

Community Connections
Cysylltiadau Cymunedol

Wellbeing Journal

Community Connections

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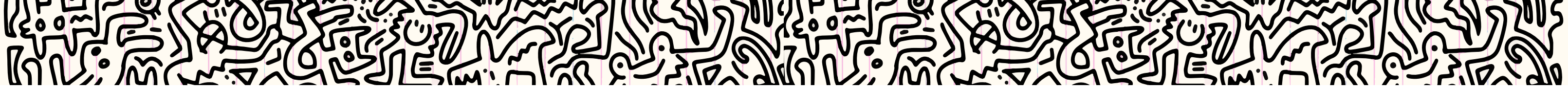
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Session Tracker

You and your Community Connector are a **team**; working together to improve your wellbeing. These sessions are a **safe space** for you to chat with your Community Connector, try out something new or meet with other people.

We have included this tracker to remind you of your **upcoming sessions**. You might find it helpful to have a think about what you want to talk about or ask before you meet.

When are we meeting?	Where are we meeting?	What time are we meeting?	Things I would like to talk about with my Community Connector

If you are not able to make it to the session as agreed, it is important that you let your Community Connector know as soon as you can. Your Community Connector will also let you know if they can no longer meet as agreed.

Introduction

Welcome to your social prescribing journey!

Community Connections is one of the services available for young people in Cardiff and the Vale of Glamorgan. We work on a one-to-one basis with young people facing challenges with their emotional wellbeing.

Our aim is to work with young people and local communities to create a sense of greater **connection, belonging and wellbeing**.

We want to say welcome to you. We're looking forward to getting to know you! In this workbook, you will find:

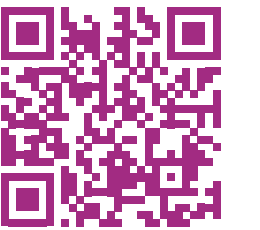
- Information about social prescribing and our team
- Tools to help support your wellbeing
- Spaces for you to reflect and share your thoughts.

This workbook has been designed to be an extension of the time you spend with your Community Connector. We hope you find it a useful tool for you to reflect on your wellbeing journey.

Get in touch!

Website: [Home - Children, Young People and Families](#)

Developed together with our Youth Board, our website contains information on the different services available and has a number of resources for you to access.



Engagement Platform: [Participate CAV RPB](#)

Our engagement platform is a space for you to share your views, provide feedback and keep up to date on what we're doing! You can access this at the end of a session with your Community Connector or in your own time at home.



Section 1: About us

What is Social Prescribing?

Social prescribing is about connecting young people to groups, activities and opportunities within their local community to **promote positive health and wellbeing**.

This could include:

- Joining a youth group or sport club
- Finding a new interest or hobby
- Volunteering
- Information and advice
- Accessing other services and tools



Before we started our service, we spoke to lots of young people about our plans.

They told us they did not like the term 'social prescribing' because it sounded like someone was telling them what they needed rather than listening to them, getting to know them and **working together** to come up with a wellbeing plan. They liked the idea of being connected to activities in their local community and connecting with other people.

This is why we chose the name **Community Connections** to better explain how we can help.

What is a Community Connector?

A **Community Connector** is a person who works with young people to help them identify their goals, develop a wellbeing plan, and access opportunities in their community.

A Community Connector:

- Prioritises **your needs**, values, experiences and opinions
- Focuses on '**what matters**' to you
- Builds a relationship and works together with you to **identify your goals**
- Has a good knowledge of **local services, groups and activities** that promote wellbeing
- Checks back with you to ensure you are accessing activities and support that **work for you**



What will working together look like?

You might have some questions about what working together with your Community Connector looks like.

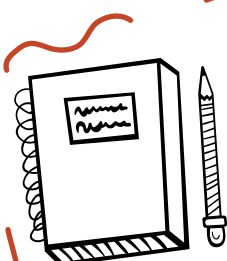
This page is about giving you information to help you know **what to expect** from your time with your Community Connector.



First, we will contact you for a conversation and to arrange a time to meet. This could be online, at school, in your home or out in the community (for example, at a café or park) - wherever you feel **comfortable and safe!**

When we meet, we will talk and get to know you, including what's going on for you at the moment. Some of the things we might talk about could include:

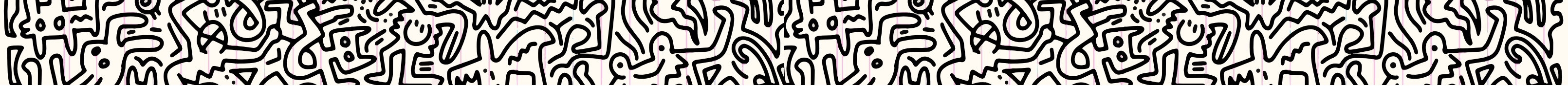
- What you like doing
- How you are feeling
- Anything we can help with
- Things you would like to work on – your **goals**
- Any challenges you might be facing



Based on our conversations, we will work with you to design your **wellbeing plan**. This will be unique to you. It could include connecting you to groups and activities in your local area. If you'd like, we could come along with you or help you to get there.

We will work together for up to **three months**. We will start meeting once a week, and after this will speak with you about how often you would like to meet.





Rights and Responsibilities

If you agree, you and your Community Connector will be working together to come up with a plan and act to improve your wellbeing.

In any team, we all have **rights and responsibilities** to make sure everyone feels safe, supported and happy as we work together.

My rights:

- To express **my opinion** - to be heard, considered and taken seriously
- To meet in a safe and **supportive space**
- To meet with **other young people** and to join groups and organisations
- To have the **best possible health** (both emotional and physical)
- To **relax, play and take part** in cultural activities
- To express my **own identity**, values and preferences.

My responsibilities:

- To work with my Community Connector and other important people in my life to **look after my wellbeing**
- To speak up or let someone I trust know if anything makes me feel **uncomfortable, unsafe or unsure**
- To meet my Community Connector as **we agree**, or to let them know if I can no longer make it
- To be **respectful** of my Community Connector and other people I will meet

My Community Connector's rights:

- To be treated **fairly and respectfully**
- To be told in advance about **any changes** to plans

Confidentiality

Anything we talk about together will be **confidential**. This means that we won't share this information with anyone you don't want us to – unless we are concerned about the safety of you or any other person.

In this case, we will have to **share information with other professionals** to ensure the person is kept safe. We will let you know when and how we do this.

My Community Connector's responsibilities:

- **To keep you safe**
- To **work with you** and other important people in your life to ensure your voice is heard, and to **develop a plan** that helps you to achieve your goals in a way that works for you
- To give you any **information or advice** that could help you
- To **let you know** if we can no longer meet with you as we agreed
- To be honest about **what we can help** you with and **any challenges** we may face together

Section 2: Getting to know you

When We Meet

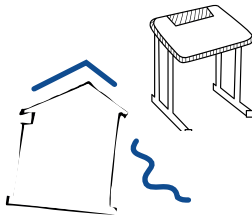
We want you to feel **safe, welcome** and **comfortable**, with everything you need to get the best out of our time together.

To make this happen, we want to hear **your thoughts** about how we can best work together.

Where would you like to meet?

- ☐ School
- ☐ Home
- ☐ Community

If community, where:



Would you like to have someone over 18 sitting in with you in sessions? (e.g. a family member, teacher, cousin)

- ☐ Yes
- ☐ No

If yes, who?

Would you like a parent/carer to come along with you?

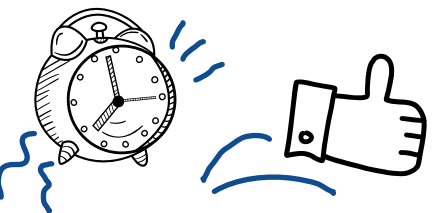
- ☐ Yes
- ☐ No

If yes, who:

How would you like us to contact you?

- ☐ Texting
- ☐ WhatsApp

Other:

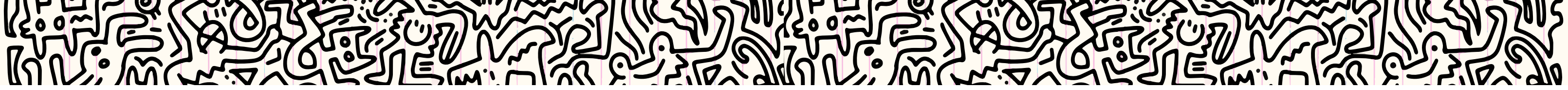


When would you like to meet?

- ☐ During school hours
- ☐ After school hours



Is there anything we can do to make these meetings feel safe and supportive for you? e.g. a quieter location, resources on coloured paper or in large print?

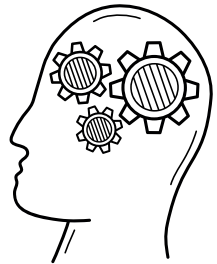


What is Emotional Wellbeing?

Emotional wellbeing doesn't have one set meaning. It can be used to talk about **how we feel**, how we're **coping** with daily experiences or **what feels possible to us** at the moment.

Your emotional wellbeing can be how **you** feel about:

- Yourself
- Your life
- What you feel you can do or change

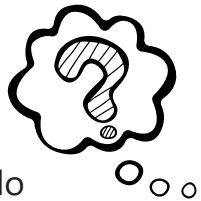


It can also be about **understanding** how you feel, taking part in different **activities**, making **new connections** and building **relationships** with others around you.

There are many things we can do to take care of our wellbeing, but it's not always easy to know where to start.

You might find it helpful to:

- Try what feels **comfortable** to you
- Give yourself **time** to find out what works for you
- Start by picking **one or two things** that you would like to do



Five Ways to Wellbeing

Research carried out by the New Economics Foundation found that there are **five ways** to positive mental health and wellbeing.

The **five ways to wellbeing** are simple things that we all can do to improve our emotional health and wellbeing.

These are:

- **Connecting** with people around us
- Being **active**
- Taking **notice** of our thoughts, feelings and surroundings
- **Learning** new things
- **Giving back** to others



Scan the QR code to find out more about the five ways to wellbeing.

Five Ways to Wellbeing

Adapted from Health in Mind: [5 ways to wellbeing \(www.health-in-mind.org.uk\)](http://www.health-in-mind.org.uk)

Connect

Reach out to a friend.

Ask how someone's weekend was.

Explore a new park or green space with a friend

Things I can try doing



Things I can try doing



Be Active

Go for a walk after school/work.

Try out an online yoga or stretch class.

Make time for joyful moving – dance, gym etc.

Take Notice

Take up a mindful hobby like knitting or journaling.

Write down 3 things you feel grateful for.

Have a 'clear the clutter' day

Things I can try doing



Things I can try doing



Keep Learning

Sign up for a new class.

Try doing a crossword or sudoku puzzle.

Try learning a new language on Duolingo.

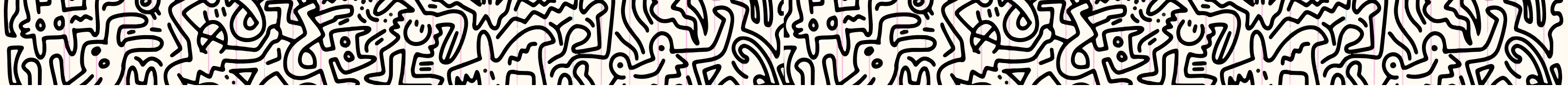
Give

Do something kind for a friend.

Join a local community group.

Make someone you love a card.

Things I can try doing



All About Me

What things do I enjoy doing?

What things make me feel good when I have achieved them?

What are my personal goals, hopes and dreams?

Who can work with me to achieve my goals?

Draw something that represents you

What are some things that make me feel worried?

What can get in the way of achieving my goals?

What first steps could I take?

What Impacts Mental Wellbeing?

We are all different.

Our experiences, feelings, thoughts and personal circumstances affect how various things influence our wellbeing.

This is different for everyone.

We can understand and measure wellbeing at different 'levels' – the individual, community and wider environment.

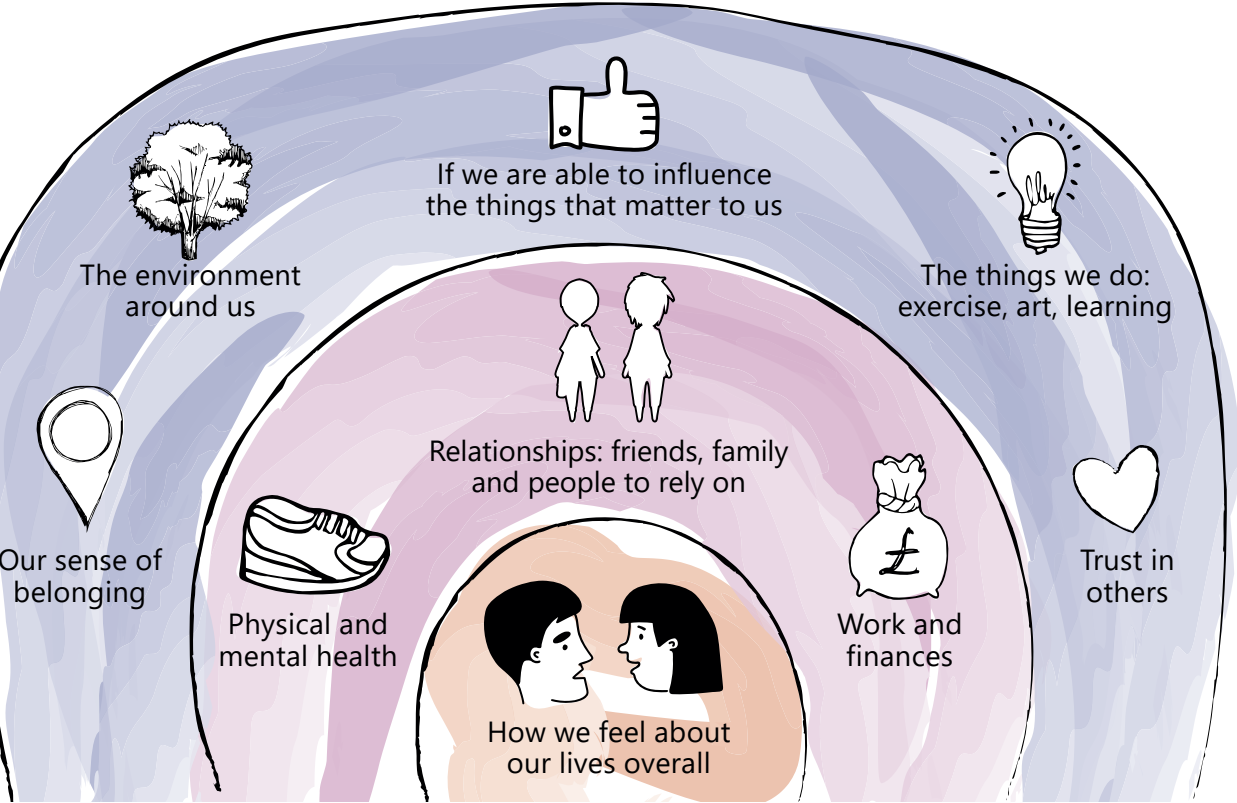
Many things can affect our wellbeing, but some key factors are:

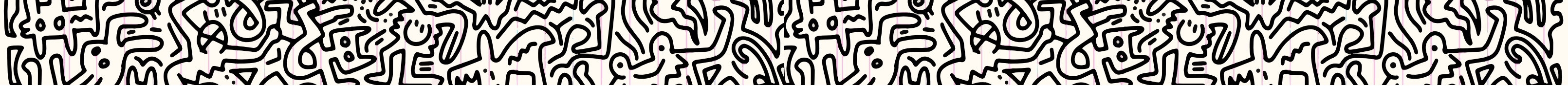
- Our **physical** and **mental health**
- Our **relationships**
- Our **school, work or home** environment
- The **activities** we take part in
- The ability we have to **make decisions** about our lives

The importance of each of these is different for different people.

[Adapted from Measure Wellbeing \(measure.whatworkswellbeing.org\)](https://measure.whatworkswellbeing.org)

Factors that affect wellbeing





My Wellbeing Plan

Here, you and your Community Connector will work together to develop a **personalised wellbeing plan** that focuses on **what matters** to you and the **goals** you want to achieve.


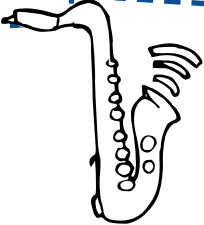
These goals might be at an **individual** level (e.g., feeling more confident), a **community** level (e.g., making new friends) or on a wider **environmental** level (e.g., being able to access green spaces).

What are my goals?

Individual

Community

Environmental

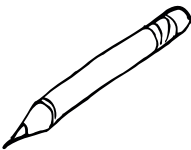


What will I do?

What will my Community Connector do?

When will we review this plan next?

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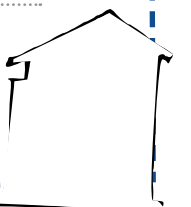


Keeping Safe

When I'm feeling , I can
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These are the people who can help keep me safe
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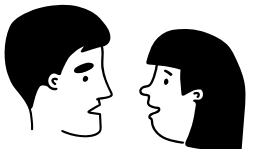
This is where I can go if I'm feeling
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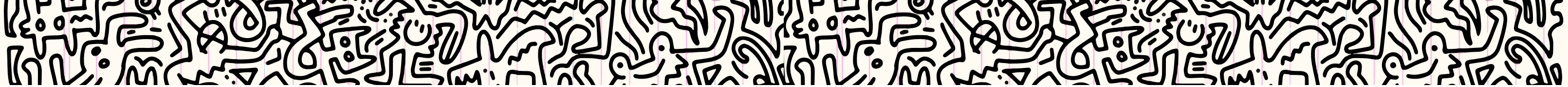


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Reflecting on Your Sessions

Session date: Time: Meeting place:

How do I feel after meeting with my Community Connector today?

Five smiley face icons (happy, neutral, sad) with a dotted line for a response.

What are some things that came up for me?

Four horizontal dotted lines for writing.

What did I enjoy about my meeting today? Is there anything I'd like to do differently?

Four horizontal dotted lines for writing.

Something I want to work on for my next meeting with my Community Connector is...

Four horizontal dotted lines for writing.

Other thoughts...

Two horizontal dotted lines for writing.

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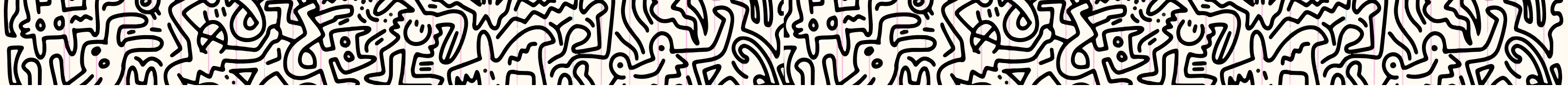
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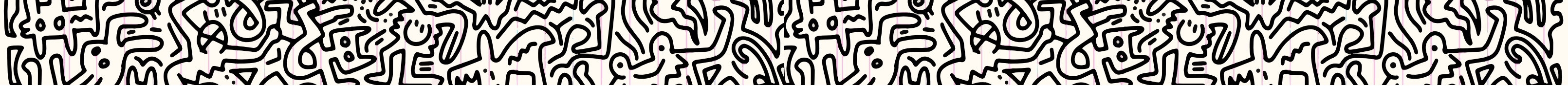
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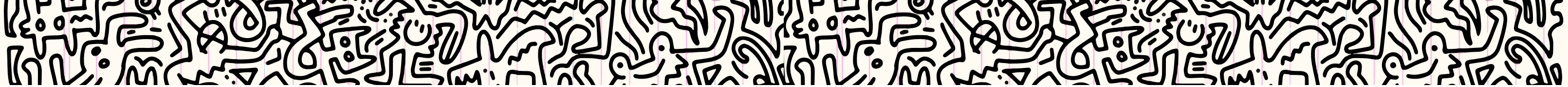
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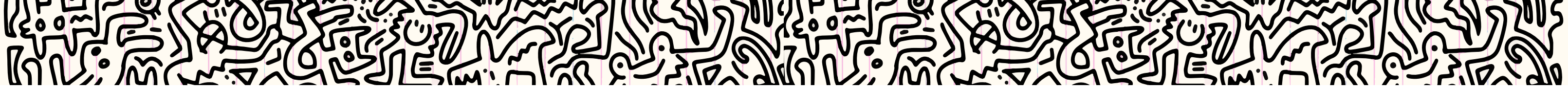
What's Going Well

As you begin to explore new opportunities, meet new people, and learn new things, you might want a space where you can **write, draw or bullet point** your thoughts on all the activities you've done so far!

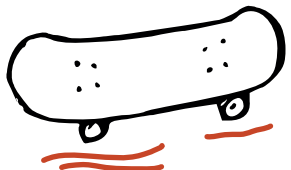
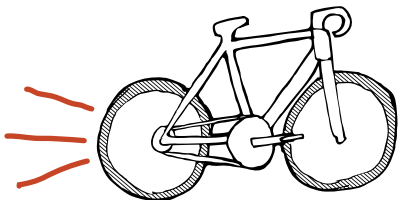
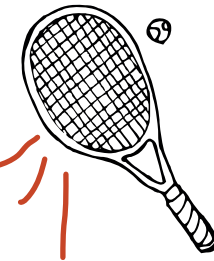
The next two pages, offer a place for you to **reflect** and **share your thoughts**. If you would like to, you can link each page to the **five ways to wellbeing** as you explore different ways to care for yourself.

This space is here for you to use however you want. Feel free to use these pages in any way you'd like to!

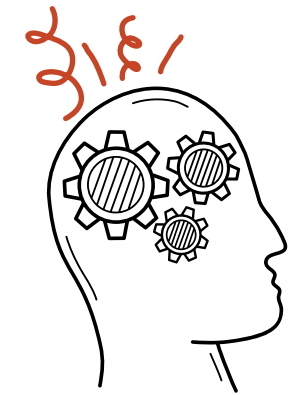




What's Going Well



What's Going Well



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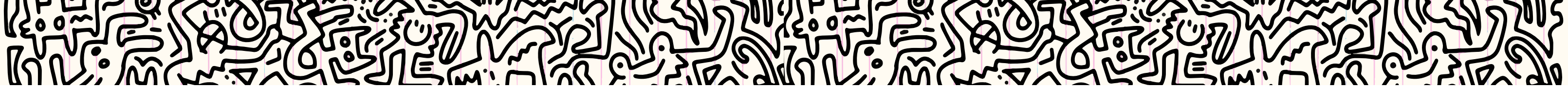
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Section 4: Wellbeing activities & resources

The next few pages include **wellbeing activities** for you to try out, either by yourself or together with your Community Connector.

These activities are meant for you to use in a way that works best for you. We know that not everyone will want to use them in a set way – that’s okay!

If you would like other wellbeing resources, your Community Connector can help you to find them.

If you would rather do these activities at a later time, feel free to come back to them when you feel ready.



Note down some quotes that are meaningful to you



20 things you can do to take care of yourself right now!

Here are a few **suggestions** of things that you can do to take care of yourself.

Some of these activities can be done in less than 10 minutes and some of them might take longer to do. If you’d like, you and your Community Connector can work together to find other activities that suit your interests.

You can use the space below to colour, draw, write, or doodle the things you **enjoy** doing.

Connect

- ☐ Call a friend you haven’t spoken to in a while for a catch up
- ☐ Watch a movie with a friend
- ☐ Try getting creative – paint, doodle, knit, use Lego, bake!
- ☐ Explore your neighbourhood

Keep learning

- ☐ Listen to a feel-good playlist or an interesting podcast
- ☐ Curl up with your favourite book or head to your local library to find a new one
- ☐ Learn to cook a new recipe and share it with someone you love

Be active

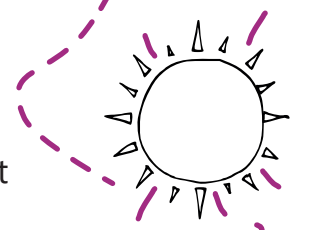
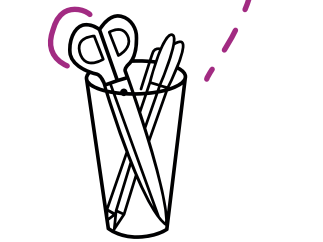
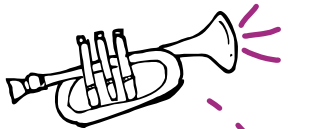
- ☐ Go for a walk outside
- ☐ Keep hydrated – make sure you are drinking enough water
- ☐ Move your body! Try an online yoga, dance or exercise class
- ☐ Do a gentle stretch routine
- ☐ Spend time outdoors in nature

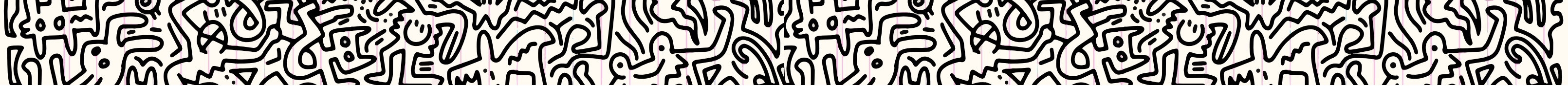
Take notice

- ☐ Try a deep breathing or mindful exercise
- ☐ Disconnect – spend some time offline. Keep your phone in a drawer when you’re not using it
- ☐ Practice mindfully eating a sweet
- ☐ Do a word search, sudoku or crossword puzzle
- ☐ Create a vision board for yourself – draw it out or use Pinterest

Give

- ☐ Help a friend or neighbour out
- ☐ Make a card for someone
- ☐ Volunteer with a local group in your neighbourhood





Deep Breathing Exercises

Deep breathing exercises are a **tool** used to **help you relax**.

This practice has been linked to many benefits including:

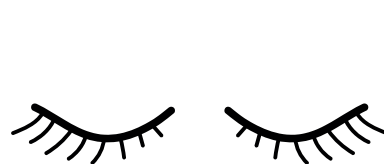
- Improving concentration
- Controlling and responding to our feelings
- Reducing feelings of anxiety and/or stress
- Helping you relax

When might you want to use deep breathing?

- When you're feeling **upset, worried or angry**
- Before a test or an **exam**
- When you **first wake** up in the morning
- **At night**, before you sleep

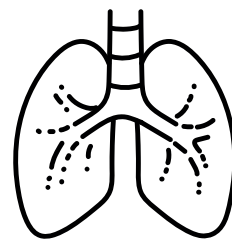
Relaxation breathing or **belly breathing** is one of the most common types of breathing exercises.

You can practice it using the steps below:



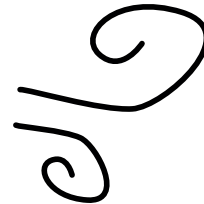
Step 1

Sit, stand or lie down in a comfortable position. You can close your eyes, if you'd like. Place a hand on your chest and another below your ribcage.



Step 2

Breathe in slowly through your nose or mouth and count to five. You should be able to feel your hand rising as you inhale.



Step 3

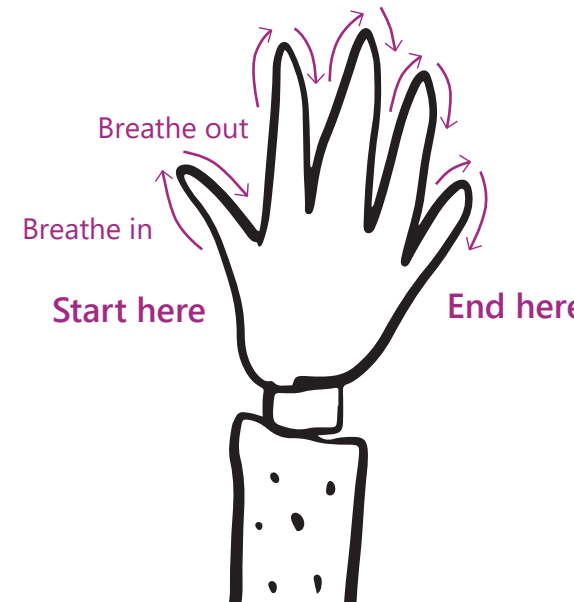
Breathe out slowly through your nose or mouth. You should be able to feel your hand moving downwards. Repeat this cycle as often as you need.

Deep Breathing Exercises

Another way of practicing relaxation breathing is by using your hand to help control when you breathe in and out.

Hand Breathing:

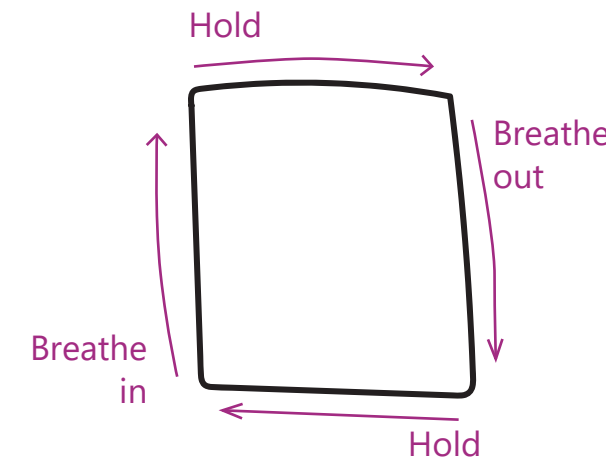
Trace with your finger as you slowly take deep breaths in and out



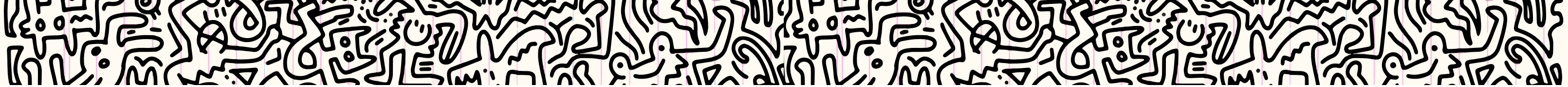
Adapted from [3 Breathing Exercises for Toddlers, Kids, and Teens • Wellness Paediatrician \(www.wellnesspaediatrician.com\)](http://www.wellnesspaediatrician.com)

Box Breathing:

1. Sit, stand or lie down in a comfortable position. You can choose to close your eyes, if you'd like.
2. Breathe in through your nose, while counting to four in your head.
3. Hold your breath while counting to four, if you can.
4. Slowly breathe out while counting to four.
5. Hold your breath while counting to 4. Repeat steps 2-4 at least three times.



Practice box breathing alongside a guided video: [Box breathing relaxation technique: how to calm feelings of stress or anxiety - YouTube](https://www.youtube.com/watch?v=3B8B8B8B8B)



Deep Breathing Exercises

Use this space to trace your own hand to practice breathing with.



Practicing Gratitude

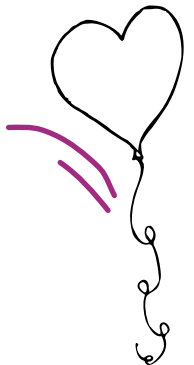
Research shows that positive emotions are good for us, **mentally, physically and emotionally**.

Gratitude is one of many positive emotions. It is **recognising** and **being thankful** for the positive things that happen in your life. Gratitude is also about taking the time to **express appreciation** and **return kindness**.

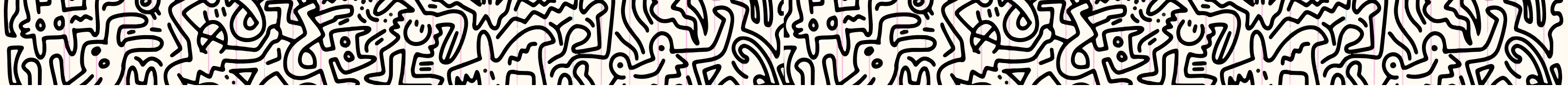
Making a habit of gratitude can be good for us. Like other positive emotions, expressing it regularly can have a big effect on our wellbeing.

Gratitude Journal Prompts:

Monday:
5 things I'm grateful for




Tuesday:
4 things I'm looking forward to

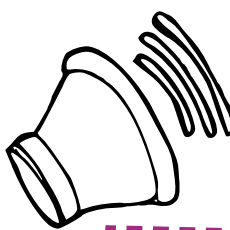


Practicing Gratitude

Wednesday:
3 things I accomplished today



Thursday:
2 people I am grateful to have in my life



Friday:
1 amazing thing that happened this week

14 Day Gratitude Challenge:

This is a two-week long gratitude challenge filled with different activities you can do yourself. Feel free to write, doodle or bullet point your answers in this journal. You can complete these activities over two weeks or spread them out over the time you spend with your Community Connector!

Day 1
What are 3 things that make you special?

Day 2
Who is someone you are grateful for?

Day 3
What are 3 things you feel grateful for today?

Day 4
When was the last time you did something nice for someone?

Day 5
Give someone a compliment today!

Day 6
What are 3 activities you enjoy doing the most?

Day 7
What made you feel happy today?





14 Day Gratitude Challenge:

This is a two-week long gratitude challenge filled with different activities you can do yourself. Feel free to write, doodle or bullet point your answers in this journal. You can complete these activities over two weeks or spread them out over the time you spend with your Community Connector!

Day 8

What are 3 things you love about your family/friends?

Day 9

Say thank you to someone who least expects it today

Day 10

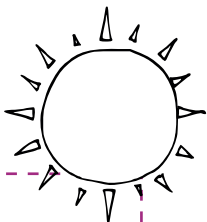
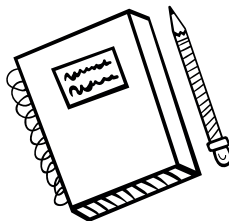
What are 3 songs that bring you joy?

Day 11

What are 3 things you love about yourself?

Day 12

What is your proudest accomplishment?



Day 13

Do something kind for yourself today

Day 14

Take a photo of something you feel grateful for today

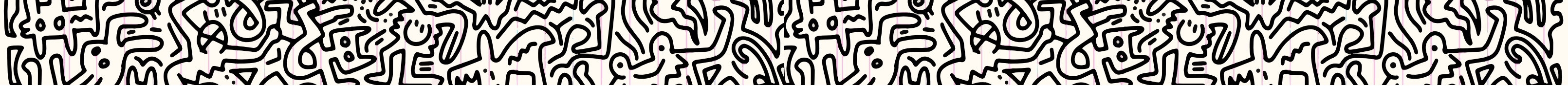
Sudoku

Some people like to solve puzzles such as a sudoku, to help relax. Here are two unsolved sudoku puzzles. They consist of a 9x9 grid that has been divided into 9 smaller grids of 3x3 squares.

Each puzzle has a logical and unique solution. To solve the puzzles, each row, column and box must contain each of the numbers 1-9 without any repetition. See if you can solve them!

4		5						
	8	1	5	6	9		3	4
2		6		3	1	5	8	
		8		2			9	5
1		9						
3	7	2	9		6			1
				9			5	3
	6				5		7	2
5	2	3	7	1			6	8

	1		9		5	2		8
9					8			
8		3				7	5	9
5	7		8			4		
4		1	7	2				5
				5				
	5		6	8	7	3		4
					9		7	
	3	7		1	4			



Wellbeing Word search

Words can be found in any direction (including diagonals) and can overlap each other. Use the word bank below.

G N I H T A E R B C B D T Z A E D H M Z
S U V T A C T I V E E B B K G D T E I P
W Z P V X A C X V X Y O S S L U L Q N I
L D N S C Z K L E T D N R P E T V X D V
C M P O C H K J W N Q T G P A I L F F G
F O J P I T I B N E D V F E R T M F U L
O O N G O T H B Y S F D D S N A M F L Q
G X P N G Z C H R E A R I Z I R Y M N X
N R N Q E I N E Y R Y G X L N G G I E G
C N O C G C V N L P S C C R G N X K S H
M P T X J I T I C F P H H A I H I T S Q
W X I A G W C I N U E O G E Y P B B N M
Y N C S I H Y B O G G R B K B E K F S C
Q E I E T L C K U N I L A U E L K I B H
W Z N C A B J O N X L A J B M N Z A O O
U A G I A M D U I E N W W W S G K A Y E
O F C E D C U Y W B E L O N G I N G L M
A O K G Z X I K P K Y T I N U M M O C T
S J N F H W K D X X N B M C F U U Z C B
A K L C L E L U U E C N E D I F N O C Z

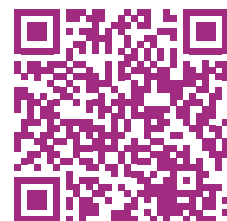
Word Bank

- | | | | |
|---------------|----------------|-----------------|---------------|
| 1. noticing | 2. present | 3. giving | 4. learning |
| 5. confidence | 6. community | 7. social | 8. connection |
| 9. breathing | 10. belonging | 11. active | 12. gratitude |
| 13. wellbeing | 14. reflection | 15. mindfulness | |

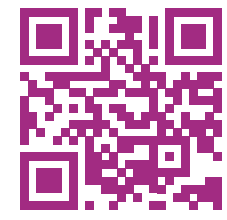
Dictionary.com

Resources

Here is a list of places to **get help now** if needed. This includes **websites** with information and **support lines** where you can speak to someone confidentially.



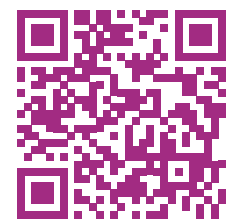
Young Minds: If you need urgent mental health support text YM to **85258**. This service runs 24/7 and is free of cost. If you need support with how you are feeling or want to find out more about what support is available, visit youngminds.org.uk/young-person/find-help



Meic: Bilingual helpline service for children and young people up to the age of 25. It is open 8am to midnight, 7 days a week. Meic is confidential, anonymous and free. Contact by ringing **080880 23456** or texting **84001**. You can also use the online chat to talk to someone about anything you want: meiccymru.org/chat-with-us/



Childline: If you're under 19 you can confidentially call, chat online or email about any problem big or small. You can sign up for a free ChildLine locker to use their 121-counsellor chat and email support. This is a 24/7 service. Ring **0800 11 11**. Childline.org.uk



BEAT: Helplines are open 365 days a year from 9am to midnight during the week and 4pm to midnight on weekends and bank holidays. Beat provides helplines for people of all ages, offering support and information about eating disorders. The helplines are free and confidential. Ring **0808 801 0433** or chat with someone via the online web chat on beateatingdisorders.org.uk

NHS Direct: Ring 111 for any emergency advice or urgent help.

