

# WF-I CAN

Version 2  
23/02/2021

## ACTIVITY PROGRAMME

### PRIMARY SCHOOLS



This booklet provides a menu of activities and information on what is available for children and young people across the Wakefield District who have been identified as needing support through Wakefield Families Together.

**Please note that spaces are limited on some of the activity programmes therefore early booking is advised.**

# WHAT SUPPORT IS AVAILABLE?

## [www.wf-i-can.co.uk](http://www.wf-i-can.co.uk)

An online resource for children and young people, aged 8-19, in the Wakefield District. It is full of useful information and top tips made by children and young people to help build their confidence and resilience. There's an online Drop in and Chat service for children and young people, staffed by Future in Mind Community Navigators and local Youth/ Support Workers. We are available to chat Monday- Friday, 1-5pm and 7-9pm.

We offer virtual sessions with young people, to go through the site with them and meet the team.



**Drop in and Chat:**  
Monday- Friday,  
1-5pm and 7-9pm

**Delivered:**  
Online



**Days of Session:**  
To be arranged with  
the School

**Delivered:**  
Online

## Luggage for Life

Luggage for Life is an evidence-based emotional well-being programme. It supports children to build resilience and coping strategies, which can be used when experiencing challenges, life events and changes.

Future in Mind Community Navigators can deliver Luggage for Life sessions with small groups online.



## Emotional Well-Being Sessions

Future in Mind Community Navigators can organise emotional well-being sessions for small groups online.

The sessions will support young people to develop emotional literacy so that they can understand and manage emotions, increase self-awareness and confidence.



**Days of Session:**  
To be arranged with  
the School

**Delivered:**  
Online



**Days of Session:**  
To be arranged with  
the School

**Delivered:**  
Online

## Lockdown Drop in and Chat

As part of the Drop in and Chat service, we will offer Schools a referral whereby a Support Worker will ring the young person at an allocated time to check in. This is an addition to the mentor programme.

Young people can let us know how they are getting on and the Support Worker will ask if they would like to continue check ins or call backs.

# ACTIVITY PROGRAMME



## WF Sings

Think Cre8tive will be running an well-being virtual 'choir' through a series of online sessions starting in mid-March for 8 weeks. The final product will be shared at the end of the project.

Singing is a great way to promote emotional well-being and relieving stress!

It improves breathing techniques and gives you a sense of belonging and being part of a group.



Places available:  
18-20

Days of sessions:  
Tuesdays 3:30-4:30pm  
(provisional times, to be confirmed with children involved)

Delivered:  
Online- 1 hour session weekly, Zoom

talkingpartners  
@primary

Places available:  
TBC

Days of sessions:  
TBC

Delivered:  
Online

## Talking Partners

Talking Partners is a programme designed to improve the way you communicate, enabling you to be independent and confident when speaking and also better listeners.

This is a pilot, initially launching in one school, but will be re-offered at a later date.

## 1-to-1 Mentoring

iSPACE 5 will be holding 1-to-1 mentoring sessions along with Future in Mind Community Navigators, which will support you to identify your strengths and what is important to you.

As part of the mentoring, you will meet with a Community Navigator/mentor before any of the above sessions. This will be part of your journey through the activities. Mentors will assist in choosing an activity that works for you, or one that can be identified from the wider programme.

All activities with mentors will support you to improve emotional well-being, develop key skills and support with managing change such as transition to High School.



Days of sessions:  
Sessions will be arranged around your availability

Delivered:  
Online

To express an interest in one of these activities, or to find out more please email:

[communitynavigators@ylc.org.uk](mailto:communitynavigators@ylc.org.uk)  
or Call: 07708 471951

Please click here to fill in the [Activity form](#) and [Consent form](#).





# TIMETABLE



MONDAY	WF-I-Can Drop in and Chat 1-5 and 7-9pm
TUESDAY	WF Sings- 3:30-4:30pm WF-I-Can Drop in and Chat 1-5 and 7-9pm
WEDNESDAY	WF-I-Can Drop in and Chat 1-5 and 7-9pm
THURSDAY	WF-I-Can Drop in and Chat 1-5 and 7-9pm
FRIDAY	WF-I-Can Drop in and Chat 1-5 and 7-9pm