

Service provided  
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Emotional wellbeing drop-in for  
children and young people under 25.

# BEAM DROP-INS ARE HELD:

<b>Mondays</b>	Sundorne Youth Centre, 218 Sundorne Road, Shrewsbury SY1 4RG	<b>Open:</b> 12pm <b>Close:</b> 4pm
<b>Tuesdays</b>	9 Market Square, Wellington, Telford TF1 1BP	<b>Open:</b> 10am <b>Close:</b> 6pm
<b>Thursdays</b>	9 Market Square, Wellington, Telford TF1 1BP	<b>Open:</b> 10am <b>Close:</b> 6pm
<b>Saturdays</b>	9 Market Square, Wellington, Telford TF1 1BP	<b>Open:</b> 10am <b>Close:</b> 2pm



**PLEASE NOTE:** no sessions will be started during the last hour of our drop-ins. This means we cannot accept anyone into the service after 5pm on Tuesday & Thursdays

[Shropshirebeam@childrenssociety.org.uk](mailto:Shropshirebeam@childrenssociety.org.uk)

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## WHO CAN USE BEAM?

**Anyone** under the age of 25 can get support from Beam.

**Parent and carer support** can be given in conjunction with a young person.

**No referrals & no appointments:** those wishing to access the Beam service can just come along to a drop-in session.



Beam is run by **The Children's Society**, a national charity that works with the most vulnerable children and young people in Britain today. For more information about the history of our organisation, as well as details of our various projects, please visit our website:

<https://www.childrensociety.org.uk>

We are a **friendly team** made up of Practitioners, Youth Workers & Wellbeing Volunteers.

We **listen** & know this can make all the difference.

Our aim is to give **advice, signposting** and **support** with any concerns relating to **feelings** and **emotional wellbeing**.



### WE WILL

Help you to understand your thoughts and feelings, give you practical support and suggestions as well

### WE WON'T

Diagnose, automatically make referrals or provide appointments.

It can be scary going somewhere for the first time: our drop-ins are set out to be as welcoming as possible. A team member will greet you and ask you to register before a practitioner will introduce themselves, and then take the time to listen before making suggestions.

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