

# Update from Beam!

With the restrictions easing, we thought it would be useful to update as to how Shropshire Telford & Wrekin Beam will be operating.

**We do not have any plans to re-open as a drop-in service currently.** We will continue to offer telephone call backs as well as virtual face to face appointments. All support should be requested via the website.

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

You may be aware we are offering **limited** face to face appointments from our Wellington venue. These are strictly on an appointment-only basis. As you can imagine, these are in high-demand given the limited slots we have, particularly the after-school appointments. To ensure as many face to face sessions can be offered as possible, we will be booking appointments during school time.

## Workshops for parents/carers

We are pleased to let you know we are now offering virtual sessions for parents & carers around common emotional well-being topics. These sessions aim to help parents & carers support their young people at home. The sessions are detailed below, and do not need to be booked. Please share with those you feel may benefit.

Changes: supporting young people with changes in a Co-Vid world	We will cover:	Wednesday 19 <sup>th</sup> May 2021	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a>
	<ul style="list-style-type: none"> <li>✓ Effect of CoVid on young people's emotional well-being.</li> <li>✓ Missed milestones.</li> <li>✓ The Teenage Brain.</li> <li>✓ Challenges.</li> <li>✓ Supporting anxiety &amp; uncertainty.</li> </ul> <p><i>There will be opportunity for Q&amp;A with our practitioners at the end.</i></p> <p>This workshop has a focus on</p>	1pm	
		Thursday 20 <sup>th</sup> May 2021	Microsoft Teams meeting Join on your computer or mobile app <a href="#">Click here to join the meeting</a>
		5pm	

	parents/carers of Y11 school leavers, however, the content has been designed to be useful to all.	Wednesday 26 <sup>th</sup> May 2021 10am	<a href="#">Learn More</a>   <a href="#">Meeting options</a> <b>Microsoft Teams meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a>
Supporting children & young people who show anxious behaviours.	<p>We will cover:</p> <ul style="list-style-type: none"> <li>✓ What anxiety is.</li> <li>✓ The science of anxiety.</li> <li>✓ How can you support your young person?</li> </ul> <p><i>There will be opportunity for Q&amp;A with our practitioners at the end.</i></p>	Wednesday 26 <sup>th</sup> May 2021 1pm	<b>Microsoft Teams meeting</b> <b>Join on your computer or mobile app</b> <a href="#">Click here to join the meeting</a> <a href="#">Learn More</a>   <a href="#">Meeting options</a>

We will be adding a 2-part Sleepy Heads workshop in the coming weeks, as well additional dates for the sessions listed above.

As always, if you have any queries about Shropshire Telford & Wrekin Beam, please do get in touch by return of this email.