



Referrals can be made by parent/carers, schools and other professionals supporting children and young people via:
Telephone
Email or
via FSN's website where a referral form can be found

Charity Number 208446



For further information please contact:

My Time Team

Tel: 01424 377123/377124

Email: enquiriesmytime@fsncharity.co.uk

FSN St Nicholas Centre
66 London Road
St. Leonard's on Sea
TN37 6AS

Website: www.fsncharity.co.uk

www.facebook.com/mytimeatfsn

Supported by



BBC
Children
in Need

© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557



Supporting children,
young people and families

MY TIME



**A FREE
peer based service
supporting the
emotional wellbeing
of children and young
people aged
5—14 years**

**A FREE service for 5 –14 year olds
offering a series of
10 x 1 hour peer group
support sessions**

Groups run in schools and
at local community venues
across Hastings, St Leonards,
Bexhill, Eastbourne
and Rother

We have a holistic
approach which includes
creative ways of supporting
vulnerable children and
young people

Peer Support

Peer groups help encourage young people to talk to other
young people of the same age who may be going
through similar experiences.

Being with others can help develop emotional
wellbeing, knowing there is someone else who
understands



My Time groups provide safe
spaces for children and young
people to:

Explore their feelings

Develop coping strategy skills

**Develop positive
relationships**

Increase self-awareness

**Raise self-esteem and
confidence**

**Help to reduce feelings of
isolation and loneliness**

**Improve understanding of
mental health issues and
emotional wellbeing**