For more information about Youth and/or Transition support please contact our Community and Family Support Services team (CaFSS)

Tel: 01865 794749 - Service available from Monday to Friday, 9am to 5pm (excluding public holidays).

Email: cafss@helenanddouglas.org.uk

Helen & Douglas House
your local children's hospice

More about Helen & Douglas House at hdh.org.uk

Helen & Douglas House is a registered charity and no payment is requested from children and their families who receive our care and support.

Registered charity no. 1085951

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Helen & Douglas House
your local children's hospice

Youth and Transition

Supporting young people to achieve the best out of their life, and to be the best they can be

The Youth and Transition Workers at Helen & Douglas House support young people with their lives, enabling them to be the best they can be and to achieve the best out of their life. They also support with transition as the young person moves from child to adult care and support.

Youth work
The youth worker creates supportive, positive and trusted relationships with young people and their families. They enable people to find out what is important to them, and what they would like to achieve in life.

The youth worker encourages socialising, trying new activities, group work, being with peers, creating friendships, allowing opinions, developing life skills and giving young people a voice. Their support enables and encourages young people to gain confidence and increase their independence and self-esteem.

They offer youth support through one-to-one sessions and through youth group:

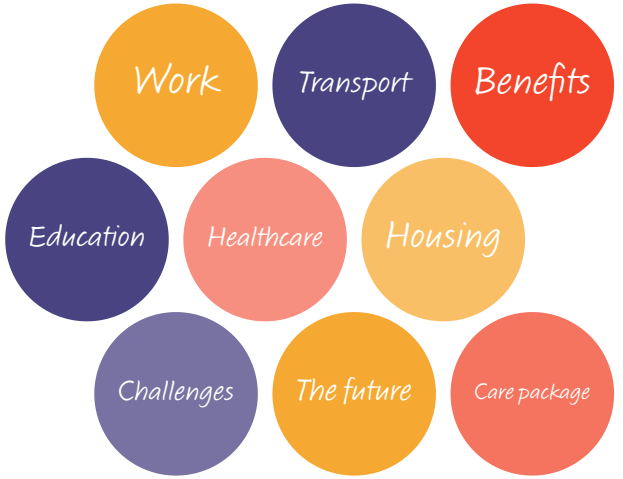
One to one sessions
- For those who are 13+, who have the capacity, and who want to engage with another person. Suitable for those who may be struggling in certain situations and may need extra support.
- We'll offer someone to listen to the young person, to support them, to hang out with, to do activities with and to talk to about things that they may not want to talk to their family about. It is confidential between the youth worker and the young person, unless there are safeguarding issues.
- The decision to have the support lies with the young person.
- Sessions take place in Helen House, at home, in school, in hospital and in the home. They can include talking, undertaking activities together, going out and about and playing games etc.

Youth group
It's day full of social activities with your peers (without parents!).
- Morning - 'Pick and choose' activities: board games, crafts, sports, music and appropriate active games etc.
- Afternoon - a group activit: quizzes, scavenger hunt, ice cream trip, themed days, external speakers, animals and boccia etc.
- This day also includes lunch together.

It's such a great atmosphere - you will love it!

Transition Support
- The ages of 16-19 are crucial turning points in young people's lives as lots of things can change including their support networks as they move from the children's services into the adult world.
- Our Transition Workers support the young people of Helen & Douglas House and their families. They can offer information and advice, refer-on to other services, advocate, listen, and offer emotional support through a difficult time.

How we can help



Family story - Finley

'Youth groups mean a lot to me because I can bond with other people with disabilities.

I really look forward to the meetings because it's fun and quite chill on the board game days!'

Read more at www.helenanddouglas.org.uk/family-stories.