

# Fiveway Café

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ENGAGE



# “Brief Background

A survey on the mental health of young people in Solihull was undertaken in 2016 by Urban Heard (Youth Engagement Specialists). They found that:

Over 50% of the young people surveyed reported that depression was the most common mental health problem

23.02% of these young people reported problems related to Anxiety

We know that:

50% of all lifetime mental illness is established by the age of 14  
75% of all lifetime mental illness by the mid 20's (Public Health England).

Currently only 1 in 4 children with a diagnosable mental health condition access treatment and evidence based care.

In the spring of 2016 a summary report of Solihull Schools Health Related Behaviour Survey was released, which indicated that ‘worry’ was quite a significant issue for both primary and secondary children.



# Aims of the café

## Aims:

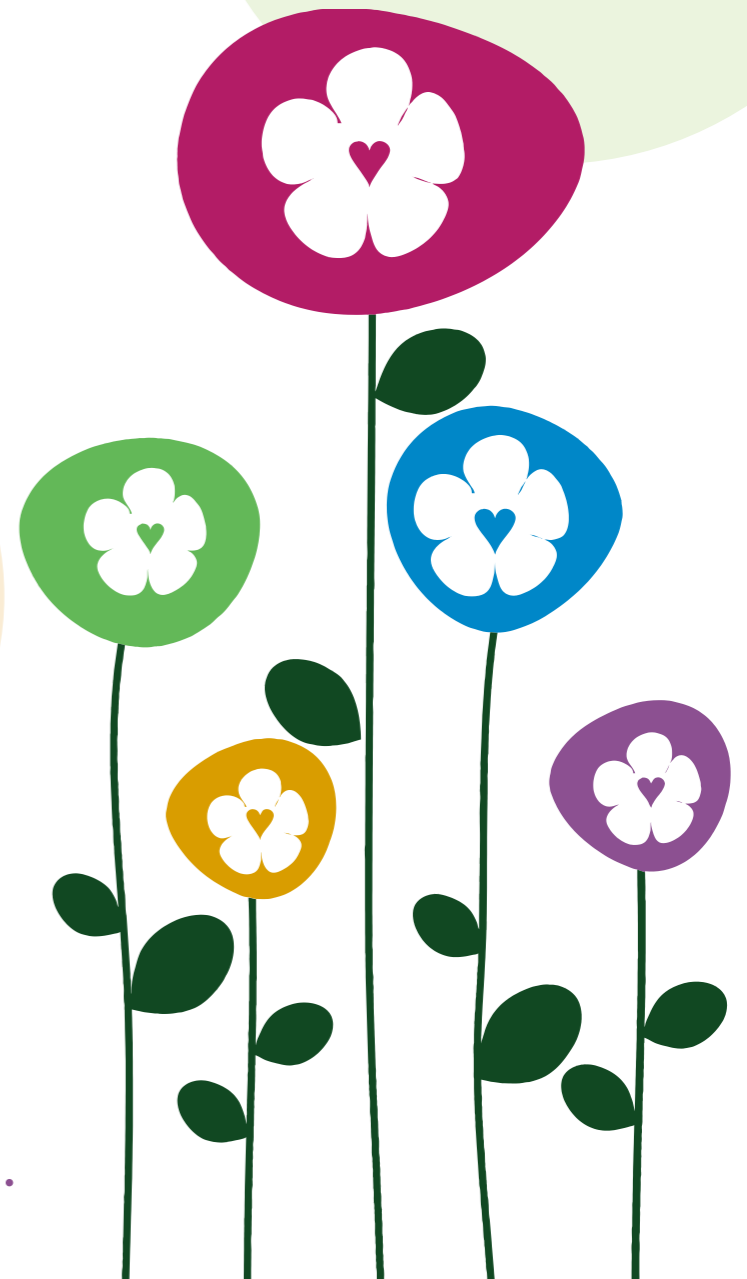
- To intervene early
- To provide a safe space
- To provide opportunities for young people to connect
- To offer activities that promote physical and mental wellbeing based around the **Five ways to Wellbeing**
- Early Identification.
- To provide job and skill development opportunities for staff and volunteers
- To empower young people to act as peer supporters



# “Five Ways to Wellbeing”

The first of the five ways  
is to **Connect**

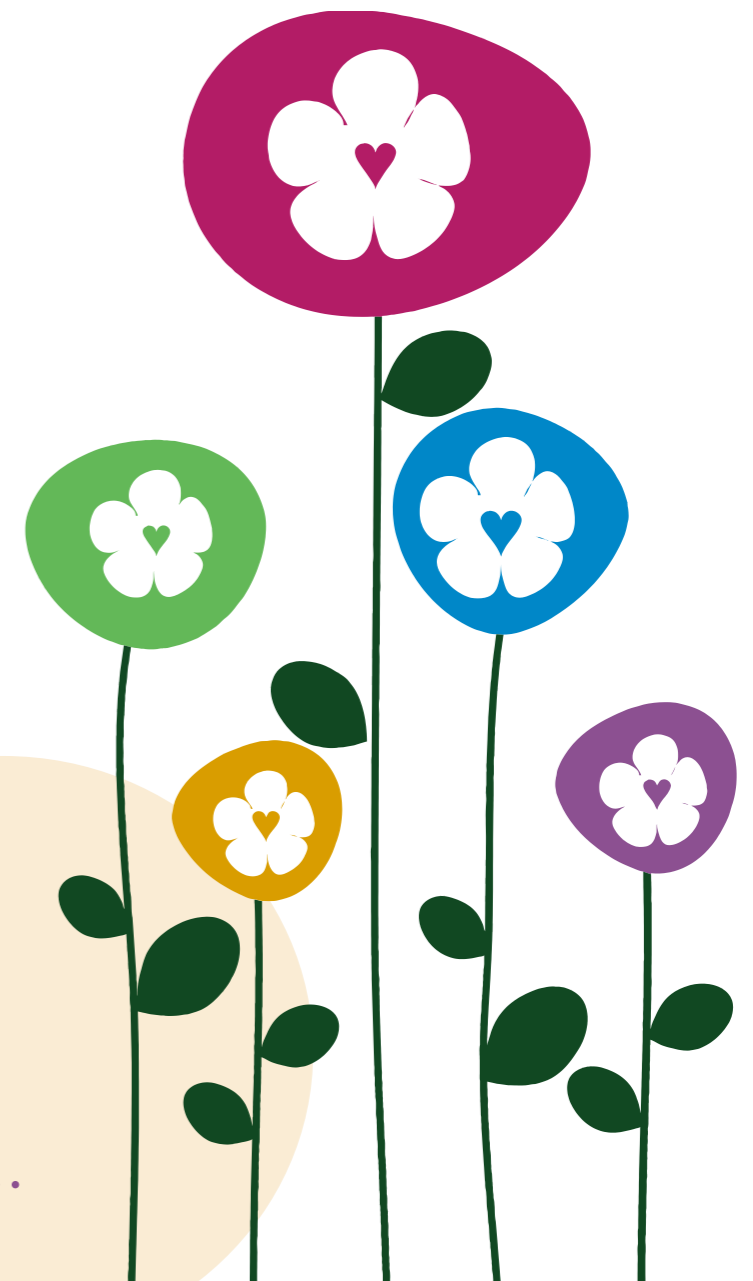
Connect... Keep learning... Be active... Take notice... Give...



# “Five Ways to Wellbeing”

The second of the five ways  
is to **keep Learning**

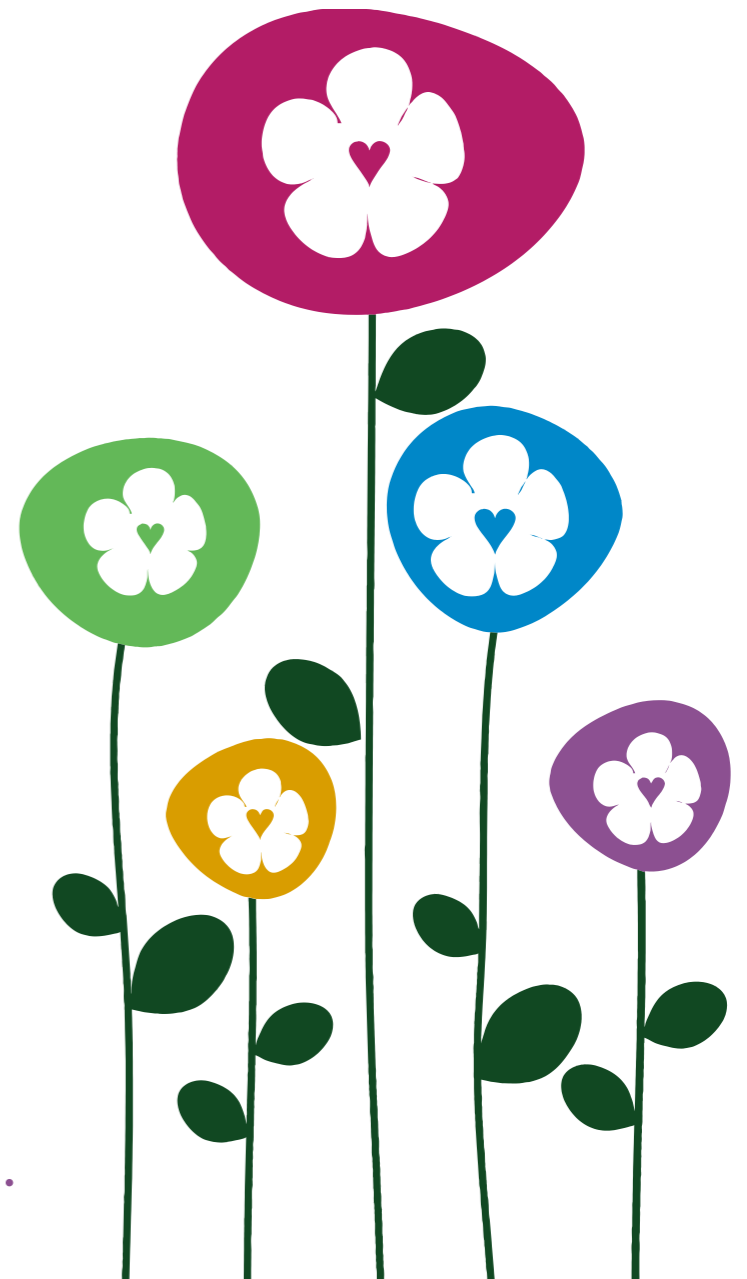
Connect... **Keep learning**... Be active... Take notice... Give...



# “Five Ways to Wellbeing”

The third of the five ways  
is to **be Active**

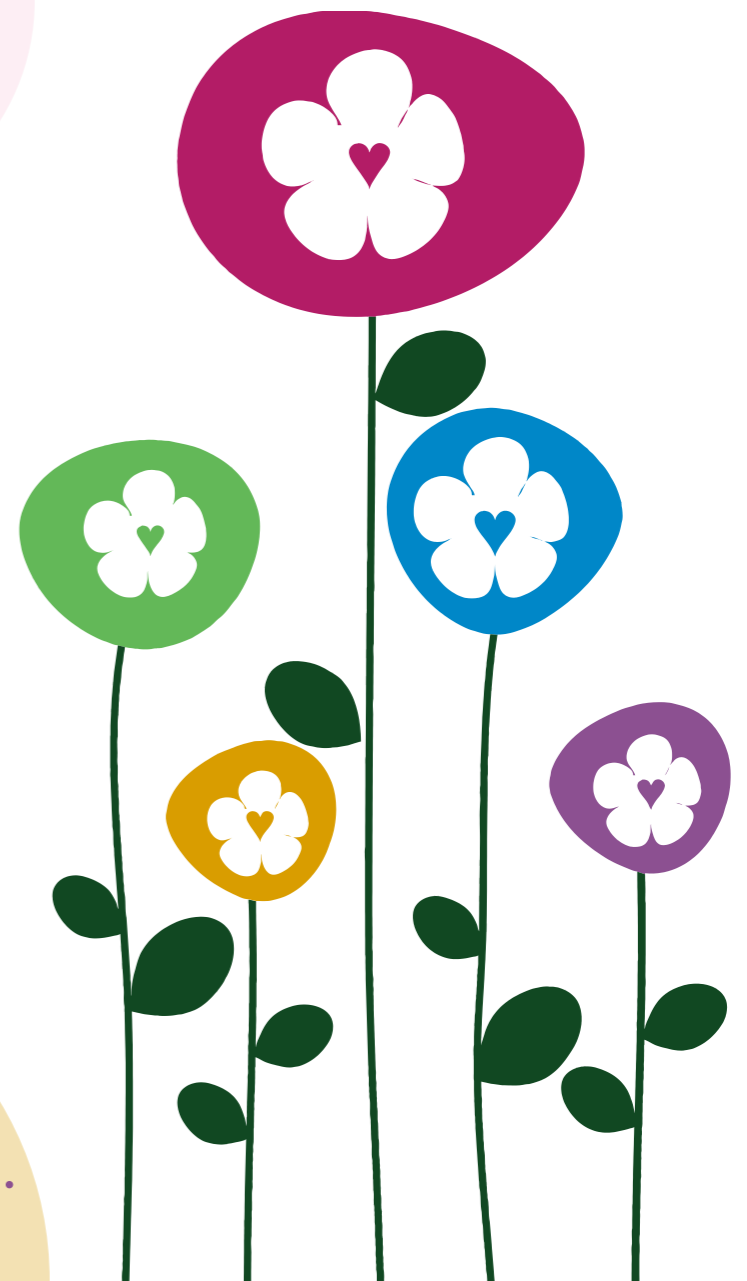
Connect... Keep learning... **Be active...** Take notice... Give...



# “Five Ways to Wellbeing”

The fourth of the five ways  
is to **take Notice**

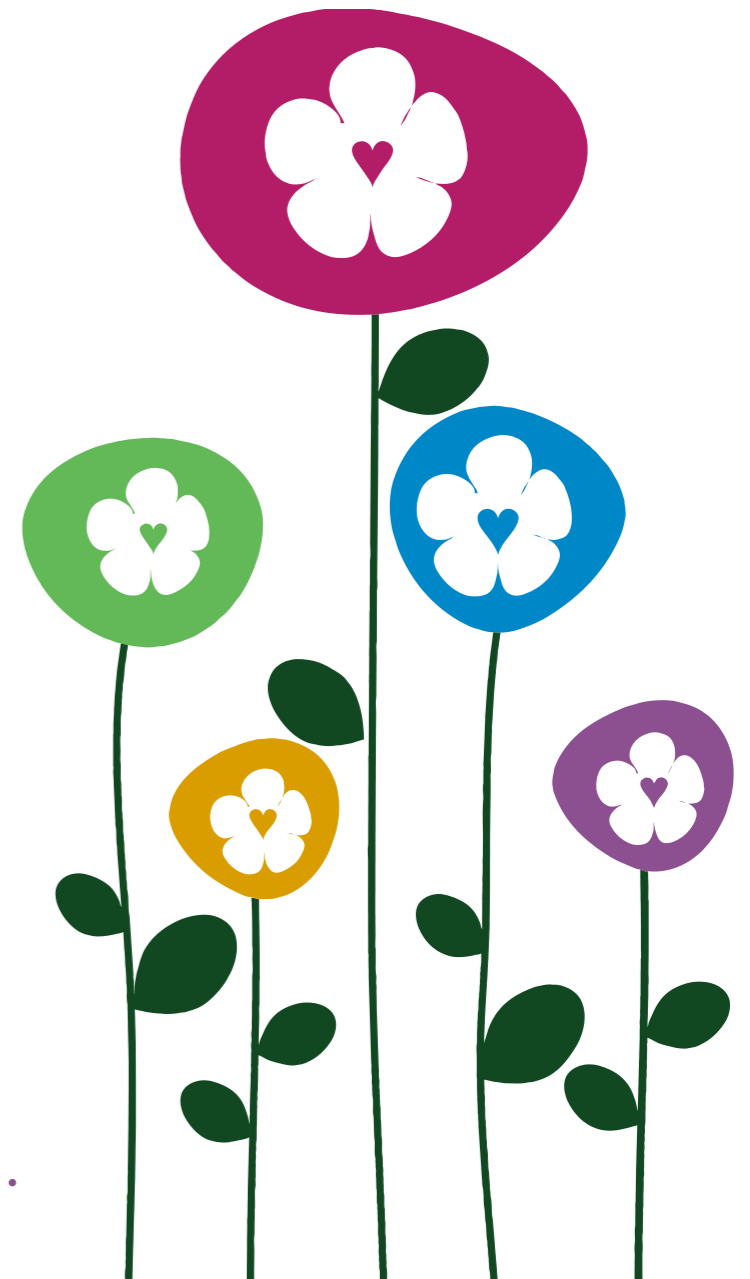
Connect... Keep learning... Be active... **Take notice...** Give...



# “Five Ways to Wellbeing”

The fifth of the five ways  
is to Give

Connect... Keep learning... Be active... Take notice... Give...





# How the “Five Ways” improves mental resilience

- Each of the “Five Ways to Wellbeing” positively enhances wellbeing.
- When you have these positive experiences you will change how you think and behave, enhancing your mental capital and becoming emotionally more resilient.



Connect... Keep learning... Be active... Take notice... Give...

# Fiveway Cafes

**Three Trees Community Centre**

**Hedingham Grove**

**Chelmsley Wood**

**B37 7PT**

**Every Wednesday 6:00 until 8:00pm**

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**Hatchford Brook Youth Centre**

**Old Lode Lane**

**B92 8JE**

**Every 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> Monday 6:00 until 8:00pm**

Connect... Keep learning... Be active... Take notice... Give...

