologies to improve the lives of the young people they work with.

MANY THANKS TO OUR GENEROUS SPONSORS AND FUNDERS



**BOB VCSE**  
HEALTH ALLIANCE



**OXFORDSHIRE  
COUNTY COUNCIL**



The Christopher Laing  
Foundation

 OXFORD  
NORTH

 **Doris Field**  
CHARITABLE TRUST

# YOUNG VOICES



## OXFORD SPIRES ACADEMY SECONDARY SCHOOL

At Oxford Spires Academy, conversations around mental health are at the heart of our everyday culture. From the early morning breakfast club before the school gates open, to our range of extracurricular activities taking place after the school day ends, we pride ourselves in fostering a safe and welcoming environment for our students. An amazing group of pupils is joining Youth in Mind to act as a voice for our entire student body, express why everyone understanding mental health is so important, and to promote the ways in which we can look after ourselves and others.



## YOUNG CHANGEMAKERS

UK Youth, The Diana Award and Centre for Mental Health have partnered to deliver Young Changemakers: a programme which supports young people with black and black mixed-race heritage to channel their lived experiences into tackling racial injustices in mental health services in the UK. The project is supported by young co-producers aged 16-25 with a passion for and/or lived experience of mental health issues and racial injustices. This programme aims to give young people with black and black mixed-race heritage a seat at the table, and an opportunity to reimagine and affect change within mental health support.



## MAKE IT MANDATORY

Make It Mandatory is an award-winning, grassroots and survivor-led campaign. This pressure group is lobbying Government to make in-depth lessons about domestic abuse and coercive control mandatory in state sixth forms and colleges in England and Wales. With cross-party support, a collaboration with domestic abuse charity Refuge and almost 100,000 signatures on their petition, the Make it Mandatory campaigners hope to see this life saving change happen soon. Members of the campaign group are leading a workshop on the subject 'The digital dilemma: how to navigate domestic abuse in a digitalised era!'



# WORKSHOP TIMETABLE

## THAMES HALL

## CHERWELL ROOM

## HINKSEY ROOM

## VALE ROOM / SAFE SPACE

12:00

**In focus:** Online friendships, offline impact: the relationship between adolescent mental health and friendships in the digital age  
**University of Oxford**

The power of relationships: what a relational approach is and why it matters  
**Hearts and Heads**

Creating safe spaces through play: playful connections and emotional regulation  
**Clear Sky charity**

Psychologically safe practice:  
How do we do it?  
**SOFEA**

## RIDGEWAY ROOM

## WYTHAM ROOM

## COTSWOLD HALL

## ATRIUM

12:00

We care, do you?  
Everything you need to know about young carers and more  
**Be Free Young Carers**

Safe space for Oxford Spires school

Building bridges for health, linking the NHS and voluntary sector through networking  
**VCSE Alliance**

Advocating physical activity in a safe, supportive environment  
**Sport in Mind**



# WORKSHOP TIMETABLE



## GET COFFEE? GET FED

We engage young people at risk of exclusion and/or exploitation through enterprise training young entrepreneurs in bari-star and business skills on our distinctive coffee van. GetFed's young business partners work gigs in their community, earning 50% of the profits. We are creating the next generation of business legends!  
#CAFFEINENOTCOCAINE

COME AND SAY HELLO,  
WE'RE IN THE ATRIUM

### THAMES HALL

### CHERWELL ROOM

### HINKSEY ROOM

### VALE ROOM / SAFE SPACE

14:00

**In focus:** Digital spaces - supporting young people to act safely on social media platforms  
**Oxfordshire County Council**

Empowering young people at risk of emotionally-based school avoidance  
**CAMHS**

Feeling safe in the world - a social anxiety toolkit  
**The Recovery College**

What do you need to feel safe? A creative perspective on wellbeing for and by neurodivergent people  
**BLINK Dance Theatre**

### RIDGEWAY ROOM

### WYTHAM ROOM

### COTSWOLD HALL

### ATRIUM

14:00

The digital dilemma: how to navigate domestic abuse in a digitalised era!  
**Make it Mandatory**

Safe people, safe places - exploring knife crime with young people  
**Oxfordshire County Council targeted youth service**

Building bridges for health, linking the NHS and voluntary sector through networking  
**VCSE Alliance**

Creating inclusive communities through nature connection  
**Where The Fruit Is**

# WORKSHOP SPEAKERS

**TANYA MANCHANDA**  
**UNIVERSITY OF OXFORD**

## **ONLINE FRIENDSHIPS, OFFLINE IMPACT: THE RELATIONSHIP BETWEEN ADOLESCENT MENTAL HEALTH AND FRIENDSHIPS IN THE DIGITAL AGE**

This interactive workshop examines recent insights from the OxWell Student Survey on adolescents' online friendships and their impact on mental health. Limited information exists regarding the online friendships of young people. As adolescents expand their online interactions and presence, there is a growing need for guidance for those involved in their lives - parents, educators and mental health experts. The latter part of the session is dedicated to developing strategies for managing the challenges and opportunities presented by digital connections in today's rapidly evolving social environment.

**SARAH GRISTWOOD AND SARA ZUMBUHL**  
**HEARTS AND HEADS**

## **THE POWER OF RELATIONSHIPS: WHAT A RELATIONAL APPROACH IS AND WHY IT MATTERS**

Hearts and Heads supports schools and organisations to embed therapeutic and relational approaches across all areas of their practice. We offer training, consultancy and educational therapy, alongside our innovative reflective spaces approach. This workshop benefits professionals working with young people. Supported by up-to-date research, we will explore what a relational approach is, why it matters and the neurological benefits it brings. Delegates will leave feeling hopeful and excited about the power and potential of human connection.

**BECKY HILL, DECCA WARRINGTON**  
**CLEAR SKY CHILDREN'S CHARITY**  
**CREATING SAFE SPACES THROUGH PLAY: PLAYFUL CONNECTIONS AND EMOTIONAL REGULATION**

Clear Sky supports children suffering from emotional or behavioural problems as a result of trauma. Using the power of play, our therapeutic team provides child-led, playful and safe sessions to help children resolve issues causing them distress in order to improve their mental health. Our workshop will provide tools and resources to support emotional regulation in the classroom to enable children to feel safe enough to learn and access the curriculum. We will also explore understanding how trauma can impact the brain and nervous system of children as they develop.



# WORKSHOP SPEAKERS



**NICOLA SMITH , RUTH KENNEL**

**SOFEA**

**PSYCHOLOGICALLY SAFE PRACTICE: HOW DO WE DO IT?**

SOFEA tackles food insecurity and the disadvantage it causes, whilst simultaneously having a positive impact on the environment by reducing food waste. We provide education, employability and wellbeing programmes across the South Midlands and Thames Valley areas.

Our workshop is for anyone supporting young people in the community. We'll be considering the importance of creating psychologically safe places and how starting out with this approach can empower young people to flourish and break out of cycles they might be stuck in.

**SABIENE NORTH, LORRAINE NICHOLLS, GEMMA THORPE**

**BE FREE YOUNG CARERS**

**W CARE. DO YOU? EVERYTHING YOU NEED TO KNOW ABOUT YOUNG CARERS AND MORE.**



For over 29 years, Be Free Young Carers have and continue to support young carers age 8-17 years old and their families. We help these young people have a chance to be children, relax, make friends and have fun away from the pressures of their caring roles, away from the anxiety and stress so many feel. We are currently the only specialist organisation in Oxfordshire offering this support to children caring for a loved one.

**STEPHEN BARNETT, ROB BOWEN, LISA REYNOLDS**

**VCSE ALLIANCE AND NHS**

**BUILDING BRIDGES FOR HEALTH, LINKING THE NHS AND VOLUNTARY SECTOR THROUGH NETWORKING**

**BOB VCSE**  
HEALTH ALLIANCE



The Health Alliance champions the massive contribution to health and wellbeing made by 7500 voluntary and community organisations and social enterprises (VCSEs). Across Buckinghamshire, Oxfordshire and Berkshire West, VCSEs employ 45,000 people and engage 160,000 volunteers.

Our workshop will present current partnership work and cultivate new ideas about how VCSE and NHS organisations could work better together. It's another step in an evolving conversation between the Health Alliance, Integrated Care Board, two NHS trusts and health care leaders. We invite Youth in Mind delegates to join our conversation about how to change the system from within.

# WORKSHOP SPEAKERS



**JACK NARRAWAY, JOANNA FEAST, CHLOE TURNER**  
**SPORT IN MIND**

**ADVOCATING PHYSICAL ACTIVITY IN A SAFE, SUPPORTIVE ENVIRONMENT**

We are the UK's leading mental health sports charity and deliver physical activity (sport, walking, dance and movement, gardening and exercise sessions) projects in partnership with the amazing NHS in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction.



**JEREMY DAY, OXFORDSHIRE COUNTY COUNCIL EDUCATION, EMPLOYMENT AND TRAINING TEAM**

**DIGITAL SPACES - SUPPORTING YOUNG PEOPLE TO ACT SAFELY ON SOCIAL MEDIA PLATFORMS**

Oxfordshire County Council Education Employment and Training Digital Safeguarding Team provides web and social media outreach support to children and young people enabling them to increase their participation in education, employment and training, plus enhancing their access to online and digital services including safeguarding training.



**DEBORAH EARNSHAW, JUDY TJAN GRIFFITH, EMMA HYDE**  
**CAMHS**

**EMPOWERING YOUNG PEOPLE AT RISK OF EMOTIONALLY-BASED SCHOOL AVOIDANCE**

As Child and Adolescent Mental Health Services staff, we're offering theoretical knowledge and practical strategies to raise awareness of emotionally-based school avoidance. Together with delegates, we'll explore the biological changes a teenage brain goes through and the role of the amygdala. We'll identify internal and external factors that contribute to vulnerability and share evidence-based strategies designed to help you support young people manage their anxiety within the school environment. And we explore the concept of an "internal safe space" and get everyone participating in experiential activities you can use with young people to build their resilience and independence.



**STEPHANIE HESS, LEITH GREIG-CONNOR**  
**OXFORDSHIRE RECOVERY COLLEGE**

**FEELING SAFE IN THE WORLD - A SOCIAL ANXIETY TOOLKIT**

Social anxiety is the most common form of anxiety, and is rising amongst young people. In this workshop we will explore together what it is (and isn't) along with strategies and tools to help us live better with social anxiety, as well as ways to get more support. Oxfordshire Recovery College offers free courses about all aspects of mental health and wellbeing to over 18s across Oxfordshire. Our courses are delivered online or in person and we welcome self-referral.

# WORKSHOP SPEAKERS



**RACHEL GILDEA, ADAM SMITH**

**BLINK DANCE THEATRE**

**WHAT DO YOU NEED TO FEEL SAFE? A CREATIVE PERSPECTIVE ON WELLBEING FOR AND BY NEURODIVERGENT PEOPLE**

BLINK are a neurodiverse-led, relentlessly inclusive arts organisation committed to tackling ableism by building bridges between inner city popular culture and learning disability culture. We produce participatory projects that are constantly adapting to be at the forefront of progressive arts practice for and with people PMLD and ASD, and we specialise in embedding highly specialist accessible communication to reduce barriers to creativity and expression.

**ITHAR GHALIFA , DARIUS SMITH, FAUSTINE PETRON,**

**LUCY EMMERSON**

**MAKE IT MANDATORY**

**THE DIGITAL DILEMMA: HOW TO NAVIGATE DOMESTIC ABUSE IN OUR DIGITAL ERA!**



Make it Mandatory is an award-winning, independent, youth-led, domestic abuse campaign group. Struck by the lack of relationships and sex education (R.S.E.) taught across the U.K., and next to no education about domestic abuse, founder Faustine Petron started calling for Government to extend R.S.E. to students aged 16-19 on the basis that at the point they are forming serious relationships, young people need comprehensive lessons on domestic abuse and healthy relationships, with signposting to local support services. The campaign team strives to help protect all of Britain's youth because domestic abuse doesn't discriminate.

**SUSANN HAEHNEL AND CHRIS PADOPOULOS**

**OXFORDSHIRE COUNTY COUNCIL, TARGETED YOUTH SERVICE**

**SAFE PEOPLE, SAFE PLACES - EXPLORING KNIFE CRIME WITH YOUNG PEOPLE**



The Targeted Youth Support Service works alongside children and young people preventatively to reduce the escalation of statutory involvement. It offers group work and one-to-one support to any young person aged between 11 and 18 seeking support with social and emotional development.

**SARAH WALKER, ANNE RIDGWAY**

**WHERE THE FRUIT IS/FOREST SCHOOL ASSOCIATION**

**CREATING INCLUSIVE COMMUNITIES THROUGH NATURE CONNECTION**



Where The Fruit Is supports professionals working with young people through nature-based training and leadership coaching. This playful nature-based workshop explores how the Forest School ethos promotes inclusion and connection. Find out how neurodivergent and neurotypical young people and adults are discovering the joy of creating accepting, reflective, safe enough, fun-filled learning communities together in the woods.

# PERFORMERS AND ARTISTS

## JEN BERKOVA

Jen Berkova is a singer/songwriter born in Paris, to Russian and Congolese parents and raised in Oxford. Her music combines elements of soul, Afro pop and R&B. Berkova has crafted a unique sound that combines infectious melodies with meaningful storytelling. See all her socials @jenberkova



## EDEN SILVER-MYER

Eden is an artist facilitator based in south Oxfordshire. She creates mixed media artwork inspired by mental wellbeing and her own late-realised neurodivergence.

As an art facilitator, she works with people of all ages to help them explore self compassion and expressing themselves through mindfully creating, giving themselves a break and playing around with art materials. Eden works both online and in person, with groups, individuals and corporate clients. She regularly works with primary school aged children, families and adults, those with visual impairments and stroke survivors.

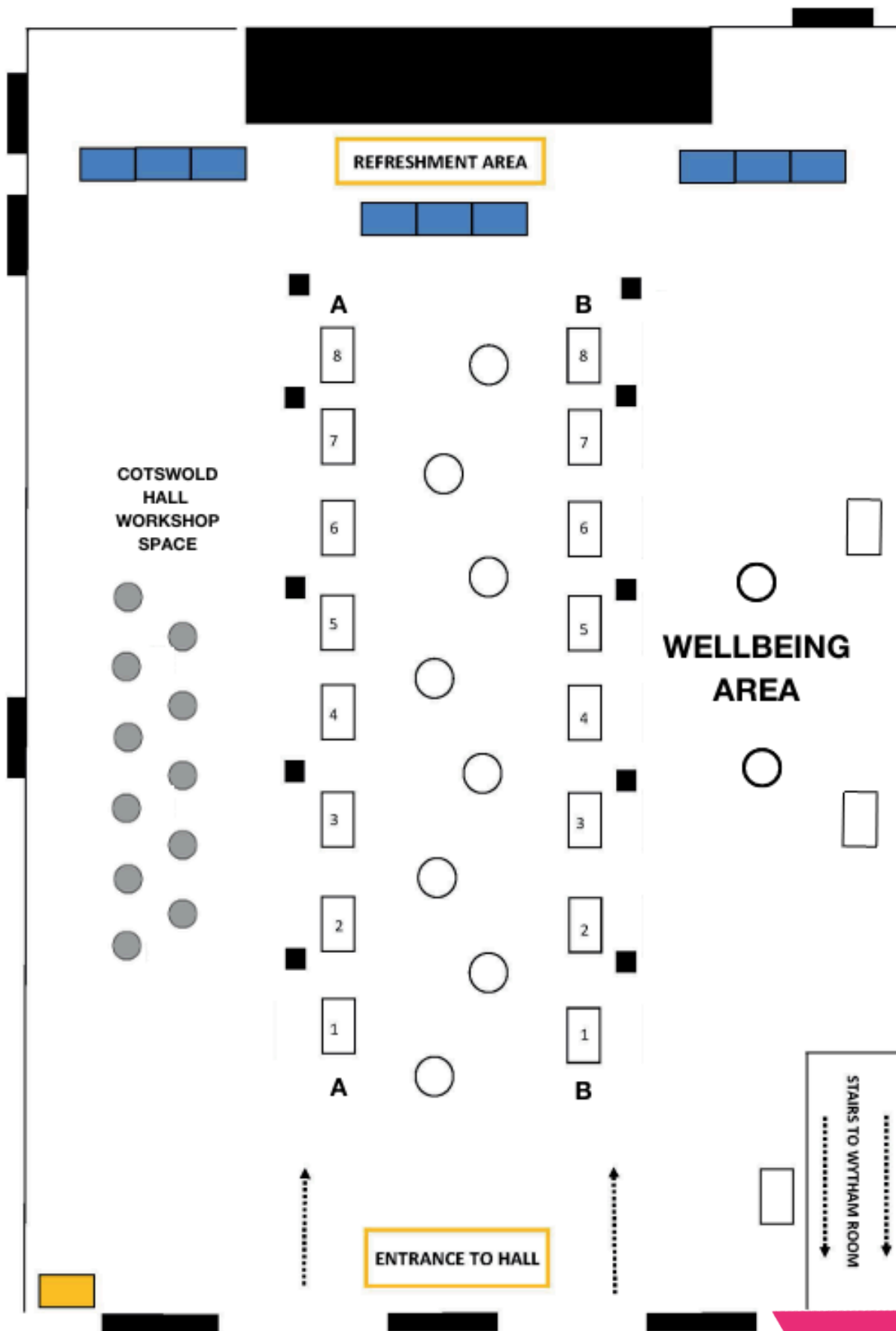


## DR ALISON KHAN

Dr. Alison Kahn is an artist and teaching fellow on Stanford University's Oxford undergraduate programme, lecturing on museum anthropology and digital technologies. She is currently a Visiting Research Fellow in AI and Design Anthropology at Loughborough University.



# STALL HOLDERS MAP





# STALL HOLDERS

STALL NO.	ORGANISATION	DESCRIPTION	WEBSITE
A1	Oxfordshire Mind	For over 50 years, Oxfordshire Mind has worked alongside people experiencing mental health issues, supporting people with a range of conditions, from depression and anxiety, through to those experiencing complex mental ill health, helping over 30,000 people every year.	<a href="http://www.oxfordshiremind.org.uk">www.oxfordshiremind.org.uk</a>
A2	Oxfordshire Youth	Oxfordshire Youth is Oxfordshire's leading youth work charity, reaching over 26,000 young people a year. We champion the power of youth work and our staff team is doing whatever it takes - from mental health interventions to crime prevention, sector support, and safe, supported housing - to ensure young people have everything they need to thrive.	<a href="http://www.oxfordshireyouth.org">www.oxfordshireyouth.org</a>
A3	Oxford Spires Academy	Oxford Spires Academy is a state funded secondary school for children aged 11-18 in Glanville Road, East Oxford. Formerly known as Oxford Community School and The Oxford School, it is currently part of the Anthem Schools Trust.	<a href="http://www.oxfordspiresacademy.org">www.oxfordspiresacademy.org</a>
A4	Jaskulla Mentoring	Jaskulla Mentoring helps vulnerable children in schools with a trauma-informed, holistic approach, offering therapeutic work, parent coaching and professional training.	<a href="http://www.jaskullamentoring.co.uk">www.jaskullamentoring.co.uk</a>
A4	Mental Health Natters	Supporting families in Abingdon, Wantage and surrounding areas who are struggling with their mental health and school attendance.	<a href="http://www.mentalhealthnatters.org">www.mentalhealthnatters.org</a>
A5	One Eighty	Supports young people to live motivated and successful lives through psychological and evidence-based approaches.	<a href="http://www.one-eighty.org.uk">www.one-eighty.org.uk</a>
A6	Oxford Health	We provide physical and mental health care and social care for people of all ages across Oxfordshire, Buckinghamshire, Swindon, Wiltshire, Bath and North East Somerset	<a href="http://www.oxfordhealth.nhs.uk">www.oxfordhealth.nhs.uk</a>
A7	BOB ICB and VCSE Health Alliance	Our role is to join up health and care services, improve people's health and wellbeing, and to make sure everyone has the same access to services and gets the same outcomes from treatment. We also oversee how money is spent and make sure health services work well and are of high quality and work in close partnership with our partner organisations to achieve this.	<a href="http://www.bucksoxonberksw.icb.nhs.uk/">www.bucksoxonberksw.icb.nhs.uk/</a> <a href="https://bobvcsehealthalliance.org.uk/">https://bobvcsehealthalliance.org.uk/</a>
A8	Healthwatch Oxfordshire	We listen, we influence, we ensure your voice is heard. We are the county's independent health and social care watchdog.	<a href="https://healthwatchoxfordshire.co.uk/">https://healthwatchoxfordshire.co.uk/</a>
B1	Sex Education Forum	National charity working to secure inclusive relationships and sex education for all, based on research evidence and young people's views.	<a href="http://www.sexeducationforum.org.uk">www.sexeducationforum.org.uk</a>
B2	Cherwell Theatre Company	Empowering young people through inclusive arts-based workshops and productions, providing a safe space for creativity and skill development.	<a href="http://www.peopletheatrecollective.org.uk">www.peopletheatrecollective.org.uk</a>

# STALL HOLDERS

STALL NO.	ORGANISATION	DESCRIPTION	WEBSITE
<b>B2</b>	SAFE! Support for Young People Affected by Crime	Providing support to children, young people and families affected by crime and abuse.	<a href="http://www.safeproject.org.uk">www.safeproject.org.uk</a>
<b>B3</b>	Oxfordshire County Council - Oxfordshire Museum Service	We offer engagement with history to school pupils, both at the Oxfordshire Museum site and in schools across the county, including activities for families in the school holidays.	<a href="http://www.oxfordshire.gov.uk/residents/museums-and-history/museums/oxfordshire-museum">www.oxfordshire.gov.uk/residents/museums-and-history/museums/oxfordshire-museum</a>
<b>B3</b>	City, University of London	A public research university and member institution of the federal University of London. City was founded in 1894 as the Northampton Institute, and became a university by royal charter in 1966.	<a href="http://www.city.ac.uk">www.city.ac.uk</a>
<b>B4</b>	Know Your Worth	We build self-esteem in teenage girls through eight-week courses in schools and the community.	<a href="http://www.know-your-worth.org.uk">www.know-your-worth.org.uk</a>
<b>B4</b>	Hearts and Heads	Supporting schools and organisations to embed therapeutic and relational approaches across all areas of their practice.	<a href="http://www.heartsandheads.com">www.heartsandheads.com</a>
<b>B5</b>	Here4Youth	Here4YOUth provides support and advice on substance use concerns to professionals, families, and individuals aged 8-25 in Oxfordshire.	<a href="https://cranstoun.org/help-and-advice/young-people/oxfordshire-here4youth/">https://cranstoun.org/help-and-advice/young-people/oxfordshire-here4youth/</a>
<b>B6</b>	Sport in Mind	The UK's leading mental health sports charity, delivering physical activity projects in partnership with the NHS to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to live positively.	<a href="http://www.sportinmind.org">www.sportinmind.org</a>
<b>B6</b>	Oxfordshire Discovery College	Working with children and young people across Oxfordshire to improve mental health and wellbeing through interactive and evidence-based learning programmes.	<a href="http://www.oxfordshirediscovery.co.uk">www.oxfordshirediscovery.co.uk</a>
<b>B7</b>	Response	Response provides a person-centred recovery-focused model of housing and support across Oxfordshire, Buckinghamshire, Berkshire, and the South West of England for people with mental health and complex needs. Providing quality services for over 60 years, we are committed to delivering a holistic, recovery-focused approach for everyone using our services.	<a href="http://www.response.org.uk">www.response.org.uk</a>
<b>B7</b>	Oxfordshire Targeted Youth service	The Oxfordshire Targeted Youth Support Service works with secondary school aged young people who may be facing difficulties. Support is offered to develop healthy relationships, overcome difficulties, build life skills, and reach their full potential.	<a href="https://oxme.info/tyss">https://oxme.info/tyss</a>
<b>B8</b>	TOPAZ	Topaz is a social group to help young people aged 10-18 explore their feelings and gain a better understanding of themselves. We provide a safe space for young people who are lesbian, gay, bisexual, or transgender (LGBT+).	<a href="http://www.topazoxford.org.uk/">www.topazoxford.org.uk/</a>

**THANK YOU EVERYONE FOR BEING A PART OF YOUTH IN MIND 2024!**